

## The Herbal's Guide to Botanical Drinks by Michael Isted

5 stars

“Using the alchemy of plants to create potions to cleanse, restore, relax & revive”

I'm forced to start by using the expression “like dying and going to heaven” because opening this book and seeing what's available in nature to help me enhance my health was very, very exciting! Being given all this information on what to look for while out walking (beautifully illustrated descriptions of the flowers and wild herbs), makes me want to put on my walking boots and hit the woods and meadows that surround the area where I live.

The book is beautiful to look at and had me hooked from page 1. Having a resident “butterfly inside me” meant that I did open the book at page 1, only to then skip backwards and forwards looking at all the delicious drinks and then I'd go back to the plants section. This meant that as I was flipping through I'd get excited to see a drink's recipe using turmeric and ginger or cinnamon and honey, only to find that the next thing I'd be reading about would be fermentation!

Michael Isted has created a “bible” to use with plants that grow wild and recipes to create elixirs. This is a book that should never be far from sight. It's important to study the plant section so that no mistakes can be made while out looking for them in meadows or woods. Alternatively, of course, lots of the herbs and flowers mentioned, can be grown in your own garden.

The drink section covers everything from cleansing, restorative, energizing, boosters, aperitifs and digestives to love elixirs and sleep potions.

This is a book that I would encourage anyone to buy who, like me, has an auto-immune deficiency, or any other health problem which can benefit from a healthy diet. I have found over the years that, by becoming more involved with my dietary needs, it helps keep my fibromyalgia or chronic fatigue under control which means I'm able to lead a reasonably normal life. I know that by adding some of the drinks that I've discovered in this book, things can only get better.

Treebeard

Breakaway Reviewers received a copy of the book to review.