

101 Medicinal Herbs

Enjoy a thriving, fragrant herb garden and use your harvest to bring beauty, flavor, and health to your everyday life. Tammi Hartung provides in-depth profiles of 101 popular herbs, including information on seed selection, planting, maintenance, harvesting, and drying. Hartung also shows you how to use your herbs in a variety of foods, home remedies, body care products, and crafts. Whether you're a seasoned herbalist or planting your first garden, Homegrown Herbs will inspire you to get the most out of your herbs.

Fire cider — a spicy, zesty, immune-boosting tonic of apple cider vinegar and powerhouse herbs like horseradish, onion, garlic, ginger, and cayenne — is an old-time remedy that's gaining a new generation of fans. Best-selling author and herbalist Rosemary Gladstar has created a compendium of recipes for making and using these cider vinegar tonics.

A modern reference guide on the benefits of incorporating traditional Chinese medicine into modern-day therapies! The Healing Power of Chinese Herbs and Medicinal Recipes is an easy-to-follow introduction to the history of traditional Chinese phytomedicine. This useful guide clearly explains the basics of this unique medical system and describes in detail the therapeutic properties and use of medicinal herbs and herbal recipes. The book includes a bibliography, glossary, contact information for herbal dealers and Oriental medicine schools, and an indexed list of 300 commonly used Chinese medicinal herbs and 245 herbal recipes. In The Healing Power of Chinese Herbs and Medicinal Recipes, you will find the fundamentals, evolution, and development of the herbal formulas of the 4,000-year-old Oriental Materia Medica, also known as ben cao. The book contains 11 sections documenting the therapeutic applications, dosages, precautions, and modern research findings of 138 of the most popular medicinal herbs. In addition, this resource provides 101 of the most frequently prescribed master recipes by famous ancient physicians, including their origin, ingredients, actions, indications, and modern clinical uses. The Healing Power of Chinese Herbs and Medicinal Recipes offers an in-depth education on: tonic herbs herbs that adjust the yin and yang of the body herbs that invigorate circulation of vital energy, qi, and blood herbal tranquilizers herbal diaphoretics herbal expectorants, antitussives, and antiasthmatics herbal pain killers herbs which regulate digestion and elimination herbal diuretics herbal antipyretics, antimicrobials, and detoxicants antitumor herbs The Healing Power of Chinese Herbs and Medicinal

Recipes provides up-to-date information on the effectiveness of traditional Chinese medicine, as well as how to use Chinese medicinal herbs in conjunction with Western conventions. This comprehensive reference will benefit healthcare practitioners who want to include Oriental medicine in their practice, and anyone who is interested in Chinese herbs or patients for whom conventional medicine has offered no relief.

Combines a field guide to finding and preserving medicinal plants with a detailed home advisor to their uses in cooking, cosmetics and health

A Comprehensive Reference to Herbs of Flavor and Fragrance

Simple and Effective Home Remedies for Colds, Muscle Pain, Upset Stomach, Stress, Skin Issues and More

Discover the Amazing Spirit of 12 Healing Herbs with Teas, Potions, Salves, Food, Yoga, and More

The Good Living Guide to Natural and Herbal Remedies

Magic and Medicine of Plants

A Complete Guide to Growing, Using, and Enjoying More than 100 Herbs

National Geographic Desk Reference to Nature's Medicine

The global popularity of herbal supplements and the promise they hold in treating various disease states has caused an unprecedented interest in understanding the molecular basis of the biological activity of traditional remedies. Herbal Medicine: Biomolecular and Clinical Aspects focuses on presenting current scientific evidence of biomolecular ef

The information in this book is also featured in the author's publication Family Herbal Wellness (2012) This guide is meant for the beginner to learn about medicinal herbs. It features several pages of information on individual herbs. You get information from growing the herbs to using them in medicinal preparations. Excerpts: "Calendula has been used medicinally since the 16th century. The ancient Egyptians valued calendula as a rejuvenating herb. In early England and France, Holland and colonial America commonly used the dried flowers for coloring and flavoring seafood, soups, game and other meats, cheese, butter, cakes, cookies, puddings and wine as well as in medicinal teas, syrups, conserves and ointments." "Yarrow is native to California and other areas of the Western United States. Yarrow's genus name Achillea comes from the mythical Greek character Achilles, who carried it with his army to treat battle wounds."

Features more than five hundred plants and herbs of North America providing information on their location and medicinal uses.

Interest and information in the field of medical toxicology has grown rapidly, but there has never been a concise, authoritative reference focused on the subjects of natural substances, chemical and physical toxins, drugs of abuse, and

pharmaceutical overdoses. *Medical Toxicology of Natural Substances* finally gives you an easily accessible resource for vital toxicological information on foods, plants, and animals in key areas in the natural environment.

Saving Our Medicinal Herbs

101 Herbal Concoctions to Increase Energy, Boost Immunity, Enhance Memory, Ease Digestion, and Support Daily Health and Wellness

A Survival List of 101 Plants that Can Save Your Life, How to Detect and How to Store Them in Case of Apocalyptic Scenarios
Herbal Goddess

33 Healing Herbs to Know, Grow, and Use

Teas for Life

The Thriving 101, Alkaline Herbal Medicine

For many people who want to use herbs for good health, Stephen Foster provides the ultimate overview of how to use herbs for health. 101 color photos.

More than just a warm and comforting drink, tea has medicinal properties that are widely underused in North America. Common herbs, fruits, and barks have been scientifically proven to help relieve pain, menopause symptoms, high blood pressure, insomnia, stress, and depression. When taken preventatively, certain herbs in tea can help fight off cancer cells, heart disease, and even Alzheimer's disease and fibromyalgia. By learning about what these various natural ingredients are capable of and how they work, readers can begin to treat many ailments with what grows in their gardens—plants that have been used in eastern medicine for thousands of years. *The Good Living Guide to Medicinal Tea* invites readers into a world of medicinal plants, instructs on the specific healing properties of each, matches them to ten North American health disorders, and provides simple tea recipes readers can make in their own homes. Late Japanese author Okakura Kakuzō has been famously quoted as saying, "Tea began as a medicine and grew into a beverage." *The Good Living Guide to Medicinal Tea* encourages readers to turn their favorite drink back into medicine—and outlines exactly how to accomplish this. With the help of beautiful photographs and an easy dialogue, Jennifer Browne clearly explains to readers how teatime can garner impressive health benefits. Skyhorse Publishing, along with its Good Books and Arcade imprints, is proud to publish a broad range of cookbooks, including books on juicing, grilling, baking, frying, home brewing and winemaking, slow cookers, and cast iron cooking. We've been successful with books on gluten-free cooking, vegetarian and vegan cooking, paleo, raw foods, and more. Our list includes French cooking, Swedish cooking, Austrian and German cooking, Cajun cooking, as well as books on jerky, canning and preserving, peanut butter, meatballs, oil and vinegar, bone broth, and more. While not every title we publish becomes a New York Times bestseller or a national bestseller, we are committed to books on subjects that are sometimes overlooked and to authors whose work might not otherwise find a home.

A reference to the medicinal plants and herbs of Eastern and Central North America includes specific remedies for asthma, headaches, stomachaches, depression, and many other common ailments.

Ever wondered about the benefits of dandelion, chickweed, and elder? *Healing Herbs* is an essential reference for the beginning herbalist featuring 20 common herbs, many of which are considered weeds, that can often be found in hedgerows, meadows, and wild places. Along with medicinal information, this book includes traditional folklore and fortifying recipes for each edible or medicinal plant, and plenty of easy-

instructions to help fill a backyard herbalist's medicine chest with remedies to keep the whole family happy and healthy. Healing Herbs conveniently organized by plant, making it easier for the home herbalist to find, identify, and use healing plants from the backyard. Herb Sams identifies the 20 most common and healthful herbs and over 100 natural remedies that are easy, inexpensive, and effective. This guide is fundamental for any nature-lover's library.

Growing 101 Herbs That Heal

Rosemary Gladstar's Medicinal Herbs: A Beginner's Guide

AMERICAN EDIBLE WILD PLANTS FOR PREPPERS

Healing Herbs

One Hundred and One Medicinal Herbs

Simple Salves, Teas, Tinctures, and More

50 Ways to Brew the Cure for What Ails You

This book presents up-to-date information on a total of 75 native and non-native medicinal plants growing in Singapore. Comprehensive and useful information from the published literature – including plant descriptions and origins, traditional medicinal uses, phytoconstituents, pharmacological activities, adverse reactions, toxicities, and reported drug-herb interactions – is presented in an easy-to-read manner for easy and quick reference. There is no minimum level of knowledge required to read this book, and botanical and medical glossaries are also provided for readers' convenience. The book will be of great practical benefit to a wide-ranging audience. Educators and students in complementary medicine and health, pharmacognosy, medicinal chemistry, natural products, pharmacology, toxicology, pharmacovigilance, medicine, pharmacy, nursing, botany, biology, chemistry and life sciences will find the information useful. The book will also appeal to clinicians, pharmacists, nurses and researchers, as it contains a comprehensive reference list at the end for further reading.

With this bestselling book by Rosemary Gladstar, the godmother of modern herbalism, learn how to grow, harvest, prepare, and use the 33 most common and versatile healing plants. Everyone will love this guide to inexpensive and natural home-healing!

Voted one of the Top 10 books in 2000 by the Vermont Book Publishers Association. A collective endeavor by United Plant Savers, featuring America's most respected and well-known herbalists. Contributors include Don Babineau, Tim Blakley, Mark Blumenthal, Jane

Bothwell, Stephen Harrod Buhner, David Bunting, Richo Cech, Tane Datta, Shatoiya and Rick de la Tour, Ryan Drum, Doug Elliott, Steven Foster, Cascade Anderson Geller, Kate Gilday, Rosemary Gladstar, James Green, Pamela Hirsch, Christopher Hobbs, Sara Katz, Kathi Keville, Robyn Klein, Richard Liebmann, Brigitte Mars, Pam Montgomery, Nancy and Michael Phillips, Janice J. Schofield, Joanne Marie Snow, Deb Soule, Paul Strauss, Gregory L. Tilford, Krista Thie, Susun S. Weed, David Winston, Martin Wall, Matthew Wood. While the renaissance in the U.S. botanical market is positive in many respects, medicinal plant populations are suffering from loss of habitat and overharvesting, and many bestselling herbs are now at risk including echinacea, American ginseng, goldenseal, Hawaiian wild kava, and wild yam. The authors share their extensive experience with using and growing thirty-three of these popular herbs and include suggestions for creating your own private herbal sanctuary--whether a city balcony, suburban backyard, or rural retreat. Full-color photographs will inspire experienced and novice herb users alike to protect and cultivate these remarkable healing plants. Readers will also find out how to use herbal analogues for at-risk plants--other medicinal herbs that provide the same benefits and exist in plentiful amounts--and learn ways to make their herbal purchases a vote for sustainability. *Planting the Future* shows us how we can participate in the land stewardship, habitat protection, and eco-friendly consumption that will ensure an abundant, renewable supply of medicinal plants for future generations. All author royalties will be used for replanting native medicinal herbs on a 370-acre botanical sanctuary in Ohio.

A chronicle of current herbal renaissance and commonsense ways to integrate into our modern lives.

From Apple Cider Vinegar Tonics to Coconut Oil Body Balm, 150+ Home Remedies for Health and Healing

101 Herbal Teas for Greater Health

The Encyclopedia of Herbs

Healing Herbal Infusions

The Most Effective Ways to Benefit from Nature's Healing Herbs

An Herbal Guide to Holistic Self-Care

Your Guide to Healing Common Ailments with 35 Medicinal Herbs

Fight Colds and Flu Lower Cholesterol Beat Depression Banish Fatigue Enhance Memory Lose Weight And More! An ancient Chinese legend: Once there was a man who knew 100,000 healing properties of herbs. He taught his son 80,000 secrets. On his deathbed, he told his son to visit his grave in five years, and there he would find the other 20,000 secrets. When the son went to his father's grave, he found, growing on the site, the tea shrub.... Teas are the gentle, natural, most beneficial way to absorb the healing properties of herbs--easily and inexpensively. A simple cup of tea not only has the power to soothe and relax but to deliver healing herbal agents to the bloodstream more quickly than capsules, tinctures, or infusions. Feeling tired? Rose hip tea will rev you up and beautify your skin. Need some help with your diet? Ginger tea will provide the boost you need and help aching joints too. Hot or iced, these pure and simple drinks offer delicious ways to stay healthy and revitalize you from the inside out. This unique guide offers: An A-Z listing of common ailments followed by the teas best used to treat them Instructions on how to create your own medicinal kitchen Advice on creating your own tea blends Descriptions of the top 100 herbs and their secret healing properties And much, much more!

The definitive, full-color guide to making and using approximately 250 herbal medicines at home, with instructions for everything from harvesting to administering low-cost, DIY remedies. This comprehensive, full-color guide provides detailed, easy-to-follow instructions for making and using approximately 250 herbal medicines at home, including practical tips and numerous effective formulas developed and tested by the authors, both expert herbalists with years of experience. Readers who appreciate the health-giving properties of herbal medicines but are discouraged by the high price of commercial products can now make their own preparations for a fraction of the cost. The authors tell you everything you need to know about harvesting, preparing, and administering herbs in many different forms, including fresh, bulk dried herbs, capsules, extracts in water, alcohol, glycerin, vinegar and oil, and even preparations like essential oils and flower essences. The book also covers topical applications of herbs as salves, lotions, poultices, tooth powders, ear drops, and more, and includes an extensive chapter on herbal hydrotherapy. The Modern Herbal Dispensary explains why different preparations of the same herb will obtain better results, demonstrating how capsules, teas, tinctures, or glycerites of the same plant will not have exactly the same effect on the body. Leading herbalists Thomas Easley and Steven Horne have tested and proven the herbal formulas they offer, along with suggestions for treating more than one hundred illnesses. They lay out the principles of herbal formulation and also provide instructions on how to prepare single herbs, a procedure that has been largely ignored in other references.

More comprehensive than any other guide, thoroughly researched, beautifully illustrated, and presented with ease of use in mind, this book will take its place as the premier reference for those who want to produce all the herbal remedies they need, and to save money in the process.

*Freshly blended herbal teas offer more healing power than do pre-packaged tea bags. In *Healing Herbal Teas*, master herbalist and author Sarah Farr serves up 101 original recipes that not only offer health advantages but also taste great. Formulations to benefit each body system and promote well-being include *Daily Adrenal Support*, *Inflammation Reduction*, and *Digestive Tonic*. Additional recipes that address seasonal needs such as allergy relief or immune support will attune you to the cycles of nature, while instruction on the art of tea blending will teach you how to develop your own signature mixtures to give your body exactly what it needs. This book is an enchanting and delectable guide to blending and brewing power-packed herbal teas at home.*

An illustrated compendium of information on plants and their diverse therapeutic properties and benefits brings together folklore, scientific research, and medical theory to describe hundreds of plants, their origins and geographic distribution, cultivation, and medical applications. Reprint. 10,000 first printing.

Planting the Future

Biomolecular and Clinical Aspects, Second Edition

The Simple Guide to Natural Health

A Beginner's Guide to Identifying, Foraging, and Using Medicinal Plants / More than 100 Remedies from 20 of the Most Healing Plants

Growing & Using the Healing Herbs

Healing Tonics

Gardening Techniques, Recipes, and Remedies

Are your customers looking for a natural way to eradicate all diseases from your mind and body? Do they want to discover 100+ tried, ways to use herbal remedies in daily life? Do they want to learn what the most beneficial herbs around us are and how to daily use the day diseases such as cancer, diabetes and common flu? More than 15000 plant species constitute the North American flora and almost continue to be used today for medicinal purposes by various Native American Shamans. The purpose of this A to Z guide is to bring back medicinal wisdom and profound knowledge of herbal remedies. Let me explain deeply... Your suffering may be soothed by an antacid or a origin of the discomfort may not be relieved. Headaches, fatigue, indigestion, allergies, eczema, anxiety, elevated blood pressure, among are indications of a greater problem in the body, and it is a crucial move in maintaining optimal health to learn to interpret such indications. herbal medicines and other natural therapies, this smart guide teaches you how to interpret the signs of your body and encourage your customers will find: - The traditional and modern uses of 50+ North American plants - 100+ tried, tested and proven ways to use herba

life - 7 Secret Herbal Remedies of the Sacred Native Shamans - How to heal common ailments like Acne, Allergies, Back Pain, Sinusitis... and care for your very own medicinal herbs and become a skilled herbalist With this handy encyclopedia on your shelf, a rich heritage of craftsmanship and herbal tradition is at your fingertips. Though this knowledge you will be able to become a considerate, respectful, and skilled. Take the first step towards a healthier, more holistic way of life. Free yourself from the shackles of modern medicine and its symptom-driven. Listen to the nature around you as our ancestors so wisely did and learn to heal yourself in a natural way. Are you ready to go back to nature? Click on the Buy Now button to start your journey today!

"Show herbalists-in-training how to use a limited number of versatile, medicinal herbs to craft herbal remedies for common ailments, from fevers to headaches"--Publisher marketing.

"An informative, user-friendly guide, Healing Herbal Infusions is brimming with great remedies, recipes and wise herbal advice." —Rosemary Easy, All-Natural Remedies for Life's Aches and Pains Treat ailments the natural way with organic health remedies made from herbs found in your garden, yard or neighborhood, without resorting to risky medications or prescriptions. These herbal infusions are incredibly easy to make. All you do is infuse fresh or dried herbs in a liquid to draw out the healing properties, and you get an amazing homemade remedy that will truly benefit your family. Make your own herbal treatments for common cold and flu symptoms, such as Fever-Reducing Tea, Pine Needle Cough Syrup, Marshmallow & Ginger Sore Throat Tea. Ease muscle and body aches with Arnica Salve for Sprains & Bruises and Basil, Thyme & Oregano for Chronic Pain, and soothe digestion with Prebiotic Honey Electuary and Herbal Vinegar Infusion for Heartburn. Nourish your skin, lips, hair and, most importantly, your inner well-being with infusions such as Healing Flower-Whipped Body Butter, Relaxing Herbal Face Steam and De-Stress Tea. Save money and avoid harsh chemicals by infusing your own cures for burns, cuts, scrapes, dry skin, flaky scalp and even a baby's diaper rash. So much more! Each recipe features helpful info, safety tips and dosage recommendations for adults and children. With 75 homemade treatments, this is a modern resource to support your entire family's wellness the all-natural way. Learn more at: www.growforagecookferment.com/healing-herbal-infusions

Harness the Amazing Power of Nature And Discover How To Use Natural Plants And Herbs To Get Rid of Common Illnesses Without Relying on Medication! If you've always wanted to learn natural ways to cure common ailments but don't know how to begin, then keep reading... Are you tired of having to take pills to get rid of minor ailments? Have you noticed you're gradually becoming more resistant to antibiotics and you have to take larger doses to achieve the healing your body needs? Do you want to finally say goodbye to endless bottles of medicine and embrace a holistic approach to safely create your own remedies using plants you're familiar with? If you answered yes to any of these questions, you're in the right place. You see, learning how to use herbal medicine doesn't have to be complicated. In fact, it's much easier than you think.

Herbal Apothecary Recipes

Fire Cider!

Your Guide to Healing Common Ailments with Medicinal Herbs

Herb Guide 101

20,000 Secrets of Tea

Learn to Blend 101 Specially Formulated Teas for Stress Management, Common Ailments, Seasonal Health, and Immune Support

An Informational on Medicinal Herbs

This back-to-nature reference guide details effective herbal medicines and natural remedies for

digestive complaints, sore muscles, wound healing, teenage acne, allergic reactions, and much more. This book is packed with herbal wisdom, traditional use, and just the right amount of science. Gain confidence and understand how to use plant medicine in your home. Dive into the alchemy and art of herbal medicine preparations, receive safety tips, and perfect the techniques to create your own elixirs at home using the numerous recipes provided for delicious foods, herbal teas, tinctures, poultices, liniments, fomentations, herbal vinegars, salves, and oils. Scattered throughout are reflections on how bodies heal and the natural world's role in facilitating healing through connection to spirit and building community. Author Katolen Yardley has more than twenty years of experience as a Medical Herbalist and teaches courses in herbal medicine and naturopathy. Here she offers a simple, straightforward, and beautiful guide to natural remedies that will help you take charge of your health using nature's own medicine.

Unique and nutritious ideas for creating tinctures, drinks, teas, and smoothies designed to invigorate and soothe. Easy-to-make recipes for energy tonics and disease-prevention formulas for the entire body. Are you wanting to get into natural healing but have no idea where to begin? Perhaps you have tried traditional medical methods, and they have not worked out for you? Maybe you have made a promise to yourself to take better care of yourself through optimizing your mind, body, and spirit, or you have a garden full of plants that you have no idea the potential benefits they possess? No matter the situation, this comprehensive book about healing medical herbs will answer all of these questions. No matter if you are a beginner or a seasoned herbalist and gardener, this guide will give you the knowledge that you need to realize the full potential of using herbal medicine in your life. This guide explains why natural herbal medication is important not only in healing the body but also its role in the environment. It gives you points as to why going the natural route with your healing process is ideal and walks you through the points of following an Alkaline Plant Diet. Here are some of the information explained in the book: The Benefits of an Alkaline Body The Healing Plants Role in Our Ecosystem How to Harvest, Dry and Store your Herbs Properly to get the most healing and nutritional value When Seeds and Roots Should Be Planted to get the most potent properties of each plant How to make your own tinctures, salves, infusions, and much more, which will further aid in your health Information on Over 70 individual healing herbs, that will explain to you botany characteristics, tips on when to harvest, and what parts of the plants are useful the most. There is also a breakdown of the health benefits of each herb As a bonus, there are many individual recipes included, which will aid you in building your own natural herbal medicine cabinet from useful remedies to include a Poison Ivy Poultice, cold and flu treatments, various teas, and more! This book will open up a world of possibilities as the choices become endless with the number of healing medicines that you can produce in your own home with the use of herbs in your garden, buy in the store, or find while wandering through the wild. So, if you ever wanted to jump into the world

of herbalism to help you become a healthier person inside out as well as to be able to heal you and your family members with simple gifts from nature, take the opportunity to learn about this exciting way to feel better! Click on the Buy Now button to get your copy of **Alkaline Herbal Medicine: The Beginners Guide to Medicinal Herbs and Healthy Natural Remedies to Balance Your Mind, Lose Weight, Gain Energy, and Heal Common Ailments** and start to live a new life

One Hundred and One Medicinal Herbs Interweave Press

Veterinary Herbal Medicine

A Medicine-Making Guide

101 Zesty Recipes for Health-Boosting Remedies Made with Apple Cider Vinegar

Homegrown Herbs

Herbal Medicine for Emotional Healing: 101 Natural Remedies for Anxiety, Depression, Sleep, and More Body into Balance

Silver Nautilus Book Award Winner for Health & Healing An antacid or an aspirin may soothe your pain, but it doesn't cure the cause of your symptoms. Headaches, indigestion, fatigue, allergies, anxiety, eczema, high blood pressure, and other conditions are clues to a deeper imbalance in your body, and learning to read those clues is a key step in maintaining optimal health. Herbalist Maria Noël Groves shows you how to read your body's signals and support your own wellness with herbal remedies and other natural treatments. You'll learn how each of your major body systems — respiratory, digestive, immune, nervous, memory, reproductive, circulatory, and more — optimally functions, and you'll discover how to use natural remedies to nourish and repair problem areas, restore lost vitality, support your body as a whole, and prevent future problems. Groves includes in-depth instructions, with step-by-step photographs, for making your own herbal remedies, as well as expert guidance on buying and effectively using commercial preparations.

Stinging nettles are, for many of us, nothing more than persistent weeds with a painful sting. But apart from having an important role in the web of life, nettles are an incredibly useful plant to mankind. They have been put to myriad uses by our ancestors, and many of these are still valid today. Already stinging nettle products are growing in popularity in the field of alternative medicine, as their wide range of health benefits becomes better known. This unique book explores the diverse uses of this fascinating plant - in the garden and the kitchen, for their medical and fibrous properties and so on. It is packed with practical suggestions, as well as a guide to the botany of stinging nettles, and how to collect and store them. For example, you will discover how to use nettles to: make a liquid plant fertiliser brew an unusual beer make a dandruff treatment protect beehives flavour an omelette make friendship

bracelets repel flies naturally make green or yellow fabric dyes keep yourself warm in the winter and much more ... The many health benefits of taking nettles in various forms include relief from: hay fever and other allergies; acne and other skin conditions; arthritis and rheumatism; asthma; stress; high blood pressure; depression; enlarged prostate gland. The book also features Digital Nettle Art!

An organic gardener and noted herbalist presents detailed instructions on how to grow 101 medicinal plants, along with organic approaches to propagation, soil preparation, natural pest management, harvesting, and garden design, and features profiles of each herb and direction son how to prepare a range of herbal remedies and healing foods. Original.

Are you trying to find a method to succeed in medical problems without using modern medicine full of toxic effects? Are you searching for a new approach to keep yourself healthy? In this book, you'll learn: ★ The spiritual history - You will learn to appreciate the spirituality used by Native Americans in your practice. ★ Herbalism 101 - Learn how to source, prepare, dry, and store your herbs. ★ 87+ Native American plant profiles - Discover how to identify them with traditional illustrations and how to make effective usage of their hidden powers. And much more...

100 Medicinal Herbs and How to Use Them

Guide To Medicinal Plants, A: An Illustrated Scientific And Medicinal Approach

A Field Guide to Medicinal Plants and Herbs of Eastern and Central North America

Herbal Medicine

Herbal Medicine 101

Discover The Medicinal Uses Of Herbs: Healing Herbs With Recipes

The Good Living Guide to Medicinal Tea

This meticulously researched compendium provides every aspect of growing, identifying, harvesting, preserving, and using more than 500 species of herbs. Thorough profiles provide a plant's botanical name and family, whether it is an annual or perennial, its height, hardiness, light requirements, water consumption, required soil type, and pH. The often fascinating history of the plant, the chemistry of its essential oils, and its culinary, landscape, and craft uses are also included, as is advice on how to propagate. For the first edition of their work, both authors received The Gertrude B. Foster Award for Excellence in Herbal Literature from the Herb Society of America. This new edition adds important species and includes updated nomenclature.

Herbalism For Everyone "If you've ever brewed a simple cup of tea, you've practiced herbalism. This most basic and ancient of acts has the power to deliver health and healing in a safer, more natural way to you and your family. And since it's so familiar to most of us, it's also a comfortable place to begin learning more about herbalism." So begins *Teas for Life*, an educational and often humorous ebook that brings 101 herbs to light, showcasing numerous uses for each plant, correct dosages, and entertaining anecdotal information. Whether you're a budding home herbalist, an avid gardener, a skilled wildcrafter, or an avid herbal tea enthusiast, this will become your go-to guide. A great reference for not only your Kindle, but your smart phone, your home computer, or your tablet. You'll want to keep this one with you! Get the Real Scoop on Herbal Teas - Teas are alphabetized by common name with Latin name following - perfect for the beginner! - Learn how and when to use each herb; best ways to prepare the tea; precautions and warnings - Instructions for brewing a proper cup of herbal tea for medicinal use - The author's personal notes and anecdotes add an interesting layer and make the information easy to remember - Includes an Herbal Shopping Guide at the end so you know some of the best places to purchase herbs online! What Others Are Saying: "If you are a seasoned herbalist or just some one who wants try your hand at a few herbal remedies... This is the book you need!" "Written with great knowledge and a bit of wit. I felt like author was right there having a cup of tea with me as I was reading. I have already started putting this to work. Awesome reference!!" "Diane Kidman's *Teas For Life: 101 Herbal Teas for Greater Health* is the most comprehensive guide to herbal teas on the market. Simple, to the point, instructions and detailed listing of what each herb is used for makes this very easy to use. Her sense of humor also makes learning about herbal teas entertaining. Thanks, Diane, for a great book!"

This full-color text and practical clinical reference provides comprehensive information on herbal remedies for both large and small animal species. Key coverage includes clinical uses of medicinal plants, specific information on how to formulate herbal remedies, a systems-based review of plant-based medicine, and in-depth information on the different animal species--dog, cat, avian and exotic, equine, food animal, and poultry.

Treat your aches and pains with these simple, all-natural solutions for colds, minor burns, acne, and more. The Simple Guide to Natural Health provides the latest information on all-natural remedies, featuring ingredients such as apple cider vinegar, coconut oil, and various essential oils. With these do-it-yourself recipes that harness the power of natural healing, you'll be able to treat—and prevent—common ailments. From how to grow and harvest your own ingredients to instructions for storing and organizing your homemade remedies, clinical herbalist Melanie St. Ours will take you step-by-step through the process of creating your own natural medicine cabinet.

The Modern Herbal Dispensatory

Medical Toxicology of Natural Substances

A Field Guide to Western Medicinal Plants and Herbs

Herbs for Common Ailments

How to Make and Use Herbal Remedies for Home Health Care. A Storey BASICS® Title

Foods, Fungi, Medicinal Herbs, Plants, and Venomous Animals

The Healing Power of Chinese Herbs and Medicinal Recipes

A comprehensive and practical reference to using medicinal herbs for natural healing from JJ Pursell, the founder of The Herb Shoppe and one of the leading names in the fields of herbalism and naturopathy.

In this Storey BASICS® guide, best-selling author and master herbalist Rosemary Gladstar shows you how to use 56 common herbs to safely address a wide range of everyday ailments. Covering everything from burns, wounds, and bruises to headaches, congestion, and insomnia, Gladstar offers dozens of easy-to-make recipes for herbal remedies that will soothe your woes without the harsh ingredients found in commercial pharmaceuticals. Keep your family happy, healthy, and safe with the natural healing power of herbs.

Working with 12 common herbs, Amy Jirsa offers recipes and ideas to open your mind, strengthen your body, and nourish your spirit. In-depth profiles show you how to unlock the powerful properties of calendula, chamomile, cinnamon, dandelion, echinacea, elder, ginger, holy basil, lavender, nettle, rose, and turmeric through delicious teas and foods, luxurious salves, skin and hair care treatments, complementary yoga poses, and meditations. Discover the natural keys to radiant health and wellness.

Herbal Medicine for Beginners

The Herbal Apothecary

Healing Herbal Teas

101 Uses for Stinging Nettles