



# A Green Witch's Formulary

*Deborah J. Martin*

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## **A Green Witch's Formulary** Deborah J. Martin

In older times, the female head of household was responsible for the health of the household. Doctors or healing priests were usually too far away to consult except in extreme circumstances. In addition to directing the planting & maintenance of the garden, she had an herb room (later, a stillroom) where she dried the harvest and made the necessary medicaments from herbs. Of necessity, she would compile herbal recipes and other practical information used to treat the illnesses and injuries of both family and retainers. This information would come from a variety of sources: her mother & other relatives, neighbors and travelers. Following the tradition of her forebears, Ms. Martin has compiled helpful information on over thirty common health complaints and fifteen magical situations. As her ancestors would have recorded, she includes information on growing your own herbs and how to make herbal preparations.

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