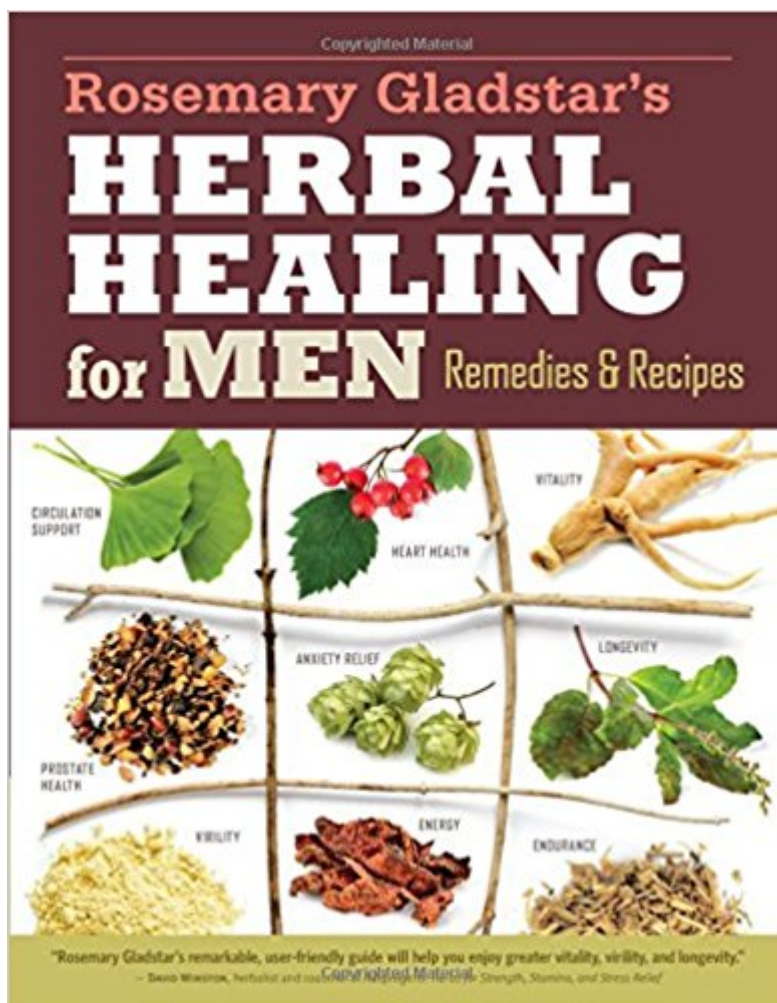


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# Rosemary Gladstar's Herbal Healing For Men: Remedies And Recipes For Circulation Support, Heart Health, Vitality, Prostate Health, Anxiety Relief, Longevity, Virility, Energy & Endurance





## Synopsis

Best-selling author Rosemary Gladstar, long known for her outstanding recipes, now customizes her expertise for men. Dozens of delicious and simple formulas address men's most common health concerns—including sexual vitality, prostate well-being, and heart health. An A-to-Z compendium of these ailments details how to effectively treat them using a variety of safe and easy natural remedies. In-depth profiles of 29 herbs explain how men will benefit from each and suggest uses and accessible preparation tips. This handy guidebook for men and the women who love them provides a helpful introduction to this crucial, but often-overlooked, aspect of natural wellness.

## Book Information

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## Customer Reviews

**Boost Your Health Naturally** Increase your energy and vitality with this holistic herbal approach to men's wellness. Renowned herbalist Rosemary Gladstar tailors her expertise to address men's most pressing health concerns, including impotence, heart health, blood pressure, prostate health, and depression. In-depth profiles of 30 herbs explain how to effectively use each to combat ailments both chronic and acute. Diet and lifestyle tips will help you establish healthy long-term habits, while 51 recipes for tonics, salves, sweets, and more guide you in becoming a more active participant in your own health care. 51 simple, tasty, and effective recipes include Fire Cider, Damiana Love Liqueur, Energy Balls, Feverfew-Lavender Migraine Formula, Long Life Elixir, Super Maca Milk Shake, Hawthorn Heart Tonic Honey, and Antifungal Foot Bath.

Drawing on her 40-plus years of studying and teaching about the healing properties of herbs, Rosemary Gladstar is the best-selling author of *Rosemary Gladstar's Medicinal Herbs: A Beginner's Guide* and *Rosemary Gladstar's Herbal Remedies for Vibrant Health*. She is a world-renowned educator, activist, and entrepreneur, serving as director of Sage Mountain Herbal Retreat Center, the International Herb Symposium, and the Women's Herbal Conference. Gladstar is founding president of United Plant Savers, a nonprofit organization dedicated to the conservation and preservation of native American herbs. She was the original formulator for Traditional Medicinal herbal teas and currently leads herbal educational adventures around the world. She lives in East Barre, Vermont.

This book exceeded my expectations! Had it in my wish list while waiting for it to come out. Bought it as a gift for my boyfriend since we have the other original rosemary gladstar book. Honestly my only complaint is how sad and frankly envious I was when I realized there was no female focused counterpart written lol. That's not to say there isn't any good stuff in this book for women. I CAN'T wait to try out some of these recipes! Teeming with full color pictures and great info!

I've been working with herbs for almost twenty years to manage my reproductive health and well-being, but it wasn't until I dated a man in his forties, that I became curious about the benefits of herbal remedies for men. Since he hadn't yet experienced any sexual dysfunction (fortunately), much of our exploration was around promoting heart health and overall vitality. I made spinach and blueberry shakes, supercharged his oatmeal, and we ate garlic like we were preparing for a vampire apocalypse. While I focused on whole foods, I never got around to using herbs with him the way I did with myself. As my studies of the Wild Feminine deepen, I find myself more and more curious about the Wild Masculine. Daniel Vitalis of the ReWild Yourself podcast says that much of what ails modern man and women is the result of our domesticity, and that we must rewild ourselves to reclaim optimal health and get back to our true nature. The more I learn about herbs and experience the benefits, the more I believe that herbal healing is the first step to reconnecting with our wildness, right up there with hunting and foraging. Reading through *Rosemary Gladstar's Herbal Healing for Men* almost made me want to reconsider my health coaching niche. While this book is written with and for men in mind, I'm not sharing my copy. If the man in your life is like mine, you may find that while he's open to supplementing with herbs, he may not be inclined to take

initial action. But that's fine because I'm looking forward to working through the book myself. I really love how comprehensive Herbal Healing for Men is, covering not only the basic preparation of herbs, but also creative culinary uses such as energy balls and chocolate syrups, self-care options, and a discussion about general health and wellness concerns specific to men. There are a few herbs mentioned in the book that I use on a regular basis, which means we'll get to enjoy several recipes together in addition to the ones that are just for him. If you're a man who is concerned about maintaining long-term health and vitality or know a man who would benefit from adding medicinal herbs to their daily regimen, Herbal Healing for Men is for you. I received a copy of this book in exchange for a review.

Rosemary Gladstar is one of my favorite authors when it comes to Herbal Remedies or related books. I have read few of her books and when I saw this, I absolutely couldn't wait. So, when I saw this book listed on Net Galley, I of course requested it and Storey Publishing was kind enough to grant my request. From my reviews, you already know Alternative Medicine is one of my interests, a reason I am pursuing it academically. All the recipes listed in this book, coupled with detailed instructions and colorful pictures are a real treat. The recipes are easy and I have tried a few from this book, especially for Energy balls, Elixer Recipes and what not. I really like her recipes are fairly easy to follow and the detailed instructions, including tips for determining dosage make this book ideal for amateurs and practitioners alike! A must have in every home.\*\*I was kindly gifted an eARC in exchange for an honest review through Net Galley by Storey Publishing.

Rosemary Gladstar is the person I go to for answers in Herbal Healing, so when I saw this book I knew I would not be disappointed and I wasn't

Came in great condition, Thanks

Thanks. A lot of good ideas for healthy living.

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