

New book reveals secrets of herbs and health

From medicine chest to kitchen, the humble herb is as healthy as it is versatile - and now the herbal mysteries have been revealed in an easy to digest format.

After years of research, respected expert on the subject and radio personality Isabell Shipard has put her much sought after knowledge into a book, with a title that says it all "How Can I Use Herbs in My Daily Life?"

A practical guide to growing and using herbs from a renowned expert in the field, the book brings together Isabell's extensive experience, personal observation and wealth of knowledge on herbs.

For more than 25 years Isabell, with the help of her family, has grown and distributed herbs nationally by mail order, earning her national recognition as a foremost authority on herbs.

She brings the subject to life in a book which encourages people to be more self-reliant and self-sufficient in food and medicine and to understand that herbal remedies offer a real alternative to pharmaceuticals.

"Herbs are special. They are rich in antioxidants, aid the digestion, have pain relief properties, strengthen the immune system and support the innate healing process," Isabell says. "Their aroma delights the senses and are a pleasure to grow."

Readers are treated to amusing, fascinating folklore and anecdotal true-life incidents people have experienced with herbs. The inspirational book also engages the readers with practical ways to using herbs in the daily menu.

The Shipards' extensive collection of culinary and medicinal herbs, spices, fruit, rare edibles and seed varieties are sought by gardeners throughout Australia and internationally.

Isabell's rare herbs have also been used for cooking demonstrations by "The Naked Chef" Jamie Oliver and for international expos.

Open days held at the Nambour herb farm saw Malaysian doctors, tertiary students and bus groups arriving to be educated about edible plants and their uses. The idea for writing the book grew from one such visit.

“Many years ago, a visitor said that he had thoroughly enjoyed seeing and hearing about so many edible plants, but that he would never remember everything, and he suggested that I write a book,” Isabell said.

“Over the years, many people have echoed the same thoughts and encouraged me to write, saying how much they have appreciated the interesting articles that were printed in a number of magazines.”

Her biggest challenge was finding the time in between tending her herbs, her regular radio segment on ABC Coast FM, television appearances, including *Totally Wild* and *Gardening Australia*, and assisting universities in sourcing plants for display and research.

“I wanted to write the book but couldn’t find the time. When my husband Derrick retired and my children Angela and Ricky came in to help with the farm, I was able to start writing but I had no idea of the magnitude of the task,” she said. “It has been a long commitment of time, energy and resources, but the result is well worth the effort.”

“How Can I Use Herbs in My Daily Life?” is available for \$39.00 retail plus \$13 p& h, from P.O. Box 66, Nambour 4560, or from Shipard’s Herb Farm in Windsor Road, Nambour, and selected outlets. Further information is available from Isabell Shipard phone 07 5441 1101.

To grow them is to know them. To know them is to use them.

To use them is to love them.

Then, happily, herbs become your way of life.

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