

Herbal Antivirals By Stephen Harrod Buhner

Treat stress, anxiety, depression, and more with simple herbal remedies that calm your mind, build a healthy nervous system, and promote lasting peace. In this informative guide, renowned herbalist Rosemary Gladstar profiles 21 herbs proven to be effective at soothing common ailments like insomnia, panic attacks, skin conditions, and migraines. With simple directions for making herbal mixtures that can be used in delicious teas, tinctures, and capsules, Gladstar shows you how to harness the power of nature to achieve a more relaxed and fulfilling life.

Offers alternative treatments for common health problems, including stress, depression, headaches, allergies, the common cold, and high blood pressure.

Argues for the appropriateness of Earth-centered religion, and supports the adoption of Native American spiritual practices by persons of any ancestry

Presents fifteen herbs that can be used effectively in treating a range of drug-resistant ailments and includes tips on making an using infusions, tinctures, teas, and salves

The Secret Teachings of Plants

The Way to Spiritual, Physical, and Emotional Rejuvenation

Natural Remedies for Emerging & Resistant Viral Infections

Herbal Antivirals, Antibiotics & Antifungals

Natural and Effective Herbal Remedies from Your Garden Or Windowsill

Natural Treatments for Lyme Coinfections

The Lost Language of Plants

The number of people who experience foot pain is on the rise, and it's been shown that those plagued by chronic foot pain are more likely to have pain in other parts of their bodies. In *Foot Care Handbook*, best-selling author, herbalist, and certified foot reflexologist Stephanie Tourles sets out to help readers experience the feel-good benefits of healthy, happy feet. Along with natural remedies for common foot problems—including athlete's foot, blisters, bunions, corns, cracked skin, and plantar fasciitis—she explains foot physiology for the layperson and provides exercises for stretching and strengthening feet; massage techniques for foot relaxation and restoration; and reflexology. Friendly, accessible, and empowering, this guide gives readers the tools and information they need for feeling better on—and about—their feet.

A guide to the natural treatment of two of the most common and damaging coinfections of Lyme disease--*Bartonella* and *Mycoplasma* • Reveals how these conditions often go undiagnosed, complicate Lyme treatment, and cause a host of symptoms--from arthritis to severe brain dysfunction • Outlines natural treatments for both infections, with herbs and supplements for specific symptoms and to combat overreactions of the immune system • Reviews the latest scientific research on *Bartonella* and *Mycoplasma* coinfections and how treatment with antibiotics is often ineffective Each year Harvard researchers estimate there are nearly 250,000 new Lyme disease infections--only 10 percent of which will be accurately diagnosed. One of the

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largest factors in misdiagnosis of Lyme is the presence of other tick-borne infections, which mask or aggravate the symptoms of Lyme disease as well as complicate treatment. Two of the most common and damaging Lyme coinfections are Bartonella and Mycoplasma. Nearly 35 million people in the United States are asymptotically infected with each of these pathogens, and at least 10 percent will become symptomatic every year--with symptoms ranging from arthritis to severe brain dysfunction. Distilling hundreds of peer-reviewed journal articles on the latest scientific research on Bartonella, Mycoplasma, and Lyme disease, Stephen Buhner examines the complex synergy between these infections and reveals how all three can go undiagnosed or resurface after antibiotic treatment. He explains how these coinfections create cytokine cascades in the body--essentially sending the immune system into an overblown, uncontrolled response in much the same way that rheumatoid arthritis or cancer can. Detailing effective natural holistic methods centered on herbs and supplements, such as the systemic antibacterial herb *Sida acuta*, which acts to protect blood cells from invading organisms, he reveals how to treat specific symptoms, interrupt the cytokine cascades, and bring the immune system back into balance as well as complement ongoing Lyme disease treatments.

Providing practical guidance and hope, Stephen Harrod Buhner offers a thorough examination of the most effective herbal remedies for hepatitis C. While promoting a protocol of cleansing the liver and strengthening the immune system through a combination of diet, herbal medicines, and lifestyle changes, this guide will help you choose the best remedies for your individual needs. Clear descriptions of how common herbal treatments work to combat hepatitis C will empower

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you to make informed choices that can successfully mitigate your suffering.

"In this comprehensive guide, the author profiles the plants that have proven most effective in fighting viral infections and provides in-depth instructions for preparing and using formulations to address the most common infections and strengthen immunity, safely and naturally. The updated 2nd edition also includes an expanded guide to COVID-19"--

Herbal Antibiotics

What BIG Pharma Doesn't Want You to Know - How to Pick and Use the 45 Most Powerful Herbal Antibiotics for Overcoming Any Ailment

How to Make and Use Herbal Remedies to Strengthen the Nervous System. A Storey BASICS® Title

The Reuniting of Science, Psyche, and Soul

Healing Lyme Disease Coinfections

Natural Remedies for Low Testosterone

The Wholistic Healing Guide to Cannabis

Upon its publication more than a decade ago, Dr. James Duke's The Green Pharmacy quickly set the standard for consumer herb references. A favorite of laypeople and professionals alike, the book sold more than a million copies and solidified the author's reputation as one of the world's foremost authorities on medicinal plants. In The Green Pharmacy Guide to Healing Foods, Dr. Duke turns to the broader and even more popular subject of food as medicine, drawing on more than thirty years of

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research to identify the most powerful healing foods on earth. Whether he is revealing how to beat high cholesterol with blueberries, combat hot flashes with black beans, bash blood sugar spikes with almonds, or help relieve agonizing back pain with pineapple, Dr. Duke's food remedies help treat and prevent the whole gamut of health concerns, from minor (such as sunburn and the common cold) to more serious (like arthritis and diabetes). Dr. Duke has assigned a rating to each remedy, according to his evaluation of the available scientific studies and anecdotal reports. Many of the healing foods recommended here are proving so effective that they may outperform popular pharmaceuticals—minus the risk (and cost). This authoritative guide provides a deeper understanding the science behind cannabis medicine, including the chemistry of the cannabis plant, the physiology of the body's endocannabinoid system, and preparation and dosage guidelines for addressing a wide range of ailments.

- Examines how integrating important alchemical images with Gaian science can offer insights into our interconnectedness with Gaia
- Looks at how the four components of the living earth--biosphere, atmosphere, hydrosphere, and lithosphere--mesh with the four elements of alchemical theory and the four functions of consciousness as understood by depth psychology
- Offers guided meditations and contemplative exercises to open your receptivity to messages from the biosphere and help you connect more deeply with Gaia

During the scientific

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revolution, science and soul were drastically separated, propelling humanity into four centuries of scientific exploration based solely on empiricism and rationality. But, as scientist and ecologist Stephan Harding, Ph.D., demonstrates in detail, by reintegrating science with profound personal experiences of psyche and soul, we can reclaim our lost sacred wholeness and help heal ourselves and our planet. Harding begins with compelling introductions to depth psychology, alchemy, and Gaia theory--the science of seeing the Earth as an intelligent, self-regulating system, a theory pioneered by his mentor James Lovelock. He then explores how alchemy, as understood through the depth psychology of C. G. Jung, offers us powerful methods of reuniting rationality and intuition, science and soul. He examines the integration of important alchemical engravings, including L'Azoth des Philosophes and the Rosarium Philosophorum, with Gaian science. He shows how the seven key alchemical operations in the Azoth image can help us develop deeply transformative experiences and insights into our interconnectedness with Gaia. He then looks at how the four components of the living Earth--biosphere, atmosphere, hydrosphere, and lithosphere--mesh not only with the four elements of alchemical theory but also with the four functions of consciousness from depth psychology. Woven throughout with the author's own experiences of Gaia alchemy, the book also offers guided meditations, shamanic practices, and contemplative exercises to open your receptivity to messages from the biosphere and help you develop your own Gaia

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alchemical way of life, full of wonder and healing.

This is the first comprehensive book ever written on the sacred aspects of indigenous, historical psychotropic and herbal healing beers of the world.

The Ecological Benefits and Healing Abilities of Invasives

Herbal Antibiotics, 2nd Edition

The Secrets of Ancient Fermentation

Natural Therapies and Remedies for Healthy, Pain-Free Feet

The Green Pharmacy Herbal Handbook

Heal Yourself Faster, Cheaper and Safer - Your A-Z Guide to Choosing, Preparing and Using the Most Effective Natural Antiviral Herbs

Herbs for Hepatitis C and the Liver

Offers advice on herbal healing, includes an encyclopedic review of health conditions that herbal medicine can help, and discusses 180 herbs with information on dosages, food and drug interactions, benefits, and side effects.

Committed to finding natural ways to care for their children, many parents seek techniques that do not require the invasive procedures and medications often associated with Western medicine. In *NATURALLY HEALTHY BABIES AND CHILDREN*, midwife and herbalist Aviva Romm offers a comprehensive handbook that addresses the common health issues of children, from newborns to preadolescents. Aviva's whole-child approach integrates herbal remedies, nutrition, hygiene, and alternative health techniques with supportive, informed parenting. From anemia to whooping cough, each entry includes herbal, dietary, and general

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recommendations, including tips on when to pursue professional medical care. NATURALLY HEALTHY BABIES AND CHILDREN is indispensable reading for families seeking safe, effective ways to practice healing techniques at home.

Are you looking for an alternative to traditional pharmaceuticals? Are you scared of the side effects of commonly prescribed medicines? Do you believe in the power of nature to heal you? In my book, Herbal Antivirals, Antibiotics & Antifungals, I will teach you how to use plants and herbs for medicinal purposes at home. I was never a believer in natural healing remedies. I grew up with traditional, conventional medicine, making use of over the counter and prescription drugs as needed. It wasn't until I was an adult and experienced a nasty urinary tract infection. The bacteria were resistant to the conventional antibiotics that my doctor had prescribed. It wasn't until I tried taking regular doses of garlic that my infection would finally clear. This led me to research and dive into the world of herbal antibiotics, antivirals, and antifungals. It's amazing what nature can do! In this book, we will explore the subject of natural antibiotics, antifungals, and antivirals in more detail. We will look at various herbs that can be used as antibiotics, antivirals, and antifungals. Many substances are available in nature that have been tested and proven to treat bacterial, viral, and fungal infections. This book is a practical guide and not a textbook. In other words, the book offers a practical approach to using herbal remedies to treat everyday diseases. The guide is based on proven scientific facts. Unlike most herbal remedy books that offer instructions without indicating how the herbs work, this book offers more precise information. The book first categorizes herbs as either an antibiotic, antiviral, or antifungal before recommending them for use. Antiviral herbs will only be used to treat viral infections, although there are some herbs that can treat both bacterial and

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viral infections. To help you understand the book much better, I have divided it into four main sections. In the first section, we mainly focus on antiviral herbs. In this section, the book provides detailed information about viruses. Before you start using herbs to treat viruses, you should first understand what a virus is, how it is transmitted, and some symptoms of common viral infections. This chapter then covers a diverse range of antiviral herbs and how to use them. If you do not know how to apply any herbal product, it may not help treat the condition. In the second section of the book, we look at bacterial infections and how they occur. We also look at the possible symptoms of common bacterial diseases. We then look at proven antibiotics and how to apply them. While there are plenty of antibiotics in nature, you should follow a specific guideline when using these antibiotics. In the third section, we look at fungal infections, what they are, how they manifest, and symptoms of common fungal infections. We then look at the ways we can deal with most fungal infections by applying antifungal herbs. We look at a detailed list of antifungal herbs, their properties, and how they can be applied for effectiveness. In the last section of the book, we look at the overall body immunity. In the same way, we can use herbs to treat bacterial, viral, and fungal infections, we can also use herbs to boost the body's immune system. These herbs will help prevent the occurrence of these infections. Since disease prevention is more effective than treatment, the book gives you a detailed list of herbs that can boost your body immune to prevent attacks from viruses. You will want to add this title to your collection for future reference for treating these common infections in a natural way. Be sure to click "Buy Now" to add this book to your shopping cart. It also makes a great gift!

Herbal Antivirals profiles the most effective plants and offers home-based natural and herbal

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remedies to help build your immunity and protect yourself against viral infections.

Sacred Plant Medicine

A Green Beret's Guide to Emergency Medical Preparedness and Natural First Aid

Invasive Plant Medicine

Aging and Older Adulthood

Naturally Healthy Babies and Children

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

The Modern Herbal Dispensatory

Advocates the use of an intuitive cognition in order to discover plants' medicinal and nutritional purposes, including discussions of the scientific model's limits and how, once cultivated, it can be applied to disciplines such as medicine. Herbal Antivirals Natural Remedies for Emerging & Resistant Viral Infections Storey Publishing

Consulting plant spirits for spiritual and psychological guidance and healing • Reveals how, by communing with the deva or spirit of a plant, we can call forth its medicine without even needing to ingest it • Includes wisdom from the devas of 13 herbs, such as rosemary, datura, and uva ursi • Empowers readers with the tools to develop their own inner resources for

healing in relationship with the plant devas around them Each plant has a story to share with us, a healing story to guide us in trying times, a spirit medicine for the New Earth that is presently unfolding. Herbs are some of the most powerful allies we have for these transitional times--we just need to learn how to listen as they share their knowledge with us. In Wisdom of the Plant Devas, Thea Summer Deer reveals a new dimension of herbal medicine, one where the plant's spirit is consulted for guidance and healing beyond the physical. Examining the botany, modern and traditional uses, history, and folklore of 13 special herbs, such as rosemary, uva ursi, and datura, she shares divinations and messages from their devas, or plant spirits, explaining how these stories carry the herbs into our lives, letting them work their magic on us. Exploring herbal medicine from an energetic perspective, she reveals that by communing with the deva of a plant, we can call on the plant's physical, psychological, and spiritual medicine and guidance--without ingesting it or even being in its presence. Detailing the sacred space of a Medicine Wheel Garden,

whether in a backyard or our imaginations, she connects us with the devas and empowers us to seek our own answers with their much-needed spiritual guidance and divinatory advice. Creating a bridge between botanical medicine and plant spirit medicine, she shows how by coming into community with the devas and co-creating with the world of nature, we can gain tremendous insights to help heal our hearts, our minds, and our spirits and consciously evolve as together we birth the New Earth.

"Enraged, Energized, Exultant. You won't know how to feel after reading Stephen Harrod Buhner's The Lost Language of Plants. This is a devastating expose about how we are polluting our environment with the pharmaceuticals that Western medicine has developed to heal us. We are ingesting Prozac, Premarin, and antibiotics whether we want to or not." "Yet, as we foul air and water with toxic residues, we overlook the power of the planet's natural healers, stabilizers, and chemists - plants. Buhner sees plants as fully sentient beings, adjusting and fine-tuning to the environment just as they have done for

the past 500 million years. Until recently, humans shared the language of plants, but increasingly we have lost our ability to communicate with the natural world. Buhner shows us a path back to our shamanic roots."--BOOK JACKET.

Understanding the Endocannabinoid System, Addressing Specific Ailments and Conditions, and Making Cannabis-Based Remedies

How to Enhance Male Sexual Health and Energy

Foot Care Handbook

Complementary and Holistic Treatments for Bartonella and Mycoplasma

Over 1000 Natural Remedies to Prevent and Cure Common Ailments

The Green Pharmacy Guide to Healing Foods

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

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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.

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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 first comprehensive work on nonfiction as an art form • Shows how nonfiction, especially how-to and self-help, can take on the same power and luminosity as great fiction • Develops processes to reliably induce the dreaming state from which all writing comes • Teaches the skill of analogical thinking that is the core perceptual tool for writers • Explores the subtle techniques of powerful writing, from inducing associational dreaming in the reader, to language symmetry, sound patterning, foreshadowing, feeling flow, and more Approaching writing as a sacred art, Stephen Buhner explores the core of the craft: the communication of deep meaning that feeds not just the mind but also the soul of the reader. Tapping into the powerful archetypes within language, he shows how to enrich your writing by following "golden threads" of inspiration while understanding the crucial invisibles essential to the art of both fiction and nonfiction: how to craft language with feeling and vision, employ altered states of mind to access the writing trance, clear your work by recognizing the powerful sway of clichéd thinking and hidden baggage, and

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intentionally generate duende--that physical/emotional response to art that gives you chills, opens up unrecognized aspects of reality, or simply resonates in your soul. Covering some very practical aspects of writing such as layering and word symmetry, the author also explores the inner world of publishing--what you really will encounter when you become a writer. He then shows how to develop a powerful and engaging book proposal based on understanding the proposal as a work of fiction--the map is never the territory, nor is the proposal the book that it will become. This book, written using all the techniques discussed within it, offers a powerful, experiential journey into the heart of writing. It does for nonfiction what John Gardner's books on writing did for fiction. It is one of the most significant works on writing published in our time.

The first book to demonstrate how plants originally considered harmful to the environment actually restore Earth's ecosystems and possess powerful healing properties • Explains how invasive plants enhance biodiversity, purify ecosystems, and revitalize the land • Provides a detailed look at the healing properties of 25 of the most common invasive plants Most of the invasive plant species under attack for disruption of local ecosystems in the United States are from Asia, where they play an important role in traditional healing. In opposition to the loud chorus of those clamoring for the eradication

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of all these plants that, to the casual observer, appear to be a threat to native flora, Timothy Scott shows how these opportunistic plants are restoring health to Earth's ecosystems. Far less a threat to the environment than the cocktails of toxic pesticides used to control them, these invasive plants perform an essential ecological function that serves to heal both the land on which they grow and the human beings who live upon it. These plants remove toxic residues in the soil, providing detoxification properties that can help heal individuals. Invasive Plant Medicine demonstrates how these "invasives" restore natural balance and biodiversity to the environment and examines the powerful healing properties offered by 25 of the most common invasive plants growing in North America and Europe. Each plant examined includes a detailed description of its physiological actions and uses in traditional healing practices; tips on harvesting, preparation, and dosage; contraindications; and any possible side effects. This is the first book to explore invasive plants not only for their profound medical benefits but also with a deep ecological perspective that reveals how plant intelligence allows them to flourish wherever they grow.

With antibiotic-resistant infections on the rise, herbal remedies present a naturally effective alternative to standard antibiotics. Herbal expert Stephen Harrod Buhner explains the roots of antibiotic

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resistance, explores the value of herbal treatments, and provides in-depth profiles of 30 valuable plants, noting the proper dosages, potential side effects, and contraindications of each.

Grow It, Heal It

Your Everyday Reference to the Best Herbs for Healing

The Ecological Importance of Plant Medicines to Life on Earth

150 Recipes for Herbal Balms, Salves, Oils, Liniments & Other Topical Therapies

Natural Alternatives for Treating Drug-resistant Bacteria

Proven Natural Remedies to Treat and Prevent More Than 80 Common Health Concerns

Wisdom of the Plant Devas

With a focus on herbal medicine and first-aid essentials, former Green Beret medic and clinical herbalist Sam Coffman presents this comprehensive home reference on medical emergency preparedness for times when professional medical care is unavailable.

Keep your family healthy and chemical free by making your own natural remedies. Stephanie Tourles offers 150 original recipes for herbal balms, oils, salves, liniments, and other topical ointments to treat a wide range of conditions. This comprehensive guide is filled with safe and effective cures for scores of common ailments, including headaches, backaches, arthritis, insomnia, splinters, and more. Take

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control of your well-being and stock your family's medicine cabinet with gentle, all-natural homemade healing formulations.

A manual for opening the doors of perception and directly engaging the intelligence of the Natural World • Provides exercises to directly perceive and interact with the complex, living, self-organizing being that is Gaia • Reveals that every life form on Earth is highly intelligent and communicative • Examines the ecological function of invasive plants, bacterial resistance to antibiotics, psychotropic plants and fungi, and the human species In Plant Intelligence and the Imaginal Realm, Stephen Harrod Buhner reveals that all life forms on Earth possess intelligence, language, a sense of I and not I, and the capacity to dream. He shows that by consciously opening the doors of perception, we can reconnect with the living intelligences in Nature as kindred beings, become again wild scientists, nondomesticated explorers of a Gaian world just as Goethe, Barbara McClintock, James Lovelock, and others have done. For as Einstein commented, "We cannot solve the problems facing us by using the same kind of thinking that created them." Buhner explains how to use analogical thinking and imaginal perception to directly experience the inherent meanings that flow through the world, that are expressed from each living form that surrounds us, and to directly initiate communication in return. He delves deeply into the ecological function of invasive plants,

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bacterial resistance to antibiotics, psychotropic plants and fungi, and, most importantly, the human species itself. He shows that human beings are not a plague on the planet, they have a specific ecological function as important to Gaia as that of plants and bacteria. Buhner shows that the capacity for depth connection and meaning-filled communication with the living world is inherent in every human being. It is as natural as breathing, as the beating of our own hearts, as our own desire for intimacy and love. We can change how we think and in so doing begin to address the difficulties of our times. Reflects the most important theoretical foundations and research directions concerning aging and older adulthood This authoritative volume provides the latest insights into, and theoretical interpretation of, our understanding of the human aging process. Newly updated and revised, this edition of the well-established student textbook offers relatable scenarios that touch upon real-world issues faced by older adults and their families. The book explains how research studies attempt to answer questions of both theoretical and practical importance as they relate to aging and older adulthood, and it explains the hypotheses and findings of the studies in a manner that is comprehensible to readers of all levels of research experience. Aging and Older Adulthood begins by describing the demographic characteristics of the older population, and follows with

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a chapter on theoretical models that apply to the study of adult development and aging, as well as approaches commonly taken to conduct research and ethical concerns involved in the study of this group. It then offers a series of chapters exploring biological aging, sensation perception and attention, memory, intellectual functioning, cognition and real-world problem-solving, personality and coping, social interaction and social ties, lifestyles and retirement, mental health and psychotherapy, and death and bereavement. The final chapter looks at aging in the future. Each chapter includes fully updated research findings, as well as new and expanded coverage of concepts and ideas in areas such as neuroscience, and diabetes. New edition of a highly respected text exploring our contemporary understanding of a broad range of topics related to older adulthood and the psychology of aging Offers thematic treatment of core issues including health, sensory perception, memory, intellect, social interactions, employment and retirement, and mental health Uses a dual lens of two models - the selective optimization with compensation model and the ecological model - to provide cohesiveness to the presentation of both theoretical and applied material Introduces each chapter with a relevant real-world scenario and refers back to it throughout the chapter Includes pedagogical feature boxes that reflect current understanding of contemporary issues in the field as well as key

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points and issues for further discussion Aging and Older Adulthood, 4th Edition is an excellent text for upper division undergraduate and graduate courses focusing on the older adulthood and aging, the psychology of aging, gerontological studies, and lifespan development.

Plant Intelligence and the Imaginal Realm

Herbal Antivirals

The Intelligence of the Heart in the Direct Perception of Nature

The Wisdom in Native American Herbalism

Herbal Medic

A Commonsense Guide to Herbal Remedies, Nutrition, and Health

Anaplasma, Babesia, and Ehrlichia

How to maintain optimum testosterone levels for the male body through the use of herbs, nutritional supplements, and diet • Explains the phenomenon of male menopause and how to deal with it • Reveals scientific evidence of testosterone-blocking agents in the environment that alter men ' s essential chemistry as they age • Presents safe, organic plant medicines that can restore optimum testosterone levels • Contains the most up-to-date natural treatments for impotence, infertility, and prostate disease The recognition of andropause, the middle-age stage in male development comparable to women ' s menopause, is hampered by the lack of a clear outward manifestation of the chemistry and physiology specific to aging men. Men are still capable of reproduction well into and beyond middle age. Yet a man ' s sexual desire and potency varies, often according to his testosterone level. Recent studies show that the lowered testosterone levels endemic in aging men--a gradual drop that is quite normal--are being

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exacerbated by environmental agents. Testosterone-blocking estrogen agents are present in insecticides, industrial materials, pharmaceuticals, and foods. Men are daily inundated with a “cocktail” of estrogen agents that alter the fine balance of testosterone that makes them male. But as recent medical research has revealed, testosterone replacement therapy with Low T drugs is not a good option because of the increased risk of cardiovascular problems, such as heart attack and stroke, and because the body can become dependent on pharmaceutical testosterone and stop producing any on its own. In this updated edition of *The Natural Testosterone Plan*, Stephen Harrod Buhner shows why men need help to maintain their testosterone levels as they age and explains how naturally occurring phytoandrogens--plant medicines that contain male hormones--can safely remedy the depletion exerted by the environment. Buhner details how each phytoandrogen works, when its use is indicated, and the most appropriate method of application, providing all men with safe, natural, and effective means of maintaining optimum testosterone levels well into old age.

What Your Doctor Won't Tell You-Why Herbal Antivirals Really Work! Have you ever suffered from a viral infection? If you have, it's certainly an experience you won't forget. Whether in your own country or disastrously struck down mid-vacation, you likely wished that you'd taken an anti-viral shot, or at least a course of medication. Your thinking is correct-but synthetic medicine isn't your only defence! The truth is that there are natural remedies on the market-and in your back yard-that you can use today to fight the same bugs just as effectively without all the aching symptoms of traditional western medicine. *Herbal Antivirals* shows you how to properly prepare, dose and take these natural medicines yourself-and you can even grow them in your garden! Not only you can save hundreds, even thousands of dollars, you're also

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lessening your impact on the environment while treating yourself with natural ingredients that you have sourced yourself. In this book, you'll discover that creating your very own herbal antivirals isn't complicated. You can easily teach yourself to treat viral infections with natural medicines that give your body what it NEEDS, without the excess chemicals. With the 45 most valuable herbs comprehensively indexed for creating potent natural antibiotics and herbal antivirals, this is a book that helps you become your own doctor. Fully illustrated with pictures, as well as details on common use, preparation method and dosage, knowledge is finally at your fingertips. Remedies for the most common ailments and recipes are included as a BONUS, as well as a FAQ to answer your herbal antiviral questions. What will Herbal Antivirals teach you? Content includes: * Common treatments for viral infections * Discover how do herbal antivirals work as well as synthetic medicine? * Where to find the herbs you need! * Best herbal treatments for common ailments (from warts to chronic hepatitis B) * When, how, and why to use natural remedies * 5 Key Essential Oils with Natural Antiviral Properties * Consult a "cheat sheet" for fighting infections naturally with the right herbal medicine. * What are the most effective plant-based herbal antivirals? * What herbal antivirals are considered safe when pregnant or breast feeding? * And much more! BIG Pharma hates books like these coming out because it dents their profits while educating you about the potential dangers of synthetic medicine. The truth is simple: You can prepare and use herbal remedies to address your health issues and boost your immunity the natural way! Would You Like To Know More? Add Herbal Antivirals to your shopping cart now to download straight away and discover Mother Nature's biggest gift and how you can start to use it with yourself, family and loved ones. Scroll to the top of the page and select the buy button.

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A guide to the natural treatment of three coinfections of Lyme disease • Reviews the latest scientific research on Babesia, Ehrlichia, and Anaplasma • Reveals how these three conditions often go undiagnosed, complicate the treatment of Lyme disease, and cause symptoms from headache to seizures • Outlines effective natural treatments with herbs and supplements for specific symptoms and to combat overreactions of the immune system and the inflammation response Harvard researchers estimate there are nearly 250,000 new Lyme disease infections each year--only 10 percent of which will be accurately diagnosed. One of the largest factors in misdiagnosis of Lyme is the presence of other tick-borne infections, which mask or aggravate the symptoms of Lyme disease as well as complicate treatment. Three newly emergent Lyme coinfections are Babesia, Ehrlichia, and Anaplasma. Tens of thousands of people are known to be asymptotically infected and at least ten percent will become symptomatic this year--with symptoms ranging from chronic headache and arthritis to seizures. Distilling the latest scientific research on Babesia, Ehrlichia, Anaplasma, and Lyme disease, Stephen Buhner examines the complex synergy between these infections and reveals how they can go undiagnosed or resurface after antibiotic treatment. He explains how these organisms create cytokine cascades in the body--essentially sending the immune system into an overblown, uncontrolled inflammatory response in much the same way rheumatoid arthritis or cancer can. Providing an in-depth guide for those suffering from Babesia, Ehrlichia, or Anaplasma infection as well as for clinicians who work with those infected by these organisms, Buhner details effective natural holistic methods centered on herbs and supplements, such as Ashwaganda and Chinese Skullcap, and reveals how to treat specific symptoms, interrupt the cytokine cascades, reduce inflammation, and bring the immune system back into balance. He explains how these natural

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methods not only complement conventional Lyme disease treatments involving antibiotics and other pharmaceuticals but also provide relief when other forms of treatment have failed. Boost Your Immune System with Nature's Bounty! Herbal antibiotics have been used throughout the centuries as natural treatments for hundreds of diseases and ailments, including wisdom teeth extraction, broken bones and even surgery--and like 98% of Americans, you've probably taken a course of synthetic antibiotics to help you recover. While there's nothing wrong with synthetic antibiotics, BIG Pharma's running scared of the natural alternative to their expensive drugs (and profits) --while you can utilize natural remedies that leave less impact on the environment and your internal body chemistry. Herbal Antibiotics is the most in-depth introduction to natural healing and herbal medicine available today, giving you the explanations on why certain herbs work as herbal antivirals and herbal antibiotics and how you can use them to fight your next infection--or simply boost your immunity to nasties in your area! Organic antibiotics aren't hokum, they are a legitimate way to treat some of the most prevalent infections and sicknesses that we get today. What's covered in Herbal Antibiotics? Here's a brief overview: * Learn to pick, prepare and use the Top 45 Most Valuable Herbs that you can easily find growing in your area, or even in your local grocery store or health food shop with our in-depth profiles, featuring illustrations. * Discover how to fight bad bacteria with herbal treatments--and how they compare to traditional treatments available from your pharmacist. * Find out what are the 5 Key Essential Oils with Natural Antibiotic properties. * Consult a "cheat sheet" for fighting infections naturally with the right herbal medicine. * Get the low-down on natural antibiotics with a FAQ that addresses the 14 most common questions people ask about natural remedies. * Discover little known Herbal remedy recipes and solutions for the most

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common ailments (from pain to the common cold), as an added BONUS! BIG Pharma hates books like these coming out because it dents their profits while educating you about the potential dangers of synthetic medicine. The truth is simple: You can treat your common ailments and boost your immune system today with herbal remedies that provide your body with much-needed natural antibiotic and antiviral medicine! Would You Like To Know More? Add Herbal Antibiotics to your shopping cart now to download and start learning how traditional natural healing methods can not only boost your immune system but help you to live a more natural, happy life. Scroll to the top of the page and select the buy button. Don't forget to claim a FREE Kindle version with your purchase of Paperback copy! Check Out What Others Are Saying... "I've already gotten a lot out of this book and am happy to have the information in my healing repertoire. I would recommend this book for anyone. I believe it's really important to go natural whenever possible. Especially now that I have seen first hand what synthetic medications can do to harm a body." - Jamie, Health advisor in Chicago, LA, Miami, Vegas. "It has been a life changer for me. I never really knew that these natural remedies were out there and this book really takes you step by step and educates you on each of the herbs you can use and how they can treat any ailment you could come across." - Emily Vogt.

Explorations in the Practice of Indigenous Herbalism

Natural Remedies for Emerging and Drug-Resistant Infections

Herbal Antivirals, 2nd Edition

Gaia Alchemy

The Transformational Power of Fasting

One Spirit, Many Peoples

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A Medicine-Making Guide

Explains the healing power of plants, provides tips on growing and storing herbs, and discusses how to make teas, tinctures, salves, and poultices.

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.

The historical use of plants by indigenous peoples is explored, and how this connects to universal experiences of the sacred in everyday life.

Fasting practices to reconnect with the sacred, regain a sense of your life's purpose, and heal physically and

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emotionally • Details what to expect during your fast physically, emotionally, and spiritually • Provides step-by-step guidelines on preparing for the fast, how long you should fast, what you can and can't do during the fast, and how to end your fast • Explains how fasting can help or heal many chronic conditions, such as type II diabetes, hypertension, cardiovascular disease, arthritis, psoriasis, and insomnia For millennia humans have fasted for spiritual, emotional, and physical reasons--as a way to heal their bodies, reconnect to the sacred, regain a sense of life's purpose, and allow their souls to detoxify. We are evolutionarily designed to fast, and the body knows how to do it very well. Fasting allows the body and all its systems to rest, purify, and heal. During a fast, the body enters the same cleansing and healing cycle it normally enters during sleep. As a fast progresses, the body consumes everything that is not essential to bodily functioning--including bacteria, viruses, fibroid tumors, waste products in the blood, buildup around the joints, and

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stored fat--and the mind and heart release their toxic buildup as well. As Stephen Harrod Buhner reveals, in order to be truly transformed, you must first empty yourself. Offering step-by-step guidelines to fully prepare yourself for a deep fast, Buhner explores what to expect during and after spiritual, emotional, and physical fasting and detoxification. He details the necessary dietary and mental preparations leading up to your fast, what you can and can't do during a fast, and how to end your fast. He also explains how to plan the length of your fast and how to choose between a water fast, a juice fast, or a mono-diet fast. Revealing how fasting can help or heal many chronic conditions, such as type II diabetes, childhood seizures, hypertension, cardiovascular disease, arthritis, psoriasis, insomnia, and fibromyalgia, Buhner shows fasting as a way to truly inhabit the body, to experience its sacredness, and to activate its deep capabilities for self-healing.

The Home Encyclopedia of Herbal Medicine

Herbal Medicine for a New Earth

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A Manifesto for Earth Spirituality

Ensoulng Language

Natural Health Care for Men at Midlife

Herbs for Stress & Anxiety

Beyond the Doors of Perception into the Dreaming of Earth

Take control of your health with herbal antivirals. As traditional medications become less effective against today's potent and aggressive viruses, natural alternatives are proving capable of fighting off many common viral threats. Stephen Harrod Buhner offers in-depth instructions on how to prepare and use herbal formulations to prevent and treat infections such as SARS, influenza, and encephalitis. These natural remedies will fight off disease and strengthen your immune system, keeping your family healthy and happy.

The first in-depth examination of the sacred underpinnings of the world of Native American medicinal herbalism • Reveals how shamans and healers "talk" with plants to discover their medicinal properties • Includes the prayers and medicine songs associated with each of the plants examined • By the author of The Secret Teachings of Plants As humans evolved on Earth they used plants for everything imaginable--food, weapons, baskets, clothes, shelter, and medicine. Indigenous peoples the world over have been able to gather knowledge

of plant uses by communicating directly with plants and honoring the sacred relationship between themselves and the plant world. In Sacred Plant Medicine Stephen Harrod Buhner looks at the long-standing relationship between indigenous peoples and plants and examines the techniques and states of mind these cultures use to communicate with the plant world. He explores the sacred dimension of plant and human interactions and the territory where plants are an expression of Spirit. For each healing plant described in the book, Buhner presents medicinal uses, preparatory guidelines, and ceremonial elements such as prayers and medicine songs associated with its use.

A guide to alternative therapies for middle-aged men provides specific coverage for forty-five common disorders, listing hundreds of herbal remedies and healing foods. Original. 15,000 first printing.

Make Medicine at Home - Plant-Based Natural, Homeopathic, Safe, Alternative Remedies

Sacred and Herbal Healing Beers

Vital Man

On the Art of Nonfiction and the Writer's Life

33 Healing Herbs to Know, Grow, and Use

The Healing Remedies Sourcebook

Hands-On Healing Remedies