



Power Plants: Simple Home Remedies You Can Grow

Frankie Flowers, Bryce Wylde

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A local and natural DIY guide to help you grow yourself healthy.

Natural remedies are nature's gift to us. From alternatives to side-effect ridden prescriptions to solutions that will amplify the effectiveness of a healthy lifestyle, evolving research suggests that plants may have more power than we could ever have imagined. Now two of Canada's top authorities in their fields, gardening expert Frankie Flowers and alternative medicine expert Bryce Wylde, show readers how they can harness the powerful healing of plants simply and inexpensively by stepping into their garden.

Power Plants introduces you to a carefully curated list of 49 plants that can be grown in almost any Canadian garden. Frankie's easy instructions lead readers from planting to harvest, where Bryce picks up with clear guidelines on how to put the plants to work fighting everything from constipation to heartburn, high blood sugar to bad breakouts. It even includes simple substitutions for those whose ailments include a thumb that is more black than green. Let *Power Plants* supercharge your health with a simple trip into your garden.

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