



RX from the Garden: 101 Food Cures You Can Easily Grow

Kathleen Barnes

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RX from the Garden: 101 Food Cures You Can Easily Grow Kathleen Barnes
Your backyard becomes an all-natural pharmacy!

Colds. Headaches. Upset stomach, Allergy symptoms. Depression. Circulation problems.

This timely book goes beyond using herbs as medicine; it also focuses on beneficial foods for more than 100 common ailments and shows you how to grow them.

In that way, *RX from the Garden* lets you circumvent expensive meds with questionable side effects by explaining what foods to eat to help you feel better. In addition to aligning health problems with natural cures, this valuable resource provides step-by-step instruction on how to easily cultivate the corresponding vegetables and herbs in your lawn, garden, or flowerbed.

According to Hippocrates, "Our food should be our medicine. Our medicine should be our food." Now you can reap health benefits for your very own backyard bounty.

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