

The Master Book Of Herbalism

Practical Herbs 2 follows on from **Kress's first book** and includes comprehensive instructions for making herbal honeys, poultices, and green powders. It is lavishly illustrated with beautiful color photographs that demonstrate clearly the methods and skills used.

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

More than 2,000 complete and concise descriptions of herbs, illustrated by more than 275 line drawings, offer natural aids to health and happiness. Includes tips on growing, botanical medicine, seasoning, and much more.

Natural Healer 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.

Master Recipes from the Herbal Apothecary

Plant Wisdom from East and West

Herbal Alchemy

The Native American Herbalist's Bible [9 Books in 1]: Find Out Hundreds of Herbal Remedies and Recipes, Build Your First Herb Lab at Home, and Grow You

The Herbalist's Bible

The Book of Herbs

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

Wicca Herbal Magic

The definitive guide to medicinal plant knowledge of Ashkenazi herbal healers, from the Middle Ages to the 20th century. Until now, the herbal traditions of the Ashkenazi people have remained unexplored and shrouded in mystery. Ashkenazi Herbalism rediscovers the forgotten legacy of the Jewish medicinal plant healers who thrived in eastern Europe's Pale of Settlement, from their beginnings in the Middle Ages through the modern era. Including the first materia medica of 25 plants and herbs essential to Ashkenazi folk medicine, this essential guide sheds light on the preparations, medicinal profiles, and applications of a rich but previously unknown herbal tradition—often hidden by language barriers, obscured by cultural misunderstandings, and nearly lost to history. Written for new and established practitioners, it offers illustrations, provides information on comparative medicinal practices, and illuminates the important historical and cultural contexts that gave rise to eastern European Jewish herbalism. Part I introduces a brief history of the Ashkenazim and provides an overview of traditional eastern European medicine. Part II offers descriptions of predominantly Jewish towns in the Pale, their many native plants, and the remedies applied by indigenous healers to a range of illnesses. This materia medica names each plant in Yiddish, English, Latin, and other relevant languages. Ashkenazi Herbalism also details a brief history of medicine; the roles of the Ba'alei shem, Feldshers, Oshprikherims, midwives, and brewers; and the seferot.

Restoring the use of wild plants in daily life for vibrant physical, mental, and spiritual health • Explains how 3 classes of wild plants—aromatics, bitters, and tonics—are uniquely adapted to work with our physiology because we coevolved with them • Provides simple recipes to easily integrate these plants into meals as well as formulas for teas, spirits, and tinctures • Offers practical examples of plants in each of the 3 classes, from aromatic peppermint to bitter dandelion to tonic chocolate As people moved into cities and suburbs and embraced modern medicine and industrialized food, they lost their connection to nature, in particular to the plants with which humanity coevolved. These plants are essential components of our physiologies—tangible reminders of cross-kingdom signaling—and key not only to vibrant physical health and prevention of illness but also to soothing and awakening the troubled spirit. Blending traditional herbal medicine with history, mythology, clinical practice, and recent findings in physiology and biochemistry, herbalist Guido Masé explores the three classes of plants necessary for the healthy functioning of our bodies and minds—aromatics, bitters, and tonics. He explains how bitter plants ignite digestion, balance blood sugar, buffer toxicity, and improve metabolism; how tonic plants normalize the functions of our cells and nourish the immune system; and how aromatic plants relax tense organs, nerves, and muscles and stimulate sluggish systems, whether physical, mental, emotional, or spiritual. He reveals how wild plants regulate our heart variability rate and adjust the way DNA is read by our cells, controlling the self-destructive tendencies that lead to chronic inflammation or cancer. Offering examples of ancient and modern uses of wild plants in each of the 3 classes—from aromatic peppermint to bitter dandelion to tonic chocolate—Masé provides easy recipes to integrate them into meals as seasonings and as central ingredients in soups, stocks, salads, and grain dishes as well as including formulas for teas, spirits, and tinctures. Providing a framework for safe and effective use as well as new insights to enrich the practice of advanced herbalists, he shows how healing “wild plant deficiency syndrome”—that is, adding wild plants back into our diets—is vital not only to our health but also to our spiritual development.

Every Witch Needs a Little corner of the world to tend. Deepen your connection to the earth and watch your magical skills blossom. Ellen Dugan presents a variety of ways to honor and work with the plant kingdom in this charming hands-on guide to green magick and spirituality. Designed to enhance any tradition or style of the Craft, this handy herbal reference provides the physical description, folklore, magickal qualities, and spellwork correspondences for a wealth of flowers, trees, and herbs, and features forty-seven botanical drawings. Conjuring a scene with Heart Witchery in the Great Willows and Witchery Magick of the Hedgerows The Magick and Folklore of Trees Gothic Herbs and Forbidden Plants Herbs and Plants of the Sabbats Herbs of the Stars Magical Herbalism “The conversational tone of Garden Wiltn’s Herbal is a refreshing change from other garden-variety horticulture books and makes Dugan’s herbal entertaining as well as informative.” —New Age Retailer Author of the best-selling Britanny Wood Nickerson’s Herbs and Plants that Food is Most Powerful in the Kitchen she reveals how the kitchen can be a place of true awakening for the senses and spirit, as well as deep nourishment for the body. With in-depth profiles of favorite culinary herbs such as dill, sage, basil, and mint, Nickerson offers fascinating insights into the healing properties of each herb and then shares 110 original recipes for scrumptious snacks, entrées, drinks, and desserts that are specially designed to meet the body’s needs for comfort, nourishment, energy, and support through seasonal changes. Foreword INDIES Gold Award Winner IACP Cookbook Awards Finalist

Native American Herbal Apothecary

Clinical Herbalism - E-Book

The Herbalist's Way

Green Magick, Herbalism & Spirituality

Find Out 49+1 Sacred Medical Herbs of Indigenous Shamans and Learn How to Use Them

Transform, Heal, and Remember with the Power of Plants and Ancestral Medicine

The Art of Extracting Spagyric Essences

Hermetic Herbalism

"A practical guide to using medicinal herbs as well as a powerful reminder of our reciprocal relationship with the natural world." —Rosalee de la Forêt, author of *Alchemy of Herbs In Mountain States Medicinal Plants*, Briana Wiles is your trusted guide to finding, identifying, harvesting, and using 120 of the region’s most powerful wild plants. You’ll learn how to safely and ethically forage and how to use wild plants in herbal medicines including teas, tinctures, and salves. Plant profiles include clear, color photographs, identification tips, medicinal uses and herbal preparations, and harvesting suggestions. Lists of what to forage for each season makes the guide useful year-round. Thorough, comprehensive, and safe, this is a must-have for foragers, naturalists, and herbalists in Idaho, Montana, Wyoming, Utah, Colorado, eastern Oregon, eastern Washington, and northern Nevada.

Do you feel intoxicated by all the medicines that are recommended to treat just about anything? Do you get frustrated when you see thousands of advertisements sponsoring expensive, body damaging, addictive medicines and you don't know what to believe anymore? Are you ready to encounter the world's most effective form of natural medicine, become a skilled herbalist and build your first home-based herb lab? Long before Europeans arrived in America, generations of Native American's learned the secrets of natural healing and were able to use the power of plants to maintain good health, create explosive levels of energy, and live more than 120 years. Best-selling author and herbalist master, the Green Witch decided on the day of her 100th birthday to enclose in this collection of 9 books all her knowledge about healing herbs and her secret elixirs of long life. The Green Witch was born in 1921 in the American village of Hidatsa, the daughter of a shaman father and an herbalist mother of the tribe of Nuxbaaga. She spent 30 years around the world and more than 50 years as a nomad in America, traveling from tribe to tribe, cultivating her knowledge of Native American healing herbs. You will discover - the traditional and modern uses of 50+North American plants - 99+1 provenways to use herbal remedies in daily life - 7 secret herbal remedies of the sacred Native shamans - how to heal common ailments like acne, allergies, back pain, sinusitis... - Professional images and idiot proof instructions >>> All medical herbs are at your fingertips, and the recipes and remedies derived from them are at no cost. It's time to take a cleansing swim in the wise knowledge of Native Americans and their thousand-year-old natural healing techniques... Scroll up the page, click the BUY NOW button, and GRAB YOUR COPY NOW!
A new and exciting way to explore and heal with herbs. In Recipes from the Herbalist's Kitchen she reveals how the kitchen can be a place of true awakening for the senses and spirit, as well as deep nourishment for the body. With in-depth profiles of favorite culinary herbs such as dill, sage, basil, and mint, Nickerson offers fascinating insights into the healing properties of each herb and then shares 110 original recipes for scrumptious snacks, entrées, drinks, and desserts that are specially designed to meet the body’s needs for comfort, nourishment, energy, and support through seasonal changes. Foreword INDIES Gold Award Winner IACP Cookbook Awards Finalist

Native American Herbal Apothecary

Clinical Herbalism - E-Book

The Herbalist's Way

Green Magick, Herbalism & Spirituality

Find Out 49+1 Sacred Medical Herbs of Indigenous Shamans and Learn How to Use Them

Transform, Heal, and Remember with the Power of Plants and Ancestral Medicine

The Art of Extracting Spagyric Essences

Hermetic Herbalism

"A practical guide to using medicinal herbs as well as a powerful reminder of our reciprocal relationship with the natural world." —Rosalee de la Forêt, author of *Alchemy of Herbs In Mountain States Medicinal Plants*, Briana Wiles is your trusted guide to finding, identifying, harvesting, and using 120 of the region’s most powerful wild plants. You’ll learn how to safely and ethically forage and how to use wild plants in herbal medicines including teas, tinctures, and salves. Plant profiles include clear, color photographs, identification tips, medicinal uses and herbal preparations, and harvesting suggestions. Lists of what to forage for each season makes the guide useful year-round. Thorough, comprehensive, and safe, this is a must-have for foragers, naturalists, and herbalists in Idaho, Montana, Wyoming, Utah, Colorado, eastern Oregon, eastern Washington, and northern Nevada.

Do you feel intoxicated by all the medicines that are recommended to treat just about anything? Do you get frustrated when you see thousands of advertisements sponsoring expensive, body damaging, addictive medicines and you don't know what to believe anymore? Are you ready to encounter the world's most effective form of natural medicine, become a skilled herbalist and build your first home-based herb lab? Long before Europeans arrived in America, generations of Native American's learned the secrets of natural healing and were able to use the power of plants to maintain good health, create explosive levels of energy, and live more than 120 years. Best-selling author and herbalist master, the Green Witch decided on the day of her 100th birthday to enclose in this collection of 9 books all her knowledge about healing herbs and her secret elixirs of long life. The Green Witch was born in 1921 in the American village of Hidatsa, the daughter of a shaman father and an herbalist mother of the tribe of Nuxbaaga. She spent 30 years around the world and more than 50 years as a nomad in America, traveling from tribe to tribe, cultivating her knowledge of Native American healing herbs. You will discover - the traditional and modern uses of 50+North American plants - 99+1 provenways to use herbal remedies in daily life - 7 secret herbal remedies of the sacred Native shamans - how to heal common ailments like acne, allergies, back pain, sinusitis... - Professional images and idiot proof instructions >>> All medical herbs are at your fingertips, and the recipes and remedies derived from them are at no cost. It's time to take a cleansing swim in the wise knowledge of Native Americans and their thousand-year-old natural healing techniques... Scroll up the page, click the BUY NOW button, and GRAB YOUR COPY NOW!
A new and exciting way to explore and heal with herbs. In Recipes from the Herbalist's Kitchen she reveals how the kitchen can be a place of true awakening for the senses and spirit, as well as deep nourishment for the body. With in-depth profiles of favorite culinary herbs such as dill, sage, basil, and mint, Nickerson offers fascinating insights into the healing properties of each herb and then shares 110 original recipes for scrumptious snacks, entrées, drinks, and desserts that are specially designed to meet the body’s needs for comfort, nourishment, energy, and support through seasonal changes. Foreword INDIES Gold Award Winner IACP Cookbook Awards Finalist

Native American Herbal Apothecary

Clinical Herbalism - E-Book

The Herbalist's Way

Green Magick, Herbalism & Spirituality

Find Out 49+1 Sacred Medical Herbs of Indigenous Shamans and Learn How to Use Them

Transform, Heal, and Remember with the Power of Plants and Ancestral Medicine

The Art of Extracting Spagyric Essences

Hermetic Herbalism

"A practical guide to using medicinal herbs as well as a powerful reminder of our reciprocal relationship with the natural world." —Rosalee de la Forêt, author of *Alchemy of Herbs In Mountain States Medicinal Plants*, Briana Wiles is your trusted guide to finding, identifying, harvesting, and using 120 of the region’s most powerful wild plants. You’ll learn how to safely and ethically forage and how to use wild plants in herbal medicines including teas, tinctures, and salves. Plant profiles include clear, color photographs, identification tips, medicinal uses and herbal preparations, and harvesting suggestions. Lists of what to forage for each season makes the guide useful year-round. Thorough, comprehensive, and safe, this is a must-have for foragers, naturalists, and herbalists in Idaho, Montana, Wyoming, Utah, Colorado, eastern Oregon, eastern Washington, and northern Nevada.

Do you feel intoxicated by all the medicines that are recommended to treat just about anything? Do you get frustrated when you see thousands of advertisements sponsoring expensive, body damaging, addictive medicines and you don't know what to believe anymore? Are you ready to encounter the world's most effective form of natural medicine, become a skilled herbalist and build your first home-based herb lab? Long before Europeans arrived in America, generations of Native American's learned the secrets of natural healing and were able to use the power of plants to maintain good health, create explosive levels of energy, and live more than 120 years. Best-selling author and herbalist master, the Green Witch decided on the day of her 100th birthday to enclose in this collection of 9 books all her knowledge about healing herbs and her secret elixirs of long life. The Green Witch was born in 1921 in the American village of Hidatsa, the daughter of a shaman father and an herbalist mother of the tribe of Nuxbaaga. She spent 30 years around the world and more than 50 years as a nomad in America, traveling from tribe to tribe, cultivating her knowledge of Native American healing herbs. You will discover - the traditional and modern uses of 50+North American plants - 99+1 provenways to use herbal remedies in daily life - 7 secret herbal remedies of the sacred Native shamans - how to heal common ailments like acne, allergies, back pain, sinusitis... - Professional images and idiot proof instructions >>> All medical herbs are at your fingertips, and the recipes and remedies derived from them are at no cost. It's time to take a cleansing swim in the wise knowledge of Native Americans and their thousand-year-old natural healing techniques... Scroll up the page, click the BUY NOW button, and GRAB YOUR COPY NOW!
A new and exciting way to explore and heal with herbs. In Recipes from the Herbalist's Kitchen she reveals how the kitchen can be a place of true awakening for the senses and spirit, as well as deep nourishment for the body. With in-depth profiles of favorite culinary herbs such as dill, sage, basil, and mint, Nickerson offers fascinating insights into the healing properties of each herb and then shares 110 original recipes for scrumptious snacks, entrées, drinks, and desserts that are specially designed to meet the body’s needs for comfort, nourishment, energy, and support through seasonal changes. Foreword INDIES Gold Award Winner IACP Cookbook Awards Finalist

Native American Herbal Apothecary

Clinical Herbalism - E-Book

The Herbalist's Way

Green Magick, Herbalism & Spirituality

Find Out 49+1 Sacred Medical Herbs of Indigenous Shamans and Learn How to Use Them

Transform, Heal, and Remember with the Power of Plants and Ancestral Medicine

The Art of Extracting Spagyric Essences

Hermetic Herbalism

"A practical guide to using medicinal herbs as well as a powerful reminder of our reciprocal relationship with the natural world." —Rosalee de la Forêt, author of *Alchemy of Herbs In Mountain States Medicinal Plants*, Briana Wiles is your trusted guide to finding, identifying, harvesting, and using 120 of the region’s most powerful wild plants. You’ll learn how to safely and ethically forage and how to use wild plants in herbal medicines including teas, tinctures, and salves. Plant profiles include clear, color photographs, identification tips, medicinal uses and herbal preparations, and harvesting suggestions. Lists of what to forage for each season makes the guide useful year-round. Thorough, comprehensive, and safe, this is a must-have for foragers, naturalists, and herbalists in Idaho, Montana, Wyoming, Utah, Colorado, eastern Oregon, eastern Washington, and northern Nevada.

Do you feel intoxicated by all the medicines that are recommended to treat just about anything? Do you get frustrated when you see thousands of advertisements sponsoring expensive, body damaging, addictive medicines and you don't know what to believe anymore? Are you ready to encounter the world's most effective form of natural medicine, become a skilled herbalist and build your first home-based herb lab? Long before Europeans arrived in America, generations of Native American's learned the secrets of natural healing and were able to use the power of plants to maintain good health, create explosive levels of energy, and live more than 120 years. Best-selling author and herbalist master, the Green Witch decided on the day of her 100th birthday to enclose in this collection of 9 books all her knowledge about healing herbs and her secret elixirs of long life. The Green Witch was born in 1921 in the American village of Hidatsa, the daughter of a shaman father and an herbalist mother of the tribe of Nuxbaaga. She spent 30 years around the world and more than 50 years as a nomad in America, traveling from tribe to tribe, cultivating her knowledge of Native American healing herbs. You will discover - the traditional and modern uses of 50+North American plants - 99+1 provenways to use herbal remedies in daily life - 7 secret herbal remedies of the sacred Native shamans - how to heal common ailments like acne, allergies, back pain, sinusitis... - Professional images and idiot proof instructions >>> All medical herbs are at your fingertips, and the recipes and remedies derived from them are at no cost. It's time to take a cleansing swim in the wise knowledge of Native Americans and their thousand-year-old natural healing techniques... Scroll up the page, click the BUY NOW button, and GRAB YOUR COPY NOW!
A new and exciting way to explore and heal with herbs. In Recipes from the Herbalist's Kitchen she reveals how the kitchen can be a place of true awakening for the senses and spirit, as well as deep nourishment for the body. With in-depth profiles of favorite culinary herbs such as dill, sage, basil, and mint, Nickerson offers fascinating insights into the healing properties of each herb and then shares 110 original recipes for scrumptious snacks, entrées, drinks, and desserts that are specially designed to meet the body’s needs for comfort, nourishment, energy, and support through seasonal changes. Foreword INDIES Gold Award Winner IACP Cookbook Awards Finalist

Native American Herbal Apothecary

Clinical Herbalism - E-Book

The Herbalist's Way

Green Magick, Herbalism & Spirituality

Find Out 49+1 Sacred Medical Herbs of Indigenous Shamans and Learn How to Use Them

Transform, Heal, and Remember with the Power of Plants and Ancestral Medicine

The Art of Extracting Spagyric Essences

Hermetic Herbalism

"A practical guide to using medicinal herbs as well as a powerful reminder of our reciprocal relationship with the natural world." —Rosalee de la Forêt, author of *Alchemy of Herbs In Mountain States Medicinal Plants*, Briana Wiles is your trusted guide to finding, identifying, harvesting, and using 120 of the region’s most powerful wild plants. You’ll learn how to safely and ethically forage and how to use wild plants in herbal medicines including teas, tinctures, and salves. Plant profiles include clear, color photographs, identification tips, medicinal uses and herbal preparations, and harvesting suggestions. Lists of what to forage for each season makes the guide useful year-round. Thorough, comprehensive, and safe, this is a must-have for foragers, naturalists, and herbalists in Idaho, Montana, Wyoming, Utah, Colorado, eastern Oregon, eastern Washington, and northern Nevada.

Do you feel intoxicated by all the medicines that are recommended to treat just about anything? Do you get frustrated when you see thousands of advertisements sponsoring expensive, body damaging, addictive medicines and you don't know what to believe anymore? Are you ready to encounter the world's most effective form of natural medicine, become a skilled herbalist and build your first home-based herb lab? Long before Europeans arrived in America, generations of Native American's learned the secrets of natural healing and were able to use the power of plants to maintain good health, create explosive levels of energy, and live more than 120 years. Best-selling author and herbalist master, the Green Witch decided on the day of her 100th birthday to enclose in this collection of 9 books all her knowledge about healing herbs and her secret elixirs of long life. The Green Witch was born in 1921 in the American village of Hidatsa, the daughter of a shaman father and an herbalist mother of the tribe of Nuxbaaga. She spent 30 years around the world and more than 50 years as a nomad in America, traveling from tribe to tribe, cultivating her knowledge of Native American healing herbs. You will discover - the traditional and modern uses of 50+North American plants - 99+1 provenways to use herbal remedies in daily life - 7 secret herbal remedies of the sacred Native shamans - how to heal common ailments like acne, allergies, back pain, sinusitis... - Professional images and idiot proof instructions >>> All medical herbs are at your fingertips, and the recipes and remedies derived from them are at no cost. It's time to take a cleansing swim in the wise knowledge of Native Americans and their thousand-year-old natural healing techniques... Scroll up the page, click the BUY NOW button, and GRAB YOUR COPY NOW!
A new and exciting way to explore and heal with herbs. In Recipes from the Herbalist's Kitchen she reveals how the kitchen can be a place of true awakening for the senses and spirit, as well as deep nourishment for the body. With in-depth profiles of favorite culinary herbs such as dill, sage, basil, and mint, Nickerson offers fascinating insights into the healing properties of each herb and then shares 110 original recipes for scrumptious snacks, entrées, drinks, and desserts that are specially designed to meet the body’s needs for comfort, nourishment, energy, and support through seasonal changes. Foreword INDIES Gold Award Winner IACP Cookbook Awards Finalist

Native American Herbal Apothecary

Clinical Herbalism - E-Book

The Herbalist's Way

Green Magick, Herbalism & Spirituality

Find Out 49+1 Sacred Medical Herbs of Indigenous Shamans and Learn How to Use Them

Transform, Heal, and Remember with the Power of Plants and Ancestral Medicine

The Art of Extracting Spagyric Essences

Hermetic Herbalism

"A practical guide to using medicinal herbs as well as a powerful reminder of our reciprocal relationship with the natural world." —Rosalee de la Forêt, author of *Alchemy of Herbs In Mountain States Medicinal Plants*, Briana Wiles is your trusted guide to finding, identifying, harvesting, and using 120 of the region’s most powerful wild plants. You’ll learn how to safely and ethically forage and how to use wild plants in herbal medicines including teas, tinctures, and salves. Plant profiles include clear, color photographs, identification tips, medicinal uses and herbal preparations, and harvesting suggestions. Lists of what to forage for each season makes the guide useful year-round. Thorough, comprehensive, and safe, this is a must-have for foragers, naturalists, and herbalists in Idaho, Montana, Wyoming, Utah, Colorado, eastern Oregon, eastern Washington, and northern Nevada.

Do you feel intoxicated by all the medicines that are recommended to treat just about anything? Do you get frustrated when you see thousands of advertisements sponsoring expensive, body damaging, addictive medicines and you don't know what to believe anymore? Are you ready to encounter the world's most effective form of natural medicine, become a skilled herbalist and build your first home-based herb lab? Long before Europeans arrived in America, generations of Native American's learned the secrets of natural healing and were able to use the power of plants to maintain good health, create explosive levels of energy, and live more than 120 years. Best-selling author and herbalist master, the Green Witch decided on the day of her 100th birthday to enclose in this collection of 9 books all her knowledge about healing herbs and her secret elixirs of long life. The Green Witch was born in 1921 in the American village of Hidatsa, the daughter of a shaman father and an herbalist mother of the tribe of Nuxbaaga. She spent 30 years around the world and more than 50 years as a nomad in America, traveling from tribe to tribe, cultivating her knowledge of Native American healing herbs. You will discover - the traditional and modern uses of 50+North American plants - 99+1 provenways to use herbal remedies in daily life - 7 secret herbal remedies of the sacred Native shamans - how to heal common ailments like acne, allergies, back pain, sinusitis... - Professional images and idiot proof instructions >>> All medical herbs are at your fingertips, and the recipes and remedies derived from them are at no cost. It's time to take a cleansing swim in the wise knowledge of Native Americans and their thousand-year-old natural healing techniques... Scroll up the page, click the BUY NOW button, and GRAB YOUR COPY NOW!
A new and exciting way to explore and heal with herbs. In Recipes from the Herbalist's Kitchen she reveals how the kitchen can be a place of true awakening for the senses and spirit, as well as deep nourishment for the body. With in-depth profiles of favorite culinary herbs such as dill, sage, basil, and mint, Nickerson offers fascinating insights into the healing properties of each herb and then shares 110 original recipes for scrumptious snacks, entrées, drinks, and desserts that are specially designed to meet the body’s needs for comfort, nourishment, energy, and support through seasonal changes. Foreword INDIES Gold Award Winner IACP Cookbook Awards Finalist

Native American Herbal Apothecary

Clinical Herbalism - E-Book

The Herbalist's Way

Green Magick, Herbalism & Spirituality

Find Out 49+1 Sacred Medical Herbs of Indigenous Shamans and Learn How to Use Them

Transform, Heal, and Remember with the Power of Plants and Ancestral Medicine

The Art of Extracting Spagyric Essences

Hermetic Herbalism

"A practical guide to using medicinal herbs as well as a powerful reminder of our reciprocal relationship with the natural world." —Rosalee de la Forêt, author of *Alchemy of Herbs In Mountain States Medicinal Plants*, Briana Wiles is your trusted guide to finding, identifying, harvesting, and using 120 of the region’s most powerful wild plants. You’ll learn how to safely and ethically forage and how to use wild plants in herbal medicines including teas, tinctures, and salves. Plant profiles include clear, color photographs, identification tips, medicinal uses and herbal preparations, and harvesting suggestions. Lists of what to forage for each season makes the guide useful year-round. Thorough, comprehensive, and safe, this is a must-have for foragers, naturalists, and herbalists in Idaho, Montana, Wyoming, Utah, Colorado, eastern Oregon, eastern Washington, and northern Nevada.

Do you feel intoxicated by all the medicines that are recommended to treat just about anything? Do you get frustrated when you see thousands of advertisements sponsoring expensive, body damaging, addictive medicines and you don't know what to believe anymore? Are you ready to encounter the world's most effective form of natural medicine, become a skilled herbalist and build your first home-based herb lab? Long before Europeans arrived in America, generations of Native American's learned the secrets of natural healing and were able to use the power of plants to maintain good health, create explosive levels of energy, and live more than 120 years. Best-selling author and herbalist master, the Green Witch decided on the day of her 100th birthday to enclose in this collection of 9 books all her knowledge about healing herbs and her secret elixirs of long life. The Green Witch was born in 1921 in the American village of Hidatsa, the daughter of a shaman father and an herbalist mother of the tribe of Nuxbaaga. She spent 30 years around the world and more than 50 years as a nomad in America, traveling from tribe to tribe, cultivating her knowledge of Native American healing herbs. You will discover - the traditional and modern uses of 50+North American plants - 99+1 provenways to use herbal remedies in daily life - 7 secret herbal remedies of the sacred Native shamans - how to heal common ailments like acne, allergies, back pain, sinusitis... - Professional images and idiot proof instructions >>> All medical herbs are at your fingertips, and the recipes and remedies derived from them are at no cost. It's time to take a cleansing swim in the wise knowledge of Native Americans and their thousand-year-old natural healing techniques... Scroll up the page, click the BUY NOW button, and GRAB YOUR COPY NOW!
A new and exciting way to explore and heal with herbs. In Recipes from the Herbalist's Kitchen she reveals how the kitchen can be a place of true awakening for the senses and spirit, as well as deep nourishment for the body. With in-depth profiles of favorite culinary herbs such as dill, sage, basil, and mint, Nickerson offers fascinating insights into the healing properties of each herb and then shares 110 original recipes for scrumptious snacks, entrées, drinks, and desserts that are specially designed to meet the body’s needs for comfort, nourishment, energy, and support through seasonal changes. Foreword INDIES Gold Award Winner IACP Cookbook Awards Finalist

Native American Herbal Apothecary

Clinical Herbalism - E-Book

The Herbalist's Way

Green Magick, Herbalism & Spirituality

Find Out 49+1 Sacred Medical Herbs of Indigenous Shamans and Learn How to Use Them

Transform, Heal, and Remember with the Power of Plants and Ancestral Medicine

The Art of Extracting Spagyric Essences

Hermetic Herbalism

"A practical guide to using medicinal herbs as well as a powerful reminder of our reciprocal relationship with the natural world." —Rosalee de la Forêt, author of *Alchemy of Herbs In Mountain States Medicinal Plants*, Briana Wiles is your trusted guide to finding, identifying, harvesting, and using 120 of the region’s most powerful wild plants. You’ll learn how to safely and ethically forage and how to use wild plants in herbal medicines including teas, tinctures, and salves. Plant profiles include clear, color photographs, identification tips, medicinal uses and herbal preparations, and harvesting suggestions. Lists of what to forage for each season makes the guide useful year-round. Thorough, comprehensive, and safe, this is a must-have for foragers, naturalists, and herbalists in Idaho, Montana, Wyoming, Utah, Colorado, eastern Oregon, eastern Washington, and northern Nevada.

Do you feel intoxicated by all the medicines that are recommended to treat just about anything? Do you get frustrated when you see thousands of advertisements sponsoring expensive, body damaging, addictive medicines and you don't know what to believe anymore? Are you ready to encounter the world's most effective form of natural medicine, become a skilled herbalist and build your first home-based herb lab? Long before Europeans arrived in America, generations of Native American's learned the secrets of natural healing and were able to use the power of plants to maintain good health, create explosive levels of energy, and live more than 120 years. Best-selling author and herbalist master, the Green Witch decided on the day of her 100th birthday to enclose in this collection of 9 books all her knowledge about healing herbs and her secret elixirs of long life. The Green Witch was born in 1921 in the American village of Hidatsa, the daughter of a shaman father and an herbalist mother of the tribe of Nuxbaaga. She spent 30 years around the world and more than 50 years as a nomad in America, traveling from tribe to tribe, cultivating her knowledge of Native American healing herbs. You will discover - the traditional and modern uses of 50+North American plants - 99+1 provenways to use herbal remedies in daily life - 7 secret herbal remedies of the sacred Native shamans - how to heal common ailments like acne, allergies, back pain, sinusitis... - Professional images and idiot proof instructions >>> All medical herbs are at your fingertips, and the recipes and remedies derived from them are at no cost. It's time to take a cleansing swim in the wise knowledge of Native Americans and their thousand-year-old natural healing techniques... Scroll up the page, click the BUY NOW button, and GRAB YOUR COPY NOW!
A new and exciting way to explore and heal with herbs. In Recipes from the Herbalist's Kitchen she reveals how the kitchen can be a place of true awakening for the senses and spirit, as well as deep nourishment for the body. With in-depth profiles of favorite culinary herbs such as dill, sage, basil, and mint, Nickerson offers fascinating insights into the healing properties of each herb and then shares 110 original recipes for scrumptious snacks, entrées, drinks, and desserts that are specially designed to meet the body’s needs for comfort, nourishment, energy, and support through seasonal changes. Foreword INDIES Gold Award Winner IACP Cookbook Awards Finalist

Native American Herbal Apothecary

Clinical Herbalism - E-Book

The Herbalist's Way

Green Magick, Herbalism & Spirituality

Find Out 49+1 Sacred Medical Herbs of Indigenous Shamans and Learn How to Use Them

Transform, Heal, and Remember with the Power of Plants and Ancestral Medicine

The Art of Extracting Spagyric Essences

Hermetic Herbalism

"A practical guide to using medicinal herbs as well as a powerful reminder of our reciprocal relationship with the natural world." —Rosalee de la Forêt, author of *Alchemy of Herbs In Mountain States Medicinal Plants*, Briana Wiles is your trusted guide to finding, identifying, harvesting, and using 120 of the region’s most powerful wild plants. You’ll learn how to safely and ethically forage and how to use wild plants in herbal medicines including teas, tinctures, and salves. Plant profiles include clear, color photographs, identification tips, medicinal uses and herbal preparations, and harvesting suggestions. Lists of what to forage for each season makes the guide useful year-round. Thorough, comprehensive, and safe, this is a must-have for foragers, naturalists, and herbalists in Idaho, Montana, Wyoming, Utah, Colorado, eastern Oregon, eastern Washington, and northern Nevada.

Do you feel intoxicated by all the medicines that are recommended to treat just about anything? Do you get frustrated when you see thousands of advertisements sponsoring expensive, body damaging, addictive medicines and you don't know what to believe anymore? Are you ready to encounter the world's most effective form of natural medicine, become a skilled herbalist and build your first home-based herb lab? Long before Europeans arrived in America, generations of Native American's learned the secrets of natural healing and were able to use the power of plants to maintain good health, create explosive levels of energy, and live more than 120 years. Best-selling author and herbalist master, the Green Witch decided on the day of her 100th birthday to enclose in this collection of 9 books all her knowledge about healing herbs and her secret elixirs of long life. The Green Witch was born in 1921 in the American village of Hidatsa, the daughter of a shaman father and an herbalist mother of the tribe of Nuxbaaga. She spent 30 years around the world and more than 50 years as a nomad in America, traveling from tribe to tribe, cultivating her knowledge of Native American healing herbs. You will discover - the traditional and modern uses of 50+North American plants - 99+1 provenways to use

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.

"Louisiana Herb Journal introduces 50 medicinal herbs found in the state, and features details of identification, habitat, distribution, healing properties, and traditional uses. The book includes local plants that can gently support whole health, correct minor imbalances, strengthen immunity, improve nutrition, and ward off more serious health conditions. It places these plants in a context of the culture, values, and ecological bounty and threats in which they grow. Journal sections on each plant describe the author's experience of the herb and include other natural features such as animals that share use of the plants, and natural and cultural history of plant use. A guidelines section for harvesting and preparing the herbs follows journal sections. Along with providing plant information, the book reflects on the potential value of medicinal herb identification and use in addressing current challenges to the environmental and economic stability and health of the state. It encourages recognition of the natural wealth of Louisiana, awareness of how daily choices can impact personal health and the state's ecological future, and suggests stewardship of wild plants that may be at risk. Louisiana Herb Journal is an herb book, but it's also a celebration of the distinct nature of the state and its residents. It encourages readers to develop an intimate relationship with this luxurious and challenged land. Whether living in rural areas or in cities, becoming familiar with local medicinal plants can act as a daily reminder of the innate groundedness of our life on earth - of how intimately and intrinsically we are linked to a place. We co-participate in our home. We take care of what we know, and love, and use. As environmental challenges become more prominent in the future of the state, approaches to healing can no longer be limited to aspects of strengthening human health, but must take into account the health of the planet and, more intimately, of the places where we live. Louisiana Herb Journal is a small step in that direction"--

Start your journey as an artisan herbalist and take back control of your health and well-being the natural way From urban apartments to wild countryside, The Artisan Herbalist is an easy-to-use guide that teaches you how to identify, grow, harvest, forage, and craft herbal allies into an assortment of useful health and wellness products. Through storytelling and step-by-step instruction, The Artisan Herbalist covers: The uses and benefits of 38 easy-to-find yet powerful herbs Harvesting from the wild, foraging in the city, and using store-bought herbs Growing herbs in small areas, balconies, and pots Principles, tips, techniques, and formulas to create teas and tinctures Infusing oils for the creation of salves, lotions, and balms Beneficial herb-based recipes Marketing and selling your products through a home-based business. Whether you live in the city, suburbs, or countryside, take back control of your health and begin your journey toward independent self-care as a budding artisan herbalist.

"This full color guide makes foraging accessible for beginners and is a reliable source for advanced foragers." —Edible Chicago The Midwest offers a veritable feast for foragers, and with Lisa Rose as your trusted guide you will learn how to safely find and identify an abundance of delicious wild plants. The plant profiles in Midwest Foraging include clear, color photographs, identification tips, guidance on how to ethically harvest, and suggestions for eating and preserving. A handy seasonal planner details which plants are available during every season. Thorough, comprehensive, and safe, this is a must-have for foragers in Illinois, Indiana, Iowa, Minnesota, Michigan, Missouri, Nebraska, Ohio, South Dakota, and North Dakota.

The Wild Medicine Solution

The Artisan Herbalist

The Earthwise Herbal, Volume II

Sédly's Concise Guide to Magical Plants

A Compendium of Herbal Magick

The Most Complete Catalog of Herbs Ever Published

Herbal Goddess

A Book On Herbalism, Teas, Magic Kitchen And Flowers

Healing with Herbs and Rituals is an herbal remedy-based understanding of curanderismo and the practice of yerberas, or herbalists, as found in the American Southwest and northern Mexico. Part One, "Folk Healers and Folk Healing," focuses on individual healers and their procedures. Part Two, "Green Medicine: Traditional Mexican-American Herbs and Remedies," details traditional Mexican-American herbs and cures. These remedies are the product of centuries of experience in Mexico and include everyday items such as lemon, egg, fire, aromatic oil, and prepared water. Symbolic objects such as keys, candles, brooms, and Trouble Dolls are also used. Dedicated in part to curanderos throughout Mexico and the American Southwest, Healing with Herbs and Rituals shows us these practitioners are humble, sincere people who have given themselves to improving lives for many decades. Today's holistic health movement has rediscovered the timeless merits of the curanderos. This updated edition of The Village Herbalist provides a complete guide to the art and practice of herbalism, as well as an introduction to the herbalist's role in family and community life. Inspirational profiles of practicing herbalists from across the country add a human touch to the authors' wealth of practical herbal knowledge. The Herbalist's Way includes time-honored healing wisdom from many cultures, as well as information on: • Roles and responsibilities of herbalists in their communities • Growing, drying, and preparing medicinal herbs • Learning to listen to clients and recommend holistic treatments for healing and continued wellness • Licensing, marketing, and other legal and business issues facing modern herbalists • Comprehensive resources and suggestions for building your herbal library

Guided by leading Black herbalistKaren Rose, discover how to harness the magic of plants and diasporic ancestral practices in remedies and ritual. Master Herbalist Karen Rose is a first-generation immigrant from Guyana with ancestors from Ghana, the Congo, China, and India who continues her grandmother's legacy as a healer and herbalist. In The Art & Practice of Spiritual Herbalism, she shares her wisdom on how to partner plants and rituals to guide the process of self-healing. Imbalances, you will see how plants can help you stand in your power, strengthen your intuition, and provide protection. This guide to harnessing the power of plants is a practical tool for working through the symptoms of body disease and the underlying emotional and spiritual issues. Organized by major body systems—circulatory, respiratory, digestive, liver, sexual, skin, nervous systems, and immune health—The Art & Practice of Spiritual Herbalism gives a brief overview of the plant system, and the plants, remedies, and rituals that can be used to bring oneself back to healing and balance. Accompanied by beautiful color illustrations of the plants, the organs they affect, and their related spirits, or orishas, each plant profile includes: Botanical and pharmacological information Planetary correspondences Ethnobotanical and historical use Healing properties and indications Methods of preparation and dosage Applying this herbal wisdom, the recipes include: 4th Chakra trauma Inspired Sleep and Dreams Tea to inspire dreams Breathe Easy Steam to improve respiratory health Immunity Chai Tea to fight off cold and flu viruses Laying Hands Stomach and Womb Oil for indigestion and menstrual discomfort A Castor Oil Pack for Liver Health to remove pain and swelling from sprains and bruises Filled with stories, ancestral recipes, and accessible practices that anyone can use, The Art & Practice of Spiritual Herbalism shows you how to use the power of plants to heal.

A foundational textbook on the scientific principles of therapeutic herbalism and their application in medicine • A complete handbook for the medical practitioner • Includes the most up-to-date information on preparations, dosage, and contraindications • By the author of The Complete Illustrated Holistic Herbal Medical Herbalism contains comprehensive information concerning the identification and use of medicinal plants by chemical structure and physiological effect, the art and science of preparing herbal remedies, and the challenge to current research paradigms posed by complex plant medicines. It also includes information on toxicology and contraindications, the issues involved in determining dosage and formulation types for an individual, guides to the different measurement systems and conversion tables, and the pros and cons of both industrial and traditional techniques. With additional sections devoted to the principles of green medicine, the history of Western Herbalism, and a resource directory, and a discussion of treatments organized by body system, Medical Herbalism is the comprehensive textbook all students and practitioners of clinical herbalism need to develop their healing practices.

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

2 BOOKS IN 1 Herbalism Encyclopedia & Herbal Dispensatory

Biomolecular and Clinical Aspects, Second Edition

Recipes from the Herbalist's Kitchen

Herbal Medicine, Healing & Cancer

Healing with Aromatic, Bitter, and Tonic Plants

Elite Herbs and Natural Compounds for Mastering Stress, Aging, and Chronic Disease