



# Herbal Pharmacy for Everyone

## A Step-by-Step Guide to Creating Your Own Herbal Preparations

"Oh my God, the fire is going to get us!" my friend Adrian yelled when we were in our second day of filming in the mountains in Mexico.

I went outside to get some plants and saw a fire burning not too far from us. I quickly realized that it was not a controlled burn and the wind was blowing the flames in our direction. What to do? We decided to each grab the most important items, then ran down the mountain hoping to escape those fast moving flames. As we ran for our lives we were often held back by the long thorns of the bushes that got stuck in our clothes. Each time we had to stop and move back and forth to free ourselves. In the meantime we could feel the heat of the flames and the crackling sounds of the burning timber coming closer and closer. Soon the smaller flames on the ground were no more than a few inches from our feet. Adrian kept yelling: "Run, run!"

I had no idea how much farther the road was. My feet kept moving, too slowly it seemed, but in the end we all made it to safety, exhausted and in disbelief at what had just happened.

Fortunately Adrian and some local people were able to save the house which had sustained only minor damages. However the power lines burnt since they were "Mexican style", running like extension cords above the ground and the water lines had melted. We were grateful to be safe but were left with the new challenge of finding a different kitchen. Thanks to the generosity of a local person we were able to continue filming two days later in a different kitchen close by.

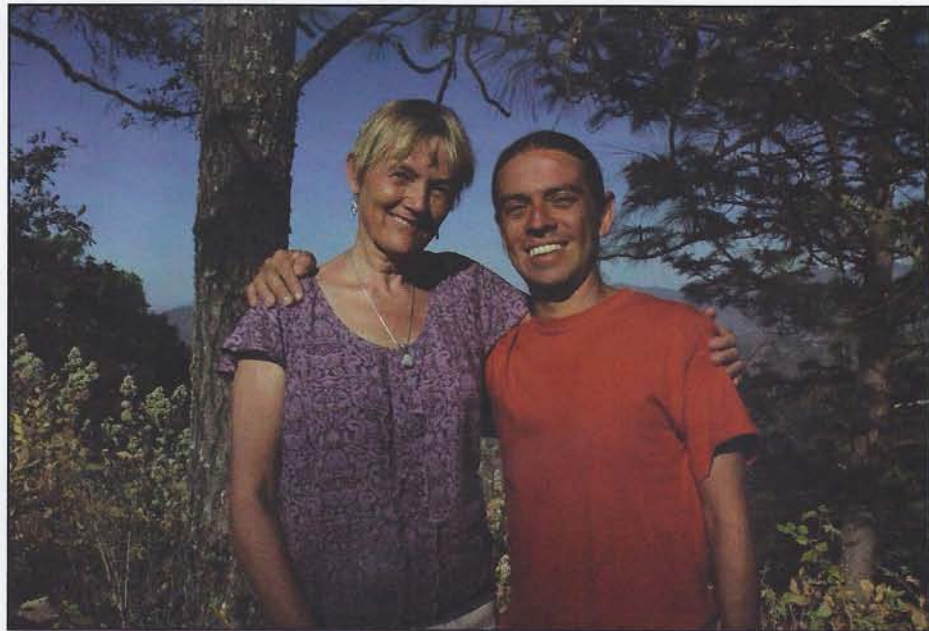
I encountered many more challenges during the creation of the DVD but finally the seed that was planted in the fall of 2011 developed only one year later into the final product. The DVD "Herbal Pharmacy for Everyone – A Step-by-Step Guide to Creating Your Own Herbal Preparations" shares tools of herbal medicine, the most ancient healing art, and provides all the information required to create your own herbal preparations with equipment found in any home kitchen wherever you live.

I have created this DVD out of my concern for the planet and the desire and necessity to provide people with tools that will allow them to take responsibility for their

own well-being. It not only provides people with tools but at the same time encourages them to re-connect with nature. It helps people understand that we are part of the whole picture and would not be able to exist without the plants.

"Gudrun and Adrian are each well-schooled in the science of plant medicine but they bring much more to their practice. In refreshing contrast to some current attitudes they bring respect, gratitude and wisdom to the process of harvesting and working with plants.

They instruct us to take only what we need and can use at the time, to bring our own calm and loving spirit when we approach and handle plants. And they remind us that all life on this planet is dependent on the plants." Catherine McLaughlin



The flowers of tomorrow are in the seeds of today

The DVD includes topics such as:

- Harvesting, drying and storing herbs.
- Demonstration of creation of herbal preparations: juices, infusions, tinctures, vinegars, flower essences, infused oils, ointments, powders and capsules, poultices and more.
- A supplement on how to make your own seed and nut milks as well as sprouting instructions.
- Appendix with formulas and precise instructions.

Adrian de Landa, a traditional Mexican healer and ND, has over 20 years experience in practice and teaching and I have worked in this field for over 25 years - practice, teaching and speaking engagements - both national and international.

All chapters of the DVD can be accessed individually from the main menu at any time so there is no need to go through the entire DVD if you only want to learn about a specific herbal preparation.

An appendix, also accessible from the main menu at any time, provides all the instructions and formulas used plus additional written information.

The DVD provides over 3 hours of instruction and is reference material that can be used for years and generations to come.

The target group is anybody interested in this subject matter, be it the newcomer or the experienced homegrown herbalist, each will find valuable information and tools in this DVD.

For more information please go to [www.rainbowhealing.ca](http://www.rainbowhealing.ca) or call Gudrun at 780.532.2464.

