**HerbGals Resources**

**Where to purchase herbs:**

Find your local herbalist or herb grower + support them. If you cannot locate a local person to support, there are online options if your local health food store is not an option. Check out Studio Botanica’s resource page for **‘**[**where to buy good herbs’**](https://www.studiobotanica.com/trusted-herb-sources/)

**My favourite herbals** (herb books)  
Check out this link all [**about my favourite herbal books**](https://www.studiobotanica.com/back-to-school-favourite-herbal-books-for-you/)

**Online Herb Resources:**

As we know, the internet is not always a reliable general resource

In general, the first page of google is paid adverts + big pharma type sites, so we need to move farther into the ‘search’ and do try to find sites  
written by herbalists.

**Here are some of my favourite online herb/herbalist sources:**

Studio Botanica -- My own blog.   
<https://www.studiobotanica.com>

In addition to the search bar which will take you to specific topics

***Do check out the resource area!***

The Herbal Academy  
<https://theherbalacademy.com/blog/>

American Botanical Council  
<https://abc.herbalgram.org>

Plants for a Future (data base)   
<https://pfaf.org/plants/>

7Song’s blog  
<https://7song.com/about-7song/blog/>

Leslie + Micheal Tierra- 2 blogs in one website  
<https://planetherbs.com/>

Sharol TIgner (M.D0

<https://youarethehealer.org/>

Henriette Kress:

[**https://www.henriettes-herb.com/**](https://www.henriettes-herb.com/)

Rosalee de la Foret<https://www.herbalremediesadvice.org/>

Robin Harford  
<https://www.eatweeds.co.uk/>

S.W. School of Herbal Medicine

<https://www.swsbm.com/school/index.php?ID=5>

United Plantsavers

<https://unitedplantsavers.org/>

My Friend Meagan→ focus on children’s health

<https://growingupherbal.com/blog/>