



# Northern Plant Lore: A Field Guide to the Ancestral Use of Plants in Northern Europe

*Eoghan Odinsson*

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Over a thousand years ago the Anglo-Saxons used willow bark to treat headaches; modern pharmaceutical companies use the same basic ingredient - salicin.

They boiled the bark in holy water and added a few other unnecessary ingredients, but they had a basic treatment that worked a millennia ago! And they called this the Dark Ages? Northern Plant Lore explores the plants and herbs used by the Anglo Saxons for medicinal purposes, and compares them to the list of plant and herbs proven effective by modern medical science. Not every plant they used worked, but Northern Plant Lore will show you which ones did, and how you can use them today.

In Northern Plant Lore you will:

- Take control of your families Health and well being
- Discover Ancient Viking & Anglo-Saxon Remedies Supported by Modern Science
- Unlock The Wisdom of our ancestors expressed in cures still used today
- Grow your own medicinal herbs and plants
- Create remedies at home with the same basis as modern pharmaceuticals
- Know exactly whats going into your body when you take an herbal remedy
- Cross reference ancient cures to modern science
- Browse ailments cross referenced to plants and treatments

Re-connect with the earth, start living more holistically, and take control of your families health. Northern Plant Lore gives you the tools to do just that!

Take control of your families health today!

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#### **Margaret Thompson:**

Playing with family in the park, coming to see the ocean world or hanging out with good friends is thing that usually you might have done when you have spare time, subsequently why you don't try issue that really opposite from that. Just one activity that make you not sensation tired but still relaxing, trilling like on roller coaster you are ride on and with addition info. Even you love Northern Plant Lore: A Field Guide to the Ancestral Use of Plants in Northern Europe, it is possible to enjoy both. It is fine combination right, you still

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