

Learning Herbalism Workbook Second Edition

Braiding SweetgrassThe Illustrated HerbiarySelf-Sufficient HerbalismRosemary Gladstar's Medicinal Herbs: A Beginner's GuideHermetic HerbalismBuckland's Complete Book of WitchcraftThe Art Of Herbal Healing: A Guide To Health And WholenessGrow Your Own Herbal RemediesLearning Herbalism WorkbookGuide to Afro-Cuban HerbalismKampoThe Constituents of Medicinal PlantsLearning Herbalism WorkbookHerbal MedicineHealing Herbal TeasThe Temple of Shamanic WitchcraftThe Old English HerbalsGun Trader's Guide, Forty-Second EditionShooter's Bible Guide to AR-15s, 2nd EditionThe Herbal ApothecaryThe Herbal Medicine-Maker's HandbookThe Book of ModulesA Kid's Herb BookPlant MagicThe Backyard Herbal ApothecaryThe Complete Illustrated Holistic HerbalMy Preschool WorkbookHerbalism for BeginnersImaginezThe Encyclopedia of Essential OilsThe Complete HerbalistSmall Press Record of Books in PrintHerbal Medicine JournalHerbs and Natural SupplementsThe Modern Herbal DispensaryThe Complete Herbal TutorThe Complete Book of Essential Oils and AromatherapyA Thai Herbal: Traditional Recipes for Health and Harmony (Large Print 16pt)The Herb BookBody Belief

Braiding Sweetgrass

The Illustrated Herbiary

Self-Sufficient Herbalism

101 ways to teach your child to love learning Kickstart your little one's education! Bursting with exciting challenges, this book combines the best features of preschool workbooks and makes it tons of fun for your young scholar to develop the skills and abilities necessary to begin their scholastic journey. From connecting dots and matching pictures to following paths and tracing shapes, it's like getting several preschool workbooks worth of activities in one! Go beyond other preschool workbooks with: Games and activities galore--You can be sure the fun and learning lasts with over 100 amazing activities that will keep your young one entertained. Educational and fun--Get everything you could want from preschool workbooks as you watch your child light up while they explore pages that transform games they'll love into lots of learning. Made for young learners--Continue your child's education with activities designed to help prepare them for pre-k and kindergarten or build on what they've been learning in school. This book takes preschool workbooks to a higher level of learning--and fun.

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

Hermetic Herbalism

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

Buckland's Complete Book of Witchcraft

Buckland's Complete Book of Witchcraft has influenced and guided countless students, coven initiates, and solitaries around the world. One of modern Wicca's most recommended books, this comprehensive text features a step-by-step course in Witchcraft, with photographs and illustrations, rituals, beliefs, history, and lore, as well as instruction in spellwork, divination, herbalism, healing, channeling, dreamwork, sabbats, esbats, covens, and solitary practice. The workbook format includes exam questions at the end of each lesson, so you can build a permanent record of your spiritual and magical training. This complete self-study course in modern Wicca is a treasured classic—an essential and trusted guide that belongs in every Witch's library. Praise: "A masterwork by one of the great Elders of the Craft. Raymond Buckland has presented a treasure trove of Wiccan lore. It is a legacy that will provide magic, beauty, and wisdom to

future generations of those who seek the ancient paths of the Old Religion."—Ed Fitch, author of *Magical Rites from the Crystal Well* "I read Buckland's *Complete Book of Witchcraft* with much pleasure. This book contains enough information and know-how for all approaches: the historical, the philosophical, and the pragmatic . . . quite entertaining, as much for the armchair enthusiast as for the practicing occultist."—Marion Zimmer Bradley, author of *The Mists of Avalon* "Never in the history of the Craft has a single book educated as many people, spurred as many spiritual paths, or conjured as much personal possibility as Buckland's *Complete Book of Witchcraft*."—Dorothy Morrison, author of *The Craft*

The Art Of Herbal Healing: A Guide To Health And Wholeness

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.

Grow Your Own Herbal Remedies

Expert herbalist Maria Noël Groves has advice for budding herb gardeners: grow just what your body needs! In *Grow Your Own Herbal Remedies*, Groves provides 23 specially tailored garden plans for addressing the most common health needs, along with simple recipes for using each group of herbs. For chronic stomach problems, marshmallow, plantain, rose, fennel, and calendula make the perfect medicine, with recipes for tummy tea and gut-healing broth. Whether the need is for headache relief, immune support, stress relief, or a daily tonic, readers will learn the three to six herbs that are most effective and how to plant, harvest, and care for each one. In all of Groves's plant suggestions, the emphasis is on safe, effective, easy-to-grow herbs that provide abundant harvests and can be planted in containers or garden beds.

Learning Herbalism Workbook

The definitive A-Z reference guide to essential aromatherapy oils. Aromatherapy expert Julia Lawless shares her extensive knowledge in this detailed and systematic survey of more than 190 essential aromatherapy oils. From commonly used oils such as lavender and tea tree oils to the more obscure oils including deertounge, oakmoss, cananga, and angelica, *The Encyclopedia of Essential Oils* offers a wide variety of uses and cures for everything from wrinkles to kidney stones. *The Encyclopedia of Essential Oils* gives detailed information on the most commonly available and widely used flower oils and aromatics including: the exact origins, synonyms, and related plantsmethods of extractionthe herbal/folk tradition for each plantthe uses of each plantaromatherapy applicationshome and commercial uses

This easy-to-use volume lets you access essential information in a variety of ways with a Therapeutic Index, a Botanical Index, and Botanical Classifications, plus safety information.

Guide to Afro-Cuban Herbalism

Pengelly's user friendly text will encourage educators in medical science to consider using this material in the complementary medicine/nutraceuticals areas May I congratulate Andrew Pengelly for writing this text as it is going to be very popular with undergraduate students as well as more experienced readers.' D. Green, London Metropolitan University, UK This unique book explains in simple terms the commonly occurring chemical constituents of medicinal plants. The major classes of plant constituents such as phenols, terpenes and polysaccharides, are described both in terms of their chemical structures and their pharmacological activities. Identifying specific chemical compounds provides insights into traditional and clinical use of these herbs, as well as potential for adverse reactions. Features include: * Over 100 diagrams of chemical structures * References to original research studies and clinical trials * References to plants commonly used throughout Europe, North America and Australasia. Written by an experienced herbal practitioner, *The Constituents of Medicinal Plants* seriously challenges any suggestion that herbal medicine remains untested and unproven, including as it does hundreds of references to original research studies and trials. Designed as an undergraduate text, the first edition of this book became an essential desktop reference for health practitioners, lecturers, researchers, producers and anyone with an interest in how medicinal herbs work. This edition has been extensively revised to incorporate up-to-date research and additional sections, including an expanded introduction to plant molecular structures, and is destined to become a classic in the literature of herbal medicine.

Kampo

Increase your knowledge, confidence, and use of plants using worksheets that emphasize herbalism fundamentals, study strategies, and goal setting techniques

The Constituents of Medicinal Plants

The Art of Herbal Healing is a comprehensive reference containing a wealth of information. The step-by-step instructions enable safe and responsible use of medicinal herbs to heal and promote vibrant health. Susan Clearwater presents a dynamic "hands-on" exploration into the amazing world of herbalism, empowering interaction with medicinal plants at whatever level you choose – from gardening, harvesting, and creating herbal teas and other preparations to learning which herbs are helpful for specific conditions. 700 PAGES ~ COLOR ILLUSTRATIONS

Learning Herbalism Workbook

This encyclopedic book contains, in practical and easy-to-understand form, every conceivable use for essential oils and aromatherapy in everyday life. The author, a practicing aromatherapist for more than twenty years, unlocks the power of essential oils in more than 600 original recipes, most needing only a few essential oils. Unlike over-the-counter products, the recipes you make yourself contain no harmful preservatives. Most basic needs can be covered with just ten essential oils.

Herbal Medicine

Awesome notebook for herbalists to use to collect medicinal herb information. Ample space to record: Name of plant or herb and where found or purchased Benefits and instructions on how to use Mixtures/medicines made from it and side effects/results Notes Add to your cart as a fun gift or as a treat for yourself. Convenient 6" x 9" size with 102 pages.

Healing Herbal Teas

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

The Temple of Shamanic Witchcraft

This is a safe and practical guide to making and using herbal remedies. Herbal medicine is enjoying a much deserved revival with more and more people turning to its safe, natural remedies which are free from harmful side-effects. This book offers clear, step-by-step advice on the use of herbal medicine for the safe treatment of a wide range of complaints. Its unique holistic approach enables you to restore and maintain wellbeing by treating the body as a whole. The text includes: clear explanation of the body's systems; treatment of a wide range of complaints and diseases; how to gather herbs and prepare remedies; and an A-Z herbal featuring more than 200 herbs.

The Old English Herbals

Is shamanism all that different from modern witchcraft? According to Christopher Penczak, Wicca's roots go back 20,000 years to the Stone Age shamanic traditions of tribal cultures worldwide. A fascinating exploration of the Craft's shamanic origins, *The Temple of Shamanic Witchcraft* offers year-and-a-day training in shamanic witchcraft. Penczak's third volume of witchcraft teachings corresponds to the water element - guiding the reader into this realm of emotion, reflection, and healing. The twelve formal lessons cover shamanic cosmologies, journeying, dreamwork, animal/plant/stone medicine, totems, soul retrieval, and psychic surgery. Each lesson includes exercises (using modern techniques and materials), assignments, and helpful tips. The training ends with a ritual for self-initiation into the art of the shamanic witch - culminating in an act of healing, rebirth, and transformation. COVR Award Winner

Gun Trader's Guide, Forty-Second Edition

Kampo, a traditional Japanese medical system derived from Classical Chinese Medicine and comprising unique diagnostic methods, herbal formulas and therapeutic approaches, is made accessible to English-speaking practitioners through this definitive translation of Dr Keisetsu Otsuka's classic work. This clinical handbook summarizes diagnostic theory and methodology then leads onto a section including 80 principal formulas followed by a therapeutic section organised according to allopathic definitions of disease. It follows a systems approach in internal medicine beginning with respiratory and cardiovascular disorders, moving through a comprehensive analysis of all the body systems. Essential clinical information on how differential diagnosis and formula selection is achieved is outlined within the Kampo tradition. A comprehensive index of 120 major herbal formulas and 180 individual herbal ingredients is included, as is the translators' original Glossary of terms designed to clarify concepts of health and disease unique to Kampo and Japanese culture. The translators have taken care to retain Dr Otsuka's own thoughts and opinions on how to study Kampo, as well as demonstrative case studies from his own files, making this a direct source of his wisdom and teachings. Also including an overview of Kampo in the current age and guidance on integrating it into modern practice, this is an essential resource for anyone practicing or studying in this tradition.

Shooter's Bible Guide to AR-15s, 2nd Edition

Treat Ailments the Natural Way with Plants and Herbs from Your Yard Your garden or neighborhood could hold all the plants and herbs you need to treat everything from respiratory issues to nerve pain to colic using natural remedies that are just as good for your body as they are for the environment. *The Backyard Herbal Apothecary* is packed to the brim with information on 50 different plants, recipes for 56 remedies and beautiful photography on every page. Devon Young, founder

of the holistic lifestyle blog Nitty Gritty Life, is a trained herbalist and is well practiced in developing and implementing herbal remedies. As a result, each of Devon's recipes is a natural and effective tonic for your health concerns. Use cottonwood to make a salve for achy joints, heal minor bumps and bruises with the common yard daisy, infuse some nettle to make an allergy-season combating tincture and so much more, all using safe and locally foraged plants. Poignant, captivating writing awakens the senses as you learn about the healing quality of each plant and discover how to grow and forage plants and herbs in a safe and sustainable way.

The Herbal Apothecary

The Herbal Medicine-Maker's Handbook

Tired of getting your body intoxicated with chemical medicinal products? Do you want to know how to get a healthy lifestyle, diet and create a first aid kit using herbs you might already have in your kitchen? In this book, *Easy Herbalism*, we will introduce you to 16 of the most common medicinal herbs that have been used for hundreds of years. We will discuss how to identify these herbs in the wild, talk about how they were used by our ancestors, and explain how to create medicinal preparations that can be used in the herbal first aid kit, including when and how to use them. Of the herbs that are listed in this book, you have probably heard of all of them before, others you might not be as familiar with. There is also a sort of satisfaction in knowing where your remedies come from and taking control of your own wellness from growing the herbs through to preparing the herbal remedies. There is so much to learn about herbs and what they can do for us: - lots of medicinal preparations to make with your own herbs- the effective properties of some of the most common herbs - a super useful list of healthy recipes to improve your diet with herbs- how to create your own herbal medicine cabinet- how to make and use herbal medications to set up your first aid kit You may even have some of these herbs growing in your yard as weeds right now and not even know it. From just a few of these herbs, it is possible to soothe burns, calm insect bites, and allergic reactions, reduce fever, ease sore muscles and so much more! Do you want to start using mother nature's pharmacy to get a healthy lifestyle and cure yourself and your whole family? Scroll up and click the buy now button!

The Book of Modules

The most recent information and specs on the popular AR-15 rifle. There's no denying the popularity and intense fascination with AR-15s among firearms enthusiasts today. Interest has grown rapidly over the past decade, spurred by the versatility of modern sporting rifles in addition to increased performance. Here, inside the most comprehensive

source to date in a newly updated second edition, is Doug Howlett's expert approach to everything from the intriguing history of the AR to breaking down the weapon piece by piece, choosing ammunition, and even building your own gun. In this complete book of AR-style firearms, you can peruse the products of all manufacturers, learn about the evolution of the AR from its uses in the military in the 1960s to its adaptation for law enforcement and civilian uses, and gain essential knowledge on the parts and functions of the rifle. Also included are chapters on customizing and accessorizing ARs, with a special focus on builders in small gun shops and their unique and successful products. Look into the future of the AR straight from top gun authorities! Skyhorse Publishing is proud to publish a broad range of books for hunters and firearms enthusiasts. We publish books about shotguns, rifles, handguns, target shooting, gun collecting, self-defense, archery, ammunition, knives, gunsmithing, gun repair, and wilderness survival. We publish books on deer hunting, big game hunting, small game hunting, wing shooting, turkey hunting, deer stands, duck blinds, bowhunting, wing shooting, hunting dogs, and more. While not every title we publish becomes a New York Times bestseller or a national bestseller, we are committed to publishing books on subjects that are sometimes overlooked by other publishers and to authors whose work might not otherwise find a home.

A Kid's Herb Book

"Please note that I submitted the full text and do not have a summary to include. But the box is now a required field and the site would not let me submit without adding text there. Please let me know if summaries are now required for all applications"--

Plant Magic

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 spagyricists 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 on the appropriate times 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 spagyricists 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 pharmacopeia 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.

The Backyard Herbal Apothecary

Guide to Afro-Cuban Herbalism is aimed to serve as a reference tool for practitioners of the various african based traditions such as Afro-Cuban Orisha/Ifa Worship, Vodou, Camdomble, et al. This book provides extensive information on the medicinal, religious and magical uses of 700 plants.

The Complete Illustrated Holistic Herbal

Self-Sufficient Herbalism is the first definitive guide to the growing, gathering, and preserving of medicinal herbs for a working dispensary. Practical herbal skills are traditionally passed down from teacher to student, yet opportunities for learning in this way are very limited. This book is an important contribution to preserving fundamental aspects of traditional herbal medicine. It is divided into three sections: The first section explains why self-sufficiency in herbal practice is beneficial, with chapters on environmental benefits, quality, connection with plants, and continuity of supply and business implications. The second section explains how to achieve self-sufficiency, with chapters on wild crafting, growing, harvesting, drying, storage, and processing. The third section is a glossary with detailed notes on the cultivation, harvesting, and processing of 108 particular herbs, arranged by season. Besides being a practical guide, this book explores the deeper implications of self-sufficient herbalism. When we move toward herbal self-sufficiency, we become more closely connected with and respectful of the plants we work with and their environment. We reduce our environmental impact, and contribute to the conservation of scarce and endangered species. The process of growing and gathering herbs nourishes us and provides balance as we face the demands and challenges of treating patients, enabling us to help more people. All in all, the process of self-sufficient herbalism

is much more than just sourcing herbs locally; it can be totally transformative personally and professionally. Medical herbalist Lucy Jones shares her own personal experiences of following this path and shows how working closely with herbs has changed her. It is a must-read for practicing herbalists, herbal students, herb gardeners, and anyone who loves herbs.

My Preschool Workbook

Herbal medicines have been used for many centuries to treat illnesses and restore health, and today herbalism still remains the most widely-practiced form of medicine around the world. Written by a leading medical herbalist, *The Complete Herbal Tutor* provides in-depth knowledge of the practice and theory of herbal medicine, including everything you need to know about its history, how it works, how to grow, gather and prepare herbs, and how to use them to create an herbal prescription. The rigorously researched and illustrated materia medica contains over 150 herbs, with clear explanations of their properties, active ingredients, and the latest scientific developments on their uses. There is also a clear explanation of how herbs can be used to treat each of the body's systems, with advice on using remedies for healing a range of specific conditions.

Herbalism for Beginners

If you are seeking a comprehensive reference for collectible gun values, the *Gun Trader's Guide* is the only book you need. Included are extensive listings for handguns, shotguns, and rifles from some of the most popular manufacturers, including Beretta, Browning, Colt, Remington, Savage, Smith & Wesson, Winchester, and many more. The *Gun Trader's Guide* is a one-stop manual to buying collectible firearms. For more than half a century, this guide has been the standard reference for collectors, curators, dealers, shooters, and gun enthusiasts. Updated annually, it remains the definitive source for making informed decisions on used firearms purchases. With more than two million copies sold and in its forty-second edition, this updated *Gun Trader's Guide* boasts dozens of new entries and includes a complete index and a guide on how to properly and effectively use this book in order to find the market value for your collectible modern firearm. Determine the new prices for any firearm you want to sell or trade, whether its condition is in-box, excellent, or good. With new introductory materials that every gun collector and potential buyer should read, this book is the ultimate guide to purchasing classic or discontinued firearms. No matter what kind of modern firearm you own or collect, the *Gun Trader's Guide* should remain close at hand.

Imaginez

Increase your knowledge, confidence, and use of plants using

worksheets that emphasize herbalism fundamentals, study strategies, and goal setting techniques

The Encyclopedia of Essential Oils

As a botanist, Robin Wall Kimmerer has been trained to ask questions of nature with the tools of science. As a member of the Citizen Potawatomi Nation, she embraces the notion that plants and animals are our oldest teachers. In *Braiding Sweetgrass*, Kimmerer brings these two lenses of knowledge together to take us on “a journey that is every bit as mythic as it is scientific, as sacred as it is historical, as clever as it is wise” (Elizabeth Gilbert). Drawing on her life as an indigenous scientist, and as a woman, Kimmerer shows how other living beings—asters and goldenrod, strawberries and squash, salamanders, algae, and sweetgrass—offer us gifts and lessons, even if we've forgotten how to hear their voices. In reflections that range from the creation of Turtle Island to the forces that threaten its flourishing today, she circles toward a central argument: that the awakening of ecological consciousness requires the acknowledgment and celebration of our reciprocal relationship with the rest of the living world. For only when we can hear the languages of other beings will we be capable of understanding the generosity of the earth, and learn to give our own gifts in return.

The Complete Herbalist

Herbs and Natural Supplements, 4th Edition: An evidence-based guide is an authoritative, evidence-based reference. This two volume resource is essential to the safe and effective use of herbal, nutritional and food supplements. The first volume provides a foundation of knowledge in the clinical practice of complementary medicine. It emphasizes safe practice with strategies to prevent adverse drug reactions, guidelines in assessing benefit, risk and harm and the evaluation of research. . Comprehensive review of herbal medicine, clinical nutrition, aromatherapy, and food as medicine . Patient safety and wellness . Considerations in preoperative care and pregnancy . Use in the treatment of cancer . Herb/nutrient - drug interactions. Provides up-to-date evidence on the latest research impacting on herbal and natural medicine by top leaders within the fields of Pharmacy, Herbal Medicine and Natural Medicine.

Small Press Record of Books in Print

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.

Herbal Medicine Journal

THE HERBAL MEDICINE-MAKER'S HANDBOOK is an entertaining compilation of natural home remedies written by one of the great herbalists, James Green, author of the best-selling THE MALE HERBAL. Writing in a delightfully personal and down-home style, Green emphasizes the point that herbal medicine-making is fundamental to every culture on the planet and is accessible to everyone. So, first head into the garden and learn to harvest your own herbs, and then head into your kitchen and whip up a batch of raspberry cough syrup, or perhaps a soothing elixir to erase the daily stresses of modern life. From the Trade Paperback edition.

Herbs and Natural Supplements

A fun, modern, and irreverent introduction to healing herbs, this field guide to feeling good includes more than 20 plant profiles. Here is an invitation to the wild world of healing plants growing right outside your door. Highlighting herbs from catnip and plantain to nettles and rosemary, this book provides the information you need to assemble an herbal arsenal for combatting any ailment—everything from brewing up a slick lube tea for sexual health to fashioning a simple summer band-aid from backyard “weeds” to crafting an herbal smoking blend to quiet a busy mind. This accessible guide covers questions like: What is plant medicine? What can I put in my mouth and where do I find it? Can I still go to my doctor? We’ve got you covered.

The Modern Herbal Dispensatory

A creative blend of information, projects, activities, preparations, colour-in artwork, stories, songs, lore and interesting herbal tidbits. This book will help parents and their children learn about herbs.

The Complete Herbal Tutor

Rosemary is for remembrance; sage is for wisdom. The symbolism of plants Ñ whether in the ancient Greek doctrine of signatures or the Victorian secret language of flowers Ñ has fascinated us for centuries. Contemporary herbalist Maia Toll adds her distinctive spin to this tradition with profiles of the mysterious personalities of 36 herbs, fruits, and flowers. Combining a passion for plants with imagery reminiscent of tarot, enticing text offers reflections and rituals to tap into each plant’s power for healing, self-reflection, and everyday guidance. Smaller versions of the illustrations are

featured on 36 cards to help guide your thoughts and meditations.

The Complete Book of Essential Oils and Aromatherapy

This practical guide to the traditional herbalism of Thailand contains an overview of the history, theory, and spirituality of traditional Thai medicine, with a focus on the application to modern Western life.

A Thai Herbal: Traditional Recipes for Health and Harmony (Large Print 16pt)

The Herb Book

“Perfect for anyone just beginning in herbal medicine.” –Mother Earth Living Start your path to natural wellness with the safe, trusted advice found in *The Herbal Apothecary*. With the guidance of naturopath JJ Pursell, you will learn how to safely create your own remedies using plants you know and love. Incorporating traditional wisdom and scientific information, *The Herbal Apothecary* provides an accessible and comprehensive introduction to plant-based medicine. It features profiles of the 100 of the most important medicinal plants that include information on medicinal uses, identification and cultivation, and recipes for common concerns. Additional information includes step-by-step instructions for making herbal teas, tinctures, compresses, salves, and more. This comprehensive guide includes treatments for men, women, and children that address a variety of concerns including muscle strain, the flu, the common cold, insomnia, anxiety, and much more.

Body Belief

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