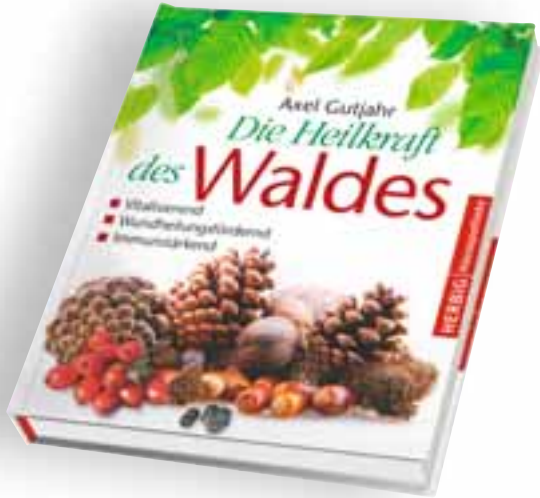


THE OLDEST PHARMACY IN THE WORLD



Axel Gutjahr
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THE FOREST**

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- Promotes wound healing
- Strengthens the immune system

OAK, FIR, WILLOW, HORSE CHESTNUT: for centuries, men have gathered leaves, flowers, fruit, and bark in the forest in order to relieve ailments and heal illnesses. Birch leaf tea is an excellent cure for urinary bladder infection; a drink made with hawthorn lotion helps in case of sleeping disorders, and spruce needles are not only very tasteful as a jelly, they also prove successful in relieving arthritis and muscle pain. With valuable and easy-to-perform healing applications, extensive information on single woods or the making of teas, liqueurs, baths, ointments, and creams as well as surprise recipe ideas.

AXEL GUTJAHR, born in 1959, has been interested in biology since his early childhood. He studied agricultural economy and animal breeding and has previously written numerous non-fiction books on botanical and agricultural topics. He lives and works in Thuringia, Germany.

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