

# Harmony in Health

## Suggested reading for herbs and spices

### *Books*

- Herbal – the essential guide to herbs for living, by Deni Brown, in association with Chelsea Physic Garden
- Spice Health Heroes, by Natasha MacAller
- Jekka's Complete Herb book, by Jekka McVicar
- Pleasures of Herbs, by Audrey Wynne Hatfield
- The Yoga of Herbs, by David Frawley and Vasant Lad

### *Websites*

- <https://www.jekkas.com/pages/jekkas-guide-to-medicinal-herbs>
- <https://www.nccih.nih.gov/health/herbsataglance>
- <https://www.rhs.org.uk/advice/profile?pid=679>
- <https://herbsociety.org.uk/category/culinary-herbs/>

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