

Free Herbal Guide

This ultimate reference guide on the amazing power of herbs has now been expanded and includes a handy index of disease conditions. Herbal medicine is the most time-tested healing tradition in the world, having evolved over hundreds of thousands of years in disparate regions and diverse cultures. In *The Desktop Guide to Herbal Medicine, Second Edition*, renowned herbalist Brigitte Mars draws from healing traditions around the world to offer a concise, comprehensive, eclectic guide to the vast array of medicinal herbs commonly available in North America. You'll find detailed monographs of more than 180 herbs, from the commonplace tea and raspberry to the weedy dandelion and goldenrod to the more exotic ho shou wu and zedoary. Each monograph gives a broad range of information about the herb, from its physiological effects and constituents to its energetics, historical and current medicinal uses, edible properties, and natural range--all in a quick-study format that allows readers to access the information they need swiftly and simply. When we welcome herbs into our lives and learn to use them safely, effectively, and confidently, we empower ourselves to take charge of our own health. This one-stop reference is an invaluable companion in that pursuit: the study, prescription, and use of herbs to achieve vibrant health, mitigate illness, and correct physiological imbalances. As she does in her many other books, Mars writes with the goal of guiding readers toward the safe and effective use of plants as healing and preventative medicine. Her forthright tone, pragmatic advice, and gentle humor shine here, inviting readers to use *The Desktop Guide to Herbal Medicine* as both a study aid and a wide-ranging exploration of the plant realm.

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

Craft a soothing aloe lotion after an encounter with poison ivy, make a dandelion-burdock tincture to fix sluggish digestion, and brew up some lavender-lemon balm tea to ease a stressful day. In this introductory guide, Rosemary Gladstar shows you how easy it can be to make your own herbal remedies for life's common ailments. Gladstar profiles 33 common healing plants and includes advice on growing, harvesting, preparing, and using herbs in healing tinctures, oils, and creams. Stock your medicine cabinet full of all-natural, low-cost herbal preparations.

If you want to learn the secret to curing your aches and pains, that you've been overlooking, then keep reading... Cultivating herbs for medical use is an ancient and powerful practice. Ginger to boost your immune system, basil to ease your morning sickness, garlic to soothe your child's cough- all these are there in your own kitchen closet. Plus, 71 more science-backed ailments and their remedies you can have in your backyard at your fingertips. But that's just the beginning... Your body's natural wisdom is just waiting to be unlocked. But our modern, harsh chemicals can block that potential from ever being realized. Written for beginners and experts alike, this comprehensive bundle from herbal mentor Ava Green, you'll learn: How to grow your own herbs in all 13 climate zones How to make your emergency herbal first aid kit How to identify over 40 different herbs in the wild and extract their essence A complete chronological breakdown of herbal medicine, taking you from seed to medicine A list of herbs that lets you find your herbs alphabetically A 'What to use for that' section which lets you look up illnesses fast Simple explanations of gardening, herbal, and medical terms How to make safe, trusted tinctures, poultices, ointments, creams and more that will heal and strengthen YOU and YOUR family Drugs can mask symptoms, but they can't always provide holistic, natural healing. Don't rely on what you don't understand. Empower yourself and your loved ones and grow your own medicine today. Scroll up and click 'Buy now'

Energetic Herbalism

The Good Living Guide to Natural and Herbal Remedies

A Sensible Guide to the Use of Herbs and Related Remedies

Braun - Herbs and Natural Supplements, 2-Volume Set

The Definitive Practitioner's Guide

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

A Complete Guide to Magickal Herbs and How to Use Them

The Herbal Alchemist's Handbook

Explore the ancient art of formulary with award-winning herbalist Holly Bellebuono's comprehensive guide to creating effective herbal medicine. Organized by body systems, *An Herbalist's Guide to Formulary* shows how to design a holistic treatment for acute and chronic conditions. Packed with detailed information on more than one hundred plants, *An Herbalist's Guide to Formulary* is the go-to reference for formulary. Holly presents her 4-tier formula structure, a

commonsense way to integrate a wide range of herbal actions while keeping the formula simple. She also shares the history of healing traditions as well as personal and clinical examples that illustrate the art of combining plants for illnesses, preventative care, and overall wellness. With this book's guidance, healing-arts practitioners can turn formulary into a rewarding and practical skill. Praise: "Holly has blended the richness of the Western herbal tradition with the transformative insights of modern holistic medicine. This book is a cornucopia of herbal insights."—David Hoffmann, BS, FNIMH, medical herbalist

Let your magic take root with the craft of magical herbalism Herbal magic is a powerful method of inviting protection, love, health, and wealth into your life--it can even aid you in finding guidance through divination. Perfect for fresh and seasoned herbalists alike, Herb Magic is your easy-to-digest guide to magical herbalism, introducing you to the spiritual side of herbs and how to use them in folkloric spells and rituals. Dive into magical herbalism with a reader-friendly overview of this old-world magic belief system, including advice on the best time to practice, building an altar, and setting intentions. Learn about the healing properties of dozens of sacred herbs, how to unlock their power, and magical uses before exploring 75 easy-to-follow spells and rituals, including simplified magic for the witch on the go. This magic herbalism book includes: Principles of magic--A simple-to-navigate intro shows you the history of magical herbalism along with help on prepping and planning, as well as some of the preparations you'll be working with. Magic herbs--Understand and honor your herbs to better your magical results with illustrated profiles for 40 herbs, including their magical qualities and benefits. Spells and rituals--Embrace the magic of herbalism every day with spells and rituals for protection, love, healing, wealth, and even divination--plus a handy herb glossary. Empower and enrich yourself with the magical power of herbalism.

IF YOU TAKE NUTRITIONAL SUPPLEMENTS, HERBS, VITAMINS, AND OTHER NATURAL PRODUCTS, YOU NEED THIS BOOK! Compiled by one of America's leading authorities on natural medicine, The Pill Book Guide to Natural Medicines answers vital questions about the effectiveness and safety of more than 250 of today's most popular natural remedies. Dr. Murray's unique A-to-F rating system tells you at a glance whether the product has been scientifically proven to work and if there are risks in taking it. Written in clear, accessible language, here is important information on: • What the product is for, and how it works • Safety and effectiveness rating • Possible side effects • Drug and food interactions • Usual dosage • Cautions and warnings • Special concerns for seniors, children, and pregnant women Up-to-date and authoritative, The Pill Book Guide to Natural Medicines also contains Dr. Murray's recommendations for the prevention and treatment of over 70 common conditions, from acne and atherosclerosis to ulcers and varicose veins. Remember, just because a product is "natural" does not mean it is safe. This important reference can help you make wise choices—or even save your health.

For anyone who wants to learn more about medicinal plants and how to use them at home, Herbal Remedies provides essential information on how to safely use herbal medicines and shows you how to create your own remedies to target common ailments. Covers over 150 of the most popular herbs available Includes a reference section that targets 50 common ailments Features a Directory of Herbs and a Star Rating-System

The Practical Guide to Ayurvedic Herbal Medicine

Homegrown Herbs

Encyclopedia of Herbal Medicine

Your Guide to Healing Common Ailments with 35 Medicinal Herbs

How to Use Herbs for Magical Purposes, an A-Z Guide

The Ultimate Multidisciplinary Reference to the Amazing Realm of Healing Plants, in a Quick-Study, One-Stop Guide To which is Now Added, Upwards of One Hundred Additional Herbs, with a Display of Their Medicinal and Occult Qualities; Physically Applied to the Cure of All Disorders Incident to Mankind: to which are Now First Annexed, the English Physician Enlarged, and Key to Physic, with Rules for Compounding Medicine According to the True System of Nature ; Forming a Complete Family Dispensatory, and Natural System of Physic ; to which is Also Added Upwards of Fifty Choice Receipts, Selected from the Author's Last Legacy to His Wife

Ayurvedic Herbology - East & West

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

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.

The pioneer of herbal veterinary medicine has again thoroughly revised, updated and expanded her book on natural and organic cures and farming methods, first published in 1952 and now a classic in its field.

Papa Jim is a very famous healer and root doctor. He brings you this compilation of remedies and potions from all over the world. Share the secret recipes that have mystically solved the problems of Papa Jim's many devotees. Learn how to unleash the magical powers of herbs.

The Pocket Guide to 125 Medicinal Plants and Their Uses

An Herbalist's Guide to Formulary

Herbal Medicine

The Complete Herbal Handbook for Farm and Stable

Herbs for Health and Healing

Reader's Digest Essential Book of Herbs

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

A Medicine-Making Guide

304 color pages, paperback, improved print quality, and a lot more plant identification detailsThis unique book is written by Dr. Nicole Apelian, an herbalist with over 20 years of experience working with plants, and Claude Davis, a wild west expert passionate about the lost remedies and wild edibles that kept previous generations alive. **The Lost Book of Herbal Remedies** has color pictures of over 181 healing plants, lichens, and mushrooms of North America (2-4 pictures/plant for easy identification). Inside, you'll also discover 550 powerful natural remedies made from them for every one of your daily needs. Many of these remedies had been used by our forefathers for hundreds of years, while others come from Dr. Nicole's extensive natural practice. This book was made for people with no prior plant knowledge who are looking for alternative ways to help themselves or their families. This lost knowledge goes against the grain of mainstream medicine and avoids just dealing with symptoms. Instead, it targets the underlying root cause and strengthens your body's natural ability to repair itself. With the medicinal herbal reference guide included, it's very easy to look up your own condition and see exactly which herbs and remedies can help. Let me just offer you a small glimpse of what you'll find inside: On page 145 learn how to make a powerful "relieving" extract using a common backyard weed. This plant acts directly on the central nervous system to help with all kinds of pain and discomfort. You'll also discover the most effective natural antibiotic that still grows in most American backyards (page 150). Turn to page 43 for the natural protocol Dr. Nicole is recommending for a wide range of auto-immune conditions, after falling prey to MS herself at age 29. I could go on and on because this book contains no less than 800+ other medicinal plants and natural remedies.

David Hoffmann, widely respected herbalist and author of *Medical Herbalism*, looks at stress and anxiety from a holistic perspective and shows how a wide variety of natural treatments can be used in alleviating the physical and mental problems caused by the stress of modern living. He also offers advice on the use of herbs in recovery from chemical dependencies and provides a therapeutic index dealing with stress-related diseases.

Ayurvedic Herbology East & West is a comprehensive and practical guide to Ayurvedic herbal medicine that focuses on traditional Ayurvedic herbs and formulas that are readily available in the west. Importantly, it is one of the first books to categorize commonly used Western medicinal plants with Ayurvedic herbal energetics.

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.

The Desktop Guide to Herbal Medicine--Second Edition

Grow Medicinal Herbs to Fill Your Herbalist Apothecary with Natural Herbal Remedies and Plant Medicine

175 Teas, Tonics, Oils, Salves, Tinctures, and Other Natural Remedies for the Entire Family

Herbs for Common Ailments

Body into Balance

The Lost Book of Herbal Remedies

Herb Magic

A Guide to Sacred Plant Traditions Integrating Elements of Vitalism, Ayurveda, and Chinese Medicine

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.

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.

In this companion volume to *The Earthwise Herbal: A Complete Guide to Old World Medicinal Plants*, Matthew Wood, an expert herbalist who has used medicinal herbs with tens of thousands of patients over a twenty-five-year career, provides detailed descriptions of New World (North American) herbs and their uses. Organized as a materia medica (names and descriptions of herbs/plants are listed alphabetically), the book explains the use of the whole plant (not just "active ingredients") in the treatment of the whole person and describes symptoms and conditions that the plants have been successful in treating—from digestive ailments, headaches, and high blood pressure to asthma, skin rashes, and allergies, to name a few. Wood, who has systematically studied ancient and traditional herbal literature, takes a historical view and presents information in a thoughtful, engaging, nontechnical style. In addition, he provides remarkable case studies as well as insight into the "logic" of each plant—its current and past usage, pharmacological constituents, and other

elements that together produce a comprehensive portrait of each herb.

"550 herbs and remedies for common ailments"--Cover.

The Pill Book Guide to Natural Medicines

A Reference Guide to Herbs

Veterinary Herbal Medicine

The Earthwise Herbal, Volume II

An Introduction to Magical Herbalism and Spells

Papa Jim's Herbal Magic Workbook

An Evidence-Based Guide

Simple Salves, Teas, Tinctures, and More

In this indispensable new resource both for the home apothecary and clinical practitioners, a veteran herbalist brings alive the elemental relationships among traditional healing practices, ecological stewardship, and essential plant medicines. By honoring ancient wisdom and presenting it in an innovative way, Energetic Herbalism is a profound and practical guide to family and community care for those seeking to move beyond symptom relief and into a truly holistic framework of health. Throughout, author Kat Maier invites readers to explore their personal relationships with plants and their environs as they discover diverse models of healing. Inside Energetic Herbalism, you'll find: The elements and patterns of Ayurvedic doshas for greater self-awareness as well as positive lifestyle choices The relationship of well-being to the seasons through the brilliant lens of Chinese Five Element Theory, and how our emotional health is beautifully expressed through the Elements The roots and evolution of Vitalism, the traditional Western system of energetic medicine How to assess imbalances in the body using the elegant and intuitive vocabulary of the six tissue states, an emerging tool in Western herbalism The senses as the main tools for navigating through energetic herbalism A deep appreciation of the wisdom of indigenous peoples, which is the foundation of sacred plant traditions Through the rich herbal tradition of storytelling, Maier seamlessly blends theory and practice with her experience-tested herbal remedies and healing protocols. Maier stresses the critical message of how to address the challenge of threatened medicinal plant populations, offering practical and inspiring methods for ensuring their survival. Many herbals boast a materia medica of more than 100 herbs, but in keeping with an emphasis on sustainable practice, Maier instead focuses in depth on 25 essential medicinal herbs that can be grown in most temperate climates and soils, including Dandelion Ashwagandha (Indian Ginseng) Goldenseal Burdock Calendula Echinacea Goldenrod Whether you are a seasoned clinical herbalist, an herbalist-in-training, or simply someone seeking to provide the best natural health care for your family, this book is a source of inspiration, insight, and answers you will return to again and again.

Promote vibrant health and radiant beauty, soothe everyday ailments, and ease persistent stress with these simple, natural cures for everything from dry skin and infant colic to cold symptoms and insomnia. Renowned herbalist Rosemary Gladstar provides 175 proven therapies and herbal remedies that are easy to prepare and safe enough for children. Offering a potent and effective alternative to commercial pharmaceuticals, Gladstar will inspire you to nurture yourself and those you love with nature's healing herbs.

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.

The director of the American Herb Association presents all-natural, low-cost remedies for common and serious ailments, along with tips on choosing herbal products, a cooking guide, suggestions for using herbs in skin care, and much more. Reprint.

The World's Most Effective Healing Plants

The Way of Ayurvedic Herbs

Biomolecular and Clinical Aspects, Second Edition

Tyler's Honest Herbal

The Healing Power of Plant Medicine

A Beginner's Guide to Herbal Medicine for Sexual Health, Pleasure, and Hormonal Balance

The Earthwise Herbal Repertory

An Herbal Guide to Stress Relief

Popular medicine.

Herbs and Natural Supplements, 4th Edition: An evidence-based guide is an authoritative, evidence-based reference. This two volume resource is essential to the safe and effective use of herbal, nutritional and food supplements. Volume 1: The first volume provides a foundation of knowledge in

the clinical practice of complementary medicine. It emphasises safe practice with strategies to prevent adverse drug reactions, guidelines in assessing benefit, risk and harm and the evaluation of research. Volume 2: The second volume provides current, evidence-based monographs on the 132 most popular herbs, nutrients and food supplements. Comprehensive review of herbal medicine, clinical nutrition, aromatherapy, and food as medicine Patient safety and wellness Considerations in preoperative care and pregnancy Use in the treatment of cancer Herb/nutrient - drug interactions. Provides up-to-date evidence on the latest research impacting on herbal and natural medicine by top leaders within the fields of Pharmacy, Herbal Medicine and Natural Medicine.

The author of the bible on herbalism returns with a portable guide for the professional and amateur herbalist alike Based on the now-classic reference text Indian Herballology of North America, this illustrated pocket guide is the perfect companion for those eager to expand their knowledge of herbal healing. Through detailed descriptions and illustrations, Alma R. Hutchens walks readers through: • 125 of the most useful medicinal herbs found in North America, and their uses • How to create herbal remedies for common ailments • The herbal traditions of North America and other lands Entries include staples of folk medicine such as echinacea and slippery elm as well as common kitchen herbs—from parsley to thyme to pepper—whose tonic and healing properties are less widely known. All-natural reproductive wellness remedies for the modern herbalist: an inclusive guide to making herbal infusions, tinctures, oils, and powders to enhance pleasure and sexual health. In an empowering, accessible, and inclusive guide, herbalist Marie White shows readers of all genders how to enhance sexual and reproductive health through plant medicine. A must-have for those looking to revitalize intimacy with the special touch of medicinal herbs--and a few selected seaweed and fungi--The Intimate Herbal includes tried-and-tested protocols rooted in an intersectional, non-binary approach to holistic health, herbal healing, and supporting the body through physical stress. Readers will learn how to address and treat specific conditions; what not to try at home; and all about: • The foundations of intimate herbalism: The history of herbalism for sexual and reproductive health--and why it works. • Becoming an intimate herbalist: An introduction to terminology, types of extracts and remedies, solvents and ratios, and the art of extraction and delivery. • Building an intimate herbal pharmacy: All about intimate herbs and full-spectrum aphrodisiacs--and how to make infusions, decoctions, syrups, powders, herbal baths, oils, salves, and extracts. • Intimate health conditions and herbal protocols: Herbal remedies for breast health, contraception, endometriosis, erectile dysfunction, fertility, hormonal imbalances, libido, lubrication, menopause, menstrual cycles, PCOS, ovarian cysts, prostate health, urinary health, and the vaginal microbiome. With tips on ethical plant-medicine sourcing and a focus on buying herbs that are organic, fair-trade, and local, White brings a sustainable, community-oriented lens to modern herbalism. She shows readers how, why, and when to use herbal medicine to address sexual and reproductive concerns, taking a holistic approach that honors the interconnected nature of our bodies, prioritizes preventive medicine, and promotes a healthy, open relationship to sex and sexual wellness. Appropriate for beginners, DIY natural-medicine makers, and at-home herbalists, this book is also written for clinical herbalists, naturopaths, community health advocates, and complementary and alternative medicine practitioners.

The Intimate Herbal

Indian Herballology of North America

Eyewitness Companions: Herbal Remedies

The Art & Science of Creating Effective Herbal Remedies

A Drug-free Guide to Prevention and Cure

An Herbal Guide to Holistic Self-Care

Gentle Remedies and Techniques for Healing and Calming the Nervous System

Nutritional Herballology

For more than twenty years this pioneering work had served as a bible for herbalists throughout the world. It is an illustrated encyclopedic guide to more than two hundred medicinal plants found in North America, with descriptions of each plant's appearance and uses, and directions for methods of use and dosage. Native American traditions are compared with traditional uses of the same plants among other cultures where the science of herbs has flourished, particularly in Russia and China. Included is an annotated bibliography of pertinent books and periodicals.

An herbal magick grimoire of philtres, elixirs, essential oils, incense, and formulas with dozens of recipes from a trusted author. Herbs have been used for medicine, magic, and ritual for centuries. The ancient arts of herbal alchemy and herbal magick combine the healing and energizing effects of herbs (roots, leaves, flowers, resins, and essential oils) with the cycles of the natural world - the astrological movement of the stars and planets, and the cycles of the earth's seasons. In this easy-to-use compendium of herbs and their energy associations, master herbalist and magick practitioner Karen Harrison offers formulas anyone can use to obtain courage, creativity, lasting health, prosperity, and enhanced psychic and spiritual powers. Harrison shows how to select herbs based on their astrological associations as well as their medicinal properties. With a materia magica of more than 150 herbs and a multitude of recipes, readers will learn how to blend incense, ceremonial oils, bath salts, herbal amulets, fluid condensers, and herbal philtres and how to use them in meditation, ritual, or energy work.

Here is the fourth edition of Tyler's Honest Herbal: A Sensible Guide to the Use of Herbs and Related Remedies, providing essential botanical information as well as folkloric background of herbal remedies in a clear, accessible style. Unlike other herb books, this book gives you a serious evaluation of both the positive and negative features of the use of the most important herbs for therapeutic purposes. This new edition features additional scientific data on herbs that will enable you to make wise, informed choices about the benefits and risks of herbs currently on the market. Viewing herbs from a scientific standpoint, the authors assess herbs based on available scientific information and include the latest details on advocacy literature and the new regulatory environment. Each write-up includes descriptive information on the source of the plant, its traditional uses, and an evaluation of the relevant and current literature which helps support or disprove intended use of the plant. This new edition of Tyler's classic Honest Herbal provides you with all of the following features not found in any of the previous editions, such as: the voice and experience of medicinal plant specialist Steven Foster, one of the most respected authorities in herbal medicine research and information about cat's claw, celery, garcinia, grape seed, kava, pygeum, and wild yam what you need to know about the latest clinical trials on many best-selling herbs, including black cohosh, echinacea, garlic, ginko, ginseng, St. John's wort, and saw palmetto hundreds of new,

supporting references from scientific studies on herbs and other dietary supplements. Containing candid evaluations and insight into the current and thriving herbal market, this guide also provides you with a complete summary chart that allows you to quickly access the risks and benefits of the herbs discussed. Tyler's Honest Herbal will help you distinguish fact from fiction in the world of herbal therapies and remedies and lead you to safe and effectiveness of these natural resources.

A full color illustrated guide to growing and using herbs to enhance your health and your cooking. This beautifully illustrated, complete guide to herbs unlocks the secrets of these wonder plants—from planting and harvesting to cooking and storing—including their health benefits. Now you can discover the joy and pleasure of growing your own herbs—for spicing up meals, creating crafts, treating ailments, and more. In this comprehensive and beautifully illustrated herbal guide you'll find information on their history, cultivation, propagation, and harvesting, along with a wealth of great ideas for using herbs everyday in a variety of ways. This guide unravels the mysteries of these versatile plants, with savvy tips and simple formulas for maximizing their powers. Did you know? · Mint can repel ants, flies, mice, and moths · Garlic can seriously lower cholesterol · Chives, fennel, tarragon, thyme, oregano, and winter savory are perennials · Rosemary was used in the Middle Ages for its tranquilizing effects, and it is still a digestion aid

The Complete Herbal

The Modern Herbal Dispensatory

National Geographic Guide to Medicinal Herbs

A Complete Guide to New World Medicinal Plants

Herbal Medicine for Beginners

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

Vitamins, Minerals, Nutritional Supplements, Herbs, and Other Natural Products

The Comprehensive Guide to Herbalism for Beginners (2 Books in 1)

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

Access to accurate, evidence-based, and clinically relevant information is essential to anyone who uses or recommends herbal products. With input from some of the most respected experts in herbal and integrative medicine, this completely revised edition of the American Herbal Products Association's Botanical Safety Handbook reviews both traditional knowledge and contemporary research on herbs to provide an authoritative resource on botanical safety. The book covers more than 500 species of herbs and provides a holistic understanding of safety through data compiled from clinical trials, pharmacological and toxicological studies, medical case reports, and historical texts. For each species, a brief safety summary is provided for quick reference, along with a detailed review of the literature. Easily understood classification systems are used to indicate the safety of each listed species and the potential for the species to interact with drugs. Enhancements to the Second Edition include: Classification of each herb with both a safety rating and a drug interaction rating More references listed for each individual herb, vetted for accuracy Specific information on adverse events reported in clinical trials or case reports Safety-related pharmacology and pharmacokinetics of each herb, including drug interactions Additional information on the use of herbs by pregnant or lactating women Toxicological studies and data on toxic compounds Representing the core of the botanical trade and comprising the finest growers, processors, manufacturers, and marketers of herbal products, the mission of the AHPA is to promote the responsible commerce of herbal products. The American Herbal Products Association Botanical Safety Handbook, Second Edition ensures that this vision is attained. The book will be a valuable reference for product manufacturers, healthcare practitioners, regulatory agencies, researchers, and consumers of herbal products.

A resource organized by body system lists the key herbal remedies available, their uses and cautionary advice, in a book that includes full-color photos, a glossary and several thematic indexes.

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.

The Most Complete Guide to Natural Healing and Health with Traditional Ayurvedic Herbalism

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

American Herbal Products Association's Botanical Safety Handbook, Second Edition

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

Rosemary Gladstar's Herbal Recipes for Vibrant Health

Healing Herbs

33 Healing Herbs to Know, Grow, and Use

A Handbook of Native American Herbs

Internationally known herbalist Matthew Wood takes the guesswork out of the application of medicinal plants and provides an invaluable cross-reference of constitutional types, energetic categories, and specific symptoms that helps the herbalist narrow down the number of possible remedies for a specific condition. Unlike many reference books in which medicinal plants are defined simply by condition or disease

name, this book contains tools to differentiate between remedies and analyze each case in a holistic fashion. While this system of cross-referencing is well known to homeopaths, it is less frequently used by herbalists; The Earthwise Herbal Repertory seeks to bridge the gap between different systems, incorporating knowledge from ancient Greek and traditional Native American medicine, nineteenth-century botanical medicine, homeopathy, and modern biomedical research. This definitive repertory proves useful for homeopaths and herbalists, professionals and home practitioners alike.

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