

The Earthwise Herbal A Complete Guide To New World Medicinal Plants

Book cover - In this book, Dr Mowrey provides the answers on why herbal medicine is effective - possibly more effective in treatment than pharmaceutical drugs and medications.

In The Fungal Pharmacy, noted herbalist Robert Rogers introduces readers to more than 300 species of medicinal mushrooms and lichens found in North America. These fungi, Rogers explains, have the capacity to heal both the body and, through the process of myco-remediation, the planet itself. Throughout the book, he documents their success in optimizing the immune system and treating a wide range of acute and chronic diseases, including cardiovascular, respiratory, and liver problems, blood sugar disorders, cancer, and obesity. Entries discuss the mushroom or lichen’s medicinal traits and properties, including active chemical components, preparation methods (including extracts, essences, and essential oils), and historical as well as modern-day usage. Two hundred full-color photos and thorough descriptions make identification easy for the reader. Rogers also delves into the cultural, religious, and literary significance of each mushroom, featuring fascinating tidbits about each one’s etymology and history.

Did you know there’s a powerful herbal medicine chest in your kitchen? Imagine being prepared for that next cold, scrape, headache, digestive issue, stressful day, or sleepless night with simple ingredients from your cupboard. Instead of pills, reach for: Cinnamon Tea to soothe your throat . . . Garlic Hummus to support your immune system . . . Ginger Lemon Tea for cold and flu symptoms . . . Cayenne Salve to relieve sore muscles . . . Cardamom Chocolate Mousse Cake for heart health . . . A glass of Spiced Cold Brew Coffee as a powerful antioxidant . . . Alchemy of Herbs will show you how to transform common ingredients into foods and remedies that heal. What were once everyday flavorings will become your personal kitchen apothecary. While using herbs can often seem complicated or costly, this book offers a way to learn that’s as simple and inexpensive as cooking dinner. With the guidance of herbalist Rosalie de la Forêt, you’ll understand how to match the properties of each plant to your own unique needs, for a truly personalized approach to health for you and your family. In addition to offering dozens of inspiring recipes, Rosalie examines the history and modern-day use of 29 popular herbs, supporting their healing properties with both scientific studies and in-depth research into herbal energetics. Grow your knowledge of healing herbs and spices, and start using nature’s pharmacy to feed, heal, and nurture your whole family!

New flower essences including ginseng, bo, and rosa webbiana, detailed information on treating animals and plants with flower essences, and new material for the current 108 essences described in the book including their relation to astrology, the 12 rays, animals, and plants.

A Shamanic Herbal
Flower Essences and Vibrational Healing
The Complete Medicinal Herbal
The Earthwise Herbal Repertory
Being Lasting Health to You and Your Family with 50 Easy-To-Find Common Herbs and Over 250 Recipes
Simple Recipes for Tinctures, Teas, Salves, Tonics, and Syrups
African Holistic Health

Noted herbalist Matthew Wood brings twenty-five years of clinical experience to this comprehensive book on medicinal plants. The first in a two-volume set, The Earthwise Herbal profiles Old World plants (volume two will treat American plants). Organized alphabetically, the book encompasses all of the major—and many of the secondary—herbs of traditional and modern Western herbalism. Author Wood describes characteristic symptoms and conditions in which each plant has proved useful in the clinic, often illustrated with appropriate case histories. In addition, he takes a historical view based on his extensive study of ancient and traditional herbal literature. Written in an easy, engaging, non-technical style, The Earthwise Herbal offers insight into the “logic” of the plant: how it works, in what areas of the body it works, how it has been used in the past, what its pharmacological constituents indicate about its use, and how all these different factors hang together to produce a portrait of the plant as a whole entity. Ideal for beginners, serious students, or advanced practitioners, The Earthwise Herbal is also useful for homeopaths and flower essence practitioners as it bridges these fields in its treatment of herbal medicines.

Rosemary Gladstar shows you how to enhance your well-being in middle age and beyond using herbal remedies that effectively and safely promote vitality. With in-depth profiles of 22 medicinal herbs, preparation instructions, and dosage guidelines, you’ll discover how you can use astragalus to regenerate your body’s immune system, bilberry to ease eye problems, and milk thistle to rebuild damaged liver cells. You’ll be amazed at how herbal treatments can help support your nervous system, activate your metabolism, and keep your bones and joints healthy. In Healing Lyme Disease Naturally, anthropologist Wolf D. Storl shares his own success in overcoming a difficult, sometimes deadly disease that is reaching epidemic proportions. When he was diagnosed, Dr. Storl refused standard treatments because of antibiotic intolerance. Instead, he researched healing systems of various cultures including Traditional Chinese Medicine, American Indian healing practices, homeopathy, and traditional Western herbal lore and discovered the teasel root. Teasel, a flowering plant that grows throughout Europe and Asia, tonifies the liver and kidneys, promotes blood circulation, and strengthens the bones and tendons. The plant has been documented to help cure chronic conditions marked by arthritis, sore, stiff muscles, and eventual incapacitation—all symptoms associated with Lyme disease. Dr. Storl’s approach consists of flushing out toxins and inhibiting bacteria by using teasel root as tincture, powder, or tea (available for purchase online and in natural foods stores); stimulating the immune system and detoxifying the body by exposing it to extreme heat (sweat lodges and Japanese baths); and dietary and naturopathic measures, including fresh natural food, exercise, and sufficient sleep. Written in an encouraging, personal tone but based in science and clinical studies, Healing Lyme Disease Naturally offers hope in combating a condition that has stubbornly resisted conventional medical treatment. From the Trade Paperback edition. 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.

Herbs for Healthy Aging
The Male Herbal
Herbs for Children’s Health
The Healing Power of Medicinal Plants
The Fungal Pharmacy
Herbs for Long-Lasting Health
A Medicine-Making Guide
The Book of Herbal Wisdom

Presents a season-by-season guide to the identification, harvest, and preparation of more than two hundred common edible plants to be found in the wild.

Describes the healing properties of more than one hundred herbs and lists useful herbal treatments for hundreds of common ailments

A never-before-translated occult classic that brings the science of herbal medicine back to its Hermetic roots • Includes a large collection of recipes for spagyric medicines and quintessences, with detailed step-by-step instructions, adapted from celebrated spagyrists such as Paracelsus, Pseudo-Lull, Philipp Ulstad, and Nicaise Le Fèvre • Provides botanical and medicinal classifications of over 600 plant species along with their astral natures, elemental qualities, and planetary and zodiacal signatures • Explores advanced methods and techniques and shares the author’s secret formula for a universal circulatum First published in French in 1911, this practical guide to the art of spagyrics begins by outlining the ancient yet often forgotten Hermetic foundations of herbalism. Author Jean Mavéric provides botanical and medicinal classifications of over 600 plant species along with an in-depth study of their astral natures, elemental qualities, and planetary and zodiacal signatures as well as practical advice to harvest plants and administer herbal remedies and quintessences. Reviewing the general principles and procedures of premodern chemistry, Mavéric then explores the secret doctrines and operations of the spagyric art. He offers a large collection of recipes for spagyric herbal preparations adapted from celebrated spagyrists such as Paracelsus, Pseudo-Lull, Philipp Ulstad, Jan Baptist van Helmont, Oswald Croll, and Nicaise Le Fèvre, providing detailed step-by-step instructions for a veritable pharmacopœia of spagyric extracts, tinctures, elixirs, liquors, oils, unguents, salts, aquae vitae, and quintessences. Mavéric also shares his intricate theory of astral medicine and advocates a seasonal “Hermetic diet” designed to keep the humors of the body in equilibrium and prevent the onset of illness. In the final section of the book, Mavéric focuses on the more advanced methods and techniques of Paracelsus, Helmont, and George Starkey, unraveling the mysteries of manufacturing alkalis, alkahests, and menstrua and divulging his own secret formula for a universal circulatum. Available now for the first time in English, this occult classic unveils the art of extracting spagyric essences to a modern audience while also bringing the science of herbal medicine back to its Hermetic roots.

Just outside your doorstep or kitchen window, hidden beneath a tall pine tree or twining through porch latticework, a wild and weedy apothecary waits to be discovered. Herbalist Doreen Shababy shares her deep, abiding love for the earth and its gifts in this collection of herbal wisdom that represents a lifetime of work in the forest, field, and kitchen. This herbalism guidebook is jam-packed with dozens of tasty recipes and natural remedies, including Glorious Garlic and Artichoke Dip, Sunny Oatmeal Crepes, Candied Catnip Leaves, Lavender Lemonade, Roseberry Tea, Garlic Tonic, Parsnip Hair Conditioner, and Dream Charms made with Mugwort. A sampling of the herbal lore, legend, and instruction found within these pages: The difference between sweet-faced flowers and flowers with attitude How to assemble a well-stocked pantry The importance of gratitude Plant-spirit communication basics How to use local wild herbs How to make poultices, teas, tinctures, balms, and extracts Praise: “Those who dare delve into this book may emerge with catnip on their breath, mud on their knees, wild fruit juices on their hands, and a mysterious, satisfied smile—the very image of a wild and weedy woman. Come on!”—Susun S. Weed, wild woman herbalist

A Complete Guide to Old World Medicinal Plants
The Herbal Lore of Wise Women and Wortcunners
The Art of Extracting Spagyric Essences
The Definitive Health Care Book for Men and Boys
Flowers for a Girl: Plant Medicine and Sexual Trauma
The Herbal Kitchen
Medicine Grove
The Herbal Apothecary

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 more 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.

In this long-awaited second edition of THE MALE HERBAL, James Green gives men and boys the tools they need to create or maintain physical and emotional health through a customized herbal program. By following Green’s newly developed constitutional model and referencing the comprehensive alphabetical herbal listings, men can create an herbal program attuned to their unique body type, lifestyle, and health needs. Featuring life-changing information about common plants, herbal alternatives to Viagra, medicinal uses of herbs for male-specific issues, and nearly thirty recipes for teas, tinctures, salves, and tonics, this updated guide emphasizes prevention and health with sensitivity and wisdom.

This concise guide to medicinal plants of the Southern Appalachians includes botanical descriptions of 45 native plants, their historical and current uses in herbal practice, detailed, easy-to-follow medicine making instructions and unique recipes for syrups, liniments, digestive bitters and more. The book invites the reader to explore native plants in their wild habitats and offers step-by-step ethical harvesting guidelines while emphasizing conservation issues. The author is a well-respected medical herbalist and teacher who lives in the mountains of north Georgia. Praise for Medicinal Plants of the Southern Appalachians. “This is one volume that I want to own as we enter the post-corporate age: a priceless guide to Southern plant alchemy. This practical yet enchanting botanical brings an ancient art to modernity. These pages are as rich as the cove forests they honor. Even to peruse Howell’s manual is healing, and exhilarating, not only because it contains vital knowledge all of us will need as fossil fuels dwindle and we return to the local. One day this book may save your life.” Janisse Ray, author of Ecology of a Cracker Childhood, Wild Carol Quill and Pinhook: A Year in the Mountains and an elegant introduction presented in a clear-as-a-bell style that educates as well as entertains.” Peter Loewer, author of The Wild Gardener and Jefferson’s Garden “There are many comprehensive volumes about medicinal plants in other regions of North America but none for the botanically rich southeast. Now, a widely experienced and knowledgeable herbalist has written a thorough guide to the virtues of Yellow Root, Rabbit Tobacco, Dogwood Bark, Sweet Fern and other lesser known herbs of the region. From Howell’s book, readers can learn to use local plants safely and consciously to improve the health of their families or patients.” David Winston, RH (AHG), Dean, Herbal Therapeutics School of Herbal Medicine “An excellent, much needed resource on Southeastern herbs. Well thought out and easy to follow.” Tim Blakely, co-author of The Bootstrap Guide to Medicinal Herbs in the Garden, Field and Marketplace “I often remind veterinarians that the foundation of botanical medicine lies in the experience of learning all aspects of medicinal plants thoroughly. This book guides the reader out of the classroom and into the fields and forest where plants become, to the student, more tangible sources of healing. Recommended for any practitioner who wants to deepen their understanding of our native apothecary.” Susan Wynn, DVM, RH (AHG), Executive Director, Veterinary Botanical Medical Assoc.

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.

The Earthwise Herbal, Volume I
Hundreds of Herbal Remedies, Therapies, and Preparations
A Guide to the Doctrine of Signatures
Flower Power

The Complete Guide to Medicinal Mushrooms and Lichens of North America

Basic Doctrine, Energetics, and Classification

Natural Prescriptions for Vibrant Health

Holistic Medicine and the Extracellular Matrix

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.

Hailed as a “classic” by leading herbalist Rosemary Gladstar, this botanical compendium provides a wide-ranging history of herbalism and useful guidance for healing with herbs Matthew Wood is one of the United States’ most renowned herbalists and the author of Seven Herbs: Plants as Healers, a watershed book in teaching herbal healing as a part of total wellness. With The Book of Herbal Wisdom, he continues and expands this study, creating a must-read guide for anyone who works in the natural health field or is interested in self-healing with herbs. Wood creates a vast and sweeping history of herbalism, drawing on Western botanical knowledge, homeopathy, Traditional Chinese medicine, and Native American shamanic botany. Detailing the history and use of more than forty plants, he shows how each tradition views a plant, as well as its use in cases drawn from his own herbal and homeopathic practice. An initial section describes signatures, similar, and patterns in these traditions, and elements, temperaments, and constitutions. Wood has two objectives: to demonstrate how herbal medicines are agents of healing and wisdom, and to give the reader a useful catalog of plants for medicinal uses. His clinical observations of his patients bear the wry wisdom of the country doctor: his love of plants is evident in lush botanical descriptions, which show the connection between remedies—whether homeopathic, Chinese, or Native American—and the plants from which they are derived. An introduction to centuries of lore about healing from indigenous traditions, The Book of Herbal Wisdom integrates and describes North American Indian medicine, homeopathy, Traditional Chinese Medicine, and Western herbalism like no other contemporary botanical compendium.

• Examines the function of the extracellular matrix, the inner ocean that unifies all our cells and controls them in a coordinated and integrated fashion • Explores how the extracellular matrix builds and repairs itself and how holistic therapy can be applied based on this knowledge • Introduces new and old holistic and herbal protocols for treatment of the matrix The cells in our bodies are not independent units. They do not control their own feeding, elimination, migration, or reproduction; they are controlled by signals from the extracellular matrix (ECM) that surrounds them. This all-encompassing inner ocean unifies all our cells and controls them in a coordinated and integrated fashion. Revealing the stunning implications of the extracellular matrix, Matthew Wood shows how it clearly explains the actions and efficacy of holistic therapies. He explores the ground-breaking research of Alfred Pischinger, who discovered the ECM in 1975, as well as the role of the matrix in transmitting and enacting the genetic code, including the roles of the mitochondria, the nucleus, and ribosomes. He explores how the matrix builds and repairs itself and investigates the complex processes and components involved in the self-healing of wounds and traumas. Wood explains how modern drugs, directed at specific receptors on the cell membrane, interfere with bodily self-regulation. He details how holistic therapies modify the environment of the cell and strengthen the whole, bringing the body back to homeostasis and consequently offering true healing. He sheds new light on how herbs are utilized in the body based on the matrix and discusses the actions of several common herbs in this regard. Wood shows how, even before the discovery of the ECM, many holistic practitioners had already intuited its existence and were acting with advanced understanding of the interconnectedness of the internal cellular terrain. Offering a cutting-edge understanding of the extracellular matrix, Wood reveals the importance of the ECM in treating the whole individual, the basis not only of medical herbalism but of all holistic medicine.

Medicine Grove is a comprehensive herb, and oil, digests in a clear-as-a-bell style that educates as well as entertains.” Peter Loewer, author of The Wild Gardener and Jefferson’s Garden “There are many comprehensive volumes about medicinal plants in other regions of North America but none for the botanically rich southeast. Now, a widely experienced and knowledgeable herbalist has written a thorough guide to the virtues of Yellow Root, Rabbit Tobacco, Dogwood Bark, Sweet Fern and other lesser known herbs of the region. From Howell’s book, readers can learn to use local plants safely and consciously to improve the health of their families or patients.” David Winston, RH (AHG), Dean, Herbal Therapeutics School of Herbal Medicine “An excellent, much needed resource on Southeastern herbs. Well thought out and easy to follow.” Tim Blakely, co-author of The Bootstrap Guide to Medicinal Herbs in the Garden, Field and Marketplace “I often remind veterinarians that the foundation of botanical medicine lies in the experience of learning all aspects of medicinal plants thoroughly. This book guides the reader out of the classroom and into the fields and forest where plants become, to the student, more tangible sources of healing. Recommended for any practitioner who wants to deepen their understanding of our native apothecary.” Susan Wynn, DVM, RH (AHG), Executive Director, Veterinary Botanical Medical Assoc.

The History of Herbalism, Homeopathy, and Flower Essences

The Herbal Home Remedy Book

Using Plants as Medicines

An A to Z Book of Herbal Concoctions, Recipes & Remedies, Practical Know-How & Food for the Soul

Healing with the Herbs of Life

Traditional Western Herbalism and Pulse Evaluation: A Conversation

The Magical Staff

Backyard Medicine

A comprehensive resource by one of the world’s most respected Ayurveda experts Ayurveda is the art of good life and gentle healing. It is a holistic system of medicine that includes prevention, psychology, diet, and treatment. Join Hans H. Rhyner, a leading authority on Ayurveda, as he explores the principles, therapies, and collected knowledge of this powerful approach to health and wellbeing, including: Anatomical Aspects (Rachana Sharira) Evolutionary Physiology (Kriya Sharira) Constitution (Prakruti) Pathology (Samprapti) Diagnostics (Nidana) Pharmacology (Dravya Guna) Treatment Strategies (Chikitsa) Nutritional Sciences (Annavijnana) Preventative Medicine (Swasthavritta) Quintet of Therapeutics (Panchakarma) Clinical Applications Filled with natural treatment suggestions and herbal remedies for dozens of conditions, Llewellyn’s Complete Book of Ayurveda provides detailed explanations of the most important topics in the field, such as: The Legend of Ayurveda Creation and Evolution (Sankhya) Logic and Analysis (Nyaya-Vaisheshika) Yoga The Channel System (Srota) Vital Points (Marma) Seven Basic Tissues (Sapta Dhatus) Biological Fire (Agni) Toxic Wastes (Ama) Somatic Constitution Psychic Constitution Causes of Disease (Nidana) Six Stages of Pathogenesis (Kriya Kala) Observation and Examination Principles of Treatment Acupuncture and Moxibustion Eight Considerations on Food Diet for Your Constitution Kitchen Pharmacy Daily Healthy Habits (Dinacarya) Rules for Different Seasons (Rutacarya) Ethical Life (Sadvritta) Purificatory Treatments (Pradhanakarma) Diabetics (Pascat Karma) Ethics Spirituality in Psychotherapy (Vedanta) Ayurveda Surgery Ayurveda Psychiatry Vastu-Vedic Geometry Medical Astrology And Much More

If you have been daunted by complicated, esoteric herb books in the past, Healing with the Herbs of Life offers clear and concise explanations of how and why herbs heal. It also provides step-by-step instructions for creating your own herbal remedies, therapeutic approaches you can use at home, and easy-to-follow guidelines for gathering, preparing, purchasing, and storing herbs. Previously published as The Herbs of Life, this completely revised and updated edition synthesizes the great herbal traditions of China and India with Western herbology to form a new kind of planetary herbal . Features a new chapter on treating specific conditions, expanded chapters in Materia Medica and the energy of food, and revised chapters on living with the seasons and home therapies . With new information on herbal safety and drug/herb interactions . The previous edition, The Herbs of Life, sold 45,000 copies.

Pulse Evaluation is a pacesetter in the field of herbal and holistic medicine. It sheds new light on herbalism, holistic evaluation, and the age-old art of pulse-reading. “This is a monumental work, and an amazing contribution to our literature. I am always and adamantly of the mind that one’s personal experience is of paramount importance, so there was a lot that I would not dream of contesting in your work. As you rightly state, nothing means anything divorced from the context of the patient’s whole gestalt. There are many qualities you describe that I will be looking for in the future, or have felt and will reconsider the interpretation. Time will confirm or correct the three of you as the conversation unfolds. I am very pleased to meet Dr. Floyer and invite others to do the same.” Brandt Stickley, L. Ac. Assistant Professor of Classical Chinese Medicine, National College of Naturopathic Medicine

Vitalism, the recognition that the physical body is animated by a vital life force, is the foundation of most natural healing therapies. The forefathers of alternative medicine discovered methods of healing the body by stimulating this life force. In Vitalism: The History of Herbalism, Homeopathy, and Flower Essences, Matthew Wood describes the theories, lives, and work of nine great physicians who laid the groundwork for natural medicine.

Evolutionary Herbalism
History, Analysis, and Treatments
Healing Lyme Disease Naturally
How to Make and Use Herbal Remedies for Lifelong Vitality. A Storey BASICS® Title
Seven Guideposts on the Spiritual Path
The Practice of Traditional Western Herbalism
The Modern Herbal Dispensary
Llewellyn’s Complete Book of Ayurveda

Herbs are a gift from nature. They not only help to create aromatic and delicious food, they also support overall health and wellness. Using dried and fresh herbs in your cooking boosts your intake of vitamins and minerals, improves digestion, strengthens immunity, and increases energy. Using plants as medicine is an ancient and powerful tradition that connects you to the earth, helps treat common ailments, promote restful sleep, relaxation, and more. Whether you are already familiar with herbs or are just starting out on the herbal path, The Herbal Kitchen offers recipes for everyone. Mix up refreshing drinks, infuse oil, vinegar and honey, and learn how to make tinctures and cordials, salts, sprinkles, and more.

A guide to using flowers for treating and healing such body ailments as sunburn, migraines, heartburn, nausea, kidney infection, cramps, and high blood pressure

This “deep excursion into the heart of herbalism” pulls back the curtain on centuries of herbal medicine and offers an inventory of useful plants for the modern herb gardener or homesteader (Rosemary Gladstar) Traditional herbalists or wise women were not only good botanists or pharmacologists; they were also shamanic practitioners and keepers of occult knowledge about the powerful properties of plants. Traveling back to the healing arts of the ancient Egyptians, Greeks, and Romans, The Herbal Lore of Wise Women and Wortcunners takes readers deep into this world, through the leechcraft of heathen society and witches’ herb bundles to the cloister gardens of the Middle Ages. It also examines herbal medicine today in the traditional Chinese apothecary, the Indian ayurvedic system, homeopathy, and Native American medicine. Balancing the mystical with the practical, author Wolf Stort explains how to become an herbalist, from collecting material to distilling and administering medicines. He includes authoritative advice on herb gardening, as well as a holistic inventory of plants used for purposes both benign and malign, from herbs for cooking, healing, beauty, and body care to psychedelic plants, witches’ salves for opening alternative realities, and poisonous herbs that can induce madness or cause death. Stort also describes traditional “women’s plants” and their uses: dyeing cloth, spinning and weaving, or whipping up love potions. The Herbal Lore of Wise Women and Wortcunners is written for professional and amateur herbalists as well as gardeners, urban homesteaders, and plantspeople interested in these rich ancient traditions.

The Practice of Traditional Western Herbalism places the function of western herbs in their true historical context, apart from homeopathy, traditional Chinese medicine, and Ayurveda. Recently there has been a revival of interest in western herbalism, but practitioners haven’t been able to explore its benefits due to a void of information on the topic—the system of medicine the herbs fit into had all but disappeared. To remedy the situation, herbalist Matthew Wood has researched the old-time practices and reconstructed them for modern use. In rescuitating western herbal medicine and bringing it up to date, he gives his readers a powerful tool for holistic theory and treatment. Wood makes the point that plant medicines, because they are made from a broad range of chemical components, are naturally suited for the treatment of general patterns in the body. He argues against the biomedical model of standardization, in which herbs are refined and advertised as if they were drugs suited to an exact disease or condition.

Edible Wild Plants
100 Medicinal Herbs and How to Use Them
Science, Spirituality, and Medicine from the Heart of Nature
How to Make and Use Gentle Herbal Remedies for Soothing Common Ailments. A Storey BASICS® Title
Medicinal Plants of the Southern Appalachians
Harvest and Make Your Own Herbal Remedies
Alchemy of Herbs
The Language of Plants
The Earthwise Herbal, Volume I/A Complete Guide to New World Medicinal Plants/North Atlantic Books

Weaving together herbal and medical traditions from around the world into a singular cohesive model, this groundbreaking book guides herbal practitioners to a comprehensive understanding of the practice and philosophy of healing with herbs. Sajah Popham presents an innovative approach to herbalism that considers the holistic relationship among plants, humans, and the underlying archetypal patterns in Nature. Organized in five parts moving from the microcosmic to the universal, this work explores a unique integration of clinical herbalism, Ayurveda, medical astrology, spagyric alchemy, and medical and esoteric traditions from across the world into a truly holistic system of plant medicine. A balance of the heart and the mind, the science and spirit of people and plants, Evolutionary Herbalism provides a holistic context for how plants can be used for transformational levels of healing for the body, spirit, and soul. For both the student herbalist and experienced practitioner, Popham’s original perspectives guide readers to a more intimate, synergistic, and intuitive relationship with the plant kingdom, people, and Nature as a whole.

This book provides a skilled and knowledgeable exploration into the uses of 7 herbs by a master herbalist. This book would be useful to students and practioners of herbalism, homeopathy, and flower essences, as the information can be utilized across these disciplines. The book clearly explains when and how to use these remedies and gives ample case studies from author's personal experience that further assist the reader in forming a clear picture of the signature of the herbs described.

A guide to herbal remedies that promote longevity, restore the body's systems, treat chronic conditions, and maintain natural health ¶ Offers herbal remedies for many conditions associated with aging, such as prostate enlargement, hot flashes, hypertension, insomnia, and arthritis ¶ Provides herbal treatments to restore and maintain function in each of the body's major systems ¶ Explores more than 150 herbs and their actions on the body and mind, preparation methods, and recommended dosages In this herbal guide to healthy aging, medical herbalist David Hoffmann discusses how to maintain the body's vitality as we age and how to treat and prevent the health concerns brought about by aging. He provides herbal treatments to restore and protect each of the body's major systems--from the muscles, bones, and digestive system to the pulmonary, cardiovascular, and reproductive organs--as well as herbal remedies for specific ailments such as prostate enlargement, hot flashes, hypertension, insomnia, bronchitis, varicose veins, and arthritis. He shows how herbs can help minimize dependence on conventional medical treatments and provide a safe and welcome alternative to the unpleasant and sometimes dangerous side effects of synthetic drugs. In the materia medica, Hoffmann details more than 150 health-promoting herbs and their actions on the body and mind, preparation methods, and recommended dosages. This authoritative guide to herbal preventive medicine offers holistic treatments designed not only to promote vibrant health but also to

provide a way to age with grace.

The Earthwise Herbal, Volume II

The Definitive Practitioner's Guide

Transform Everyday Ingredients into Foods and Remedies That Heal

A Complete Guide to New World Medicinal Plants

Scientific Validation of Herbal Medicine

Seven Herbs

Plants as Teachers

A North American Field Guide to Over 200 Natural Foods

Backyard Medicine is a beautiful book, packed with nearly 300 color photographs and over 120 herbal remedies that you can make yourself. It gives a fascinating insight into the literary, historic, and world-wide application of the fifty common plants that it covers. It is the sort of book you can enjoy as an armchair reader or use to harvest and make your own herbal remedies from wild plants. Anyone who wants to improve his or her health in the same way that human-kind has done for centuries around the world, by using local wild plants and herbs, will find this book fascinating and useful.

Acquire herbal healing wisdom with this guide to gathering, drying, storing, and blending 25 common herbs. Joyce A. Wardwell shows you how to build your own all-natural home medicine cabinet, providing simple recipes for soothing tinctures, salves, tonics, syrups, teas, and lozenges. With gentle, plant-based solutions to ailments ranging from muscle cramps and indigestion to dry skin and sore throats, this comprehensive guide is full of natural remedies that will keep your whole family healthy.

Herbal remedies can provide safe and effective treatment for common childhood ailments ranging from diaper rash and teething to sore throats and conjunctivitis. In this Storey BASICS® guide, Rosemary Gladstar shows you how to prepare soothing salves, syrups, tablets, and teas that support children's health. With simple instructions, clear dosage guidelines, and in-depth profiles of 24 medicinal herbs, you'll soon be confidently easing your child's achy flu with some hibiscus tea and using the healing properties of nettles to combat bouts of hay fever.

A Comprehensive Resource for the Understanding & Practice of Traditional Indian Medicine

Vitalism

The Shamanic Story in Genesis

Flower Remedies for Healing Body and Soul Through Herbalism, Homeopathy, Aromatherapy, and Flower Essences

The Wild & Weedy Apothecary

Hermetic Herbalism

The Vitalist Tradition in Western Medicine