

Herbal Medicine From The Heart Of The Earth

Traditional Western Herbalism and Pulse Evaluation: A Conversation
The Essential Guide to Herbal Safety
Handbook of African Medicinal Plants, Second Edition
Herbal Medicine
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Herbal Remedies for Women
Herbal Healing for Women
Chinese Herbal Medicine
The Earthwise Herbal Repertory
Stockley's Herbal Medicines Interactions
Integrative Cardiology
Alchemy of Herbs
Thai Herbal Medicine
Herbs for Common Ailments
Toxicology
The Victorious Attitude
Heart Shock
Bioactive Food as Dietary Interventions for Cardiovascular Disease
The Modern Herbal Dispensary
The Complete Book of Ayurvedic Home Remedies
The Secret Teachings of Plants
ABC of Hypertension
Herbs for Stress & Anxiety

Traditional Western Herbalism and Pulse Evaluation: A Conversation

This book is a detailed guide to a new integrative approach to the prevention and treatment of various cardiac disorders and risk factors, including coronary artery disease, congestive heart failure, arrhythmias, dyslipidemia, and hypertension. This approach combines various strategies, including metabolic cardiology, low-dose medicine, exercise programs, stress management programs, evaluation for inherited risk factors, and various other healing modalities. Metabolic cardiology focuses on the prevention, management, and treatment of cardiovascular disease at the cellular level through biochemical interventions with nutritional supplements that can promote energy production in the heart. Low-dose medicine, on the other hand, interprets pathological phenomena as an imbalance in intercellular signaling that may be corrected through the administration of low physiological doses of messenger molecules. Therapies outside of mainstream medicine may also be deployed in integrative cardiology, for example acupuncture, herbal medicine, and homeopathy. Integrative Cardiology will be of interest to all practitioners wishing to learn about an approach that incorporates the incredible advances in medication and technology with a focus on nutrition, lifestyle, and mind – body influences.

The Essential Guide to Herbal Safety

Based on the ancient healing tradition from India that dates back thousands of years, The Complete Book of Ayurvedic Home Remedies offers natural alternatives to conventional medicines and treatments with practical advice and easy-to-follow instructions. Dr. Vasant Lad, a leading authority in this field, has created an invaluable guide to treating common ailments and chronic problems with strategies tailored to your personal needs based on your dosha. Dr. Lad first explains the principles behind the science of Ayurveda, exploring the physical and psychological characteristics of each of the three doshas, or mind-body types--vata, pitta, and

kapha. Once you have determined which type or combination of types you are, Dr. Lad helps you to begin your journey to the ultimate "state of balance" and well-being. Dr. Lad explains why certain imbalances often result in illness and shows you how to restore your body to natural order. You'll learn which traditional Ayurvedic remedies--herbal teas and formulas, essential oils, meditation, yoga--offer relief from a variety of conditions, such as cold and flu symptoms, headaches, toothaches, sore throats, high cholesterol, vision problems, anxiety, and depression. Dr. Lad also shows you how to use diet and specific Ayurvedic techniques to prevent future illness and to promote body consciousness and healthy living. The Complete Book of Ayurvedic Home Remedies enables us all to experience the benefits of Ayurveda's healing properties that have been refined over thousands of years. All of the herbs, foods, and oils Dr. Lad recommends can be found in local health food stores or through mail-order catalogs. Complete with an extensive glossary and resource list, this is the definitive guide to natural, safe, and effective remedies, everyday keys to a lifetime of vitality and well-being. From the Trade Paperback edition.

Handbook of African Medicinal Plants, Second Edition

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.

Herbal Medicine

Simple, safe, and effective herbal remedies for women of all ages. For centuries women have turned to herbs to cope with a wide variety of health problems and conditions. Comprehensive and easy-to-use, Herbal Healing for Women explains how to create remedies—including teas, tinctures, salves, and ointments—for the common

disorders that arise in the different cycles of a woman's life. Covering adolescence, childbearing years, pregnancy and childbirth, and menopause, Rosemary Gladstar teaches how herbs can be used to treat the symptoms of conditions such as acne, PMS, morning sickness, and hot flashes. A complete women's health-care manual, *Herbal Healing for Women* discusses: -common disorders and the herbs that are effective for treating them -how to select and store herbs -preparation of hundreds of herbal remedies -an alphabetical listing of herbs, including a brief description of the herb, the general medicinal usage, and when necessary, warnings about potential side effects. By explaining the properties of specific herbs and the art of preparation, Rosemary Gladstar demonstrates not only how to achieve healing through herbs but good health as well.

Herbal Clinician

Advocates the use of an intuitive cognition in order to discover plants' medicinal and nutritional purposes, including discussions of the scientific model's limits and how, once cultivated, it can be applied to disciplines such as medicine.

Plants That Cure

Responding to the increased popularity of herbal medicines and other forms of complementary or alternative medicine in countries around the world, this reference reviews and evaluates various safety, toxicity, and quality-control issues related to the use of traditional and herbal products for health maintenance and disease prevention and treatment. With over 3,550 current references, the book highlights the role of herbal medicine in national health care while providing case studies of widely used herbal remedies and their effects on human health and wellness and the need for the design and performance of methodologically sound clinical trials for the plethora of herbal medicines.

The Herbal Medicine-Maker's Handbook

An essential guide to the principles of and current major issues relating to herbal medicine safety, this volume also contains comprehensive reviews of the safety data for 125 common herbs.

Eyewitness Companions: Herbal Remedies

Herbal Medicine for Beginners

A roadmap for easily navigating through the complexities of Chinese herbal medicine, *Chinese Herbal Medicine: Modern Applications of Traditional Formulas* presents information about herbal formulas in a practical and easy-to-access format. Bridging the gap between classroom study and the clinical setting, the book supplies information on disease sym

Medical Herbalism

Evidence-Based Validation of Herbal Medicines brings together current thinking and practice in the areas of characterization and validation of natural products. This book reviews all aspects of evaluation and development of medicines from plant sources, including their cultivation, collection, phytochemical and phyto-pharmacological evaluation, and therapeutic potential. Emphasis is placed on describing the full range of evidence-based analytical and bio-analytical techniques used to characterize natural products, including – omic technologies, phyto-chemical analysis, hyphenated techniques, and many more. Includes state-of-the-art methods for detecting, isolating, and performing structure elucidation by degradation and spectroscopic techniques Covers biosynthesis, synthesis, and biological activity related to natural products Consolidates information to save time and money in research Increases confidence levels in quality and validity of natural products

Evolutionary Herbalism

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 making herbal medicine, the limitations and potential of viewing herbs chemically, 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, the variety of other medical modalities using medicinal plants, an extensive 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.

Herbal Medicine

A full-color illustrated guide to the natural history of plants with medicinal properties Of the nearly 400,000 plants that have evolved on Earth, around seven percent of them have been used in traditional herbal medicine or as local remedies. More recently, scientific studies have revealed how plants may be sources of important medicines, often in the form of single isolated compounds. Plants That Cure explores these critical compounds and the plants that produce them. This richly illustrated book, filled with color photographs and diagrams, is organized by body system, which feeds into a discussion of the compounds and plants employed for particular conditions, including heart and circulatory problems, fatigue and dementia, nausea and indigestion, respiratory infections, arthritis and joint movement, eye conditions, reproductive issues, and types of cancer. This detailed book examines the mechanisms of action for these plants and also explains how some of their chemical compounds contribute to the functioning and survival of the plants themselves. Essential for herbalists, botanists, and anyone interested in natural remedies and drug discovery, Plants That Cure is the indispensable resource for understanding

how medicinal plants work. Provides an authoritative natural history of the most important medicinal plants Features hundreds of color photos and illustrations Explores the roles of plants in different systems of traditional medicine throughout the world Looks at specific body systems and the phytochemical compounds used to treat or alleviate systemic conditions, from heart ailments and respiratory infections to reproductive issues

Aromatic and Medicinal Plants

Expert herbalist Matthew Wood takes the guesswork out of the application of medicinal plants in this first comprehensive herbal repertory, which provides an invaluable cross-reference of constitutional types, energetic categories, and specific symptoms that leads the herbalist to a limited number of possible herbs for a specific condition. Unlike many references in which medicinal plants are defined simply by condition or disease name, this book provides a basic plan for analyzing each case in a holistic fashion. The energetic (hot, cold, damp, dry, tense, relaxed) or action (sedative, stimulant, alternative, nutritive, relaxant, astringent, etc.) is cross-referenced with the organ, system, or function where the problem resides and specific symptoms known to indicate that specific herb or class of herbs. Drawing on his 35 years' experience as a practicing herbalist who has treated tens of thousands of clients, Wood incorporates knowledge from ancient Greek and traditional Native American medicine, the traditions of nineteenth-century botanical medicine, homeopathy, and modern biomedical research.

Complementary Therapies for the Body, Mind and Soul

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

Herbal and Traditional Medicine

This book describes in detail the effects and ongoing impacts of trauma on the body and mind and provides the 'missing piece' in the treatment of these stubborn conditions that every practitioner confronts. Heart Shock refers to the systemic impact that emotional and/or physical trauma has on one's physiology and psychology, interfering with one's ability to heal, and also directly attributable to a host of progressive pathology. Synthesizing the teachings of Jeffrey Yuen and the Shen-Hammer lineage and focusing heavily on psychology, Ross Rosen addresses how to identify, diagnose, and treat Heart Shock from multiple perspectives, providing a multi-faceted approach to treatment, including all the acupuncture channel systems, herbal medicine and the use of essential oils. The approach presented can also be expanded to treat any condition or disease process.

Making Plant Medicine

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 Rosalee 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, Rosalee 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!

The Wild Medicine Solution

Hypertension is a condition which affects millions of people worldwide and its treatment greatly reduces the risk of strokes and heart attacks. This fully revised and updated edition of the ABC of Hypertension is an established guide providing all the non-specialist needs to know about the measurement of blood pressure and the investigation and management of hypertensive patients. This new edition provides comprehensively updated and revised information on how and whom to treat. The ABC of Hypertension will prove invaluable to general practitioners who may be screening large numbers of patients for hypertension, as well as nurse practitioners, midwives and other healthcare professionals.

Pharmacodynamic Basis of Herbal Medicine

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

Botanical Medicine in Clinical Practice

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

Evidence-Based Validation of Herbal Medicine

Grow Your Own Herbal Remedies

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.

Herbal Medicine for Emotional Healing: 101 Natural Remedies for Anxiety, Depression, Sleep, and More

An herbal medicine making book and formulary with its roots in original herbalism designed for home medicine makers, herbal schools and small manufacturers.

Herbal Remedies for Women

HERBAL MEDICINE FROM A WESTERN POINT OF VIEW Herbal remedies have become a major factor in American health care. Botanicals like Ginseng, Ma Huang, St. John's Wort, and Valerian are now household words throughout the world. Since many of these natural drugs are sold over the counter, often consumers mistakenly assume that they are completely

Herbal Healing for Women

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.

Chinese Herbal Medicine

In this Storey BASICS® guide, best-selling author and master herbalist Rosemary Gladstar shows you how to use 56 common herbs to safely address a wide range of everyday ailments. Covering everything from burns, wounds, and bruises to headaches, congestion, and insomnia, Gladstar offers dozens of easy-to-make recipes for herbal remedies that will soothe your woes without the harsh ingredients found in commercial pharmaceuticals. Keep your family happy, healthy, and safe with the natural healing power of herbs.

The Earthwise Herbal Repertory

One major example of the synergy of bioactive foods and extracts is their role as an antioxidant and the related remediation of cardiovascular disease. There is compelling evidence to suggest that oxidative stress is implicated in the physiology of several major cardiovascular diseases including heart failure and increased free radical formation and reduced antioxidant defences. Studies indicate bioactive foods reduce the incidence of these conditions, suggestive of a potential cardioprotective role of antioxidant nutrients. Bioactive Food as Dietary Interventions for Cardiovascular Disease investigates the role of foods, herbs and novel extracts in moderating the pathology leading to cardiovascular disease. It reviews existing literature, and presents new hypotheses and conclusions on the effects of different bioactive components of the diet. Addresses the most positive results from dietary interventions using bioactive foods to impact cardiovascular disease Documents foods that can affect metabolic syndrome and other related conditions Convenient, efficient and effective source that allows readers to identify potential uses of compounds – or indicate those compounds whose use may be of little or no health benefit Associated information can be used to understand other diseases that share common etiological pathways

Stockley's Herbal Medicines Interactions

This edited book, Toxicology - New Aspects to This Scientific Conundrum, is intended to provide an overview on the different xenobiotics employed every day in our anthropogenic activities. We hope that this book will continue to meet the expectations and needs of all interested in the implications for the living species of known and new toxicants and to guide them in the future investigations.

Integrative Cardiology

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 Stickle, L. Ac. Assistant Professor of Classical Chinese Medicine, National College of Naturopathic Medicine

Alchemy of Herbs

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 Mas é 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--Mas é 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.

Thai Herbal Medicine

Complementary Therapies (CT) refers to the practices, products, or health systems that are outside the realm of conventional medicine, used to treat disease or to promote health and well-being. Defining CT is difficult, because the field is very broad and constantly changing. The title of this book includes the words body, mind, and soul. The body and the mind (and their reciprocal relations) have been extensively studied scientifically. What about the soul? The book brings some points about this new ground in CT. We hope you find in the present work the sincere desire to collaborate with the dissemination of knowledge. May this book be useful and pleasant to you.

Herbs for Common Ailments

Thai herbs are part of a vibrant culture of healing that has been practiced and preserved over the centuries in traditional medicine schools, Buddhist monasteries, and village homes all over Thailand. Many quite ancient herbal traditions continue to be practiced throughout Thailand to this day, and some of these have now been recognized by the Ministry of Public Health as an important facet of the country's national healthcare system. This revised and updated edition provides an overview of traditional Thai medicine—including both the theory and the practical application of Thai cuisine, bodywork, and herbal medicine. Of interest to herbalist, massage therapists, and practitioners of other alternative healthcare systems, the book introduces the basic principles of Thai herbal healing in simple and clear terms, and it includes a detailed compendium of individual herbs. Best of all, this book is fun,

offering easy recipes for home remedies, healthcare products, and cuisine that will make the world of Thai tradition come alive in your home.

Toxicology

Provides an invaluable reference text for all healthcare professionals who require evidence-based information on the interactions of conventional medicines with herbal medicines, dietary supplements and nutraceuticals. Stockley's Herbal Medicines Interactions is a unique collaboration between a team of experts in the fields of drug interaction, clinical herbal medicines, phytopharmacovigilance and regulation of herbal medicinal products. Stockley's Herbal Medicines Interactions brings together available data on over 150 of the most commonly used herbal medicines dietary supplements and nutraceuticals in highly structured, rigorously researched and fully referenced monographs.

The Victorious Attitude

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

Heart Shock

This book covers interesting research topics and the use of natural resources for medical treatments in some severe diseases. The most important message is to have native foods which contain high amount of active compounds that can be used as a medicinal plant. Most pharmaceutical drugs were discovered from plants, and still ongoing research will have to predict such new active compounds as anti-diseases. I do believe this book will add significant knowledge to medical societies as well as can be used for postgraduate students.

Bioactive Food as Dietary Interventions for Cardiovascular Disease

The Modern Herbal Dispensatory

Expert herbalist Maria No ë I 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.

The Complete Book of Ayurvedic Home Remedies

The potential benefits of plants and plant extracts in the treatment and possible prevention of many leading health concerns are historically well known and are becoming more widely studied and recognized within the medical community. It is these studies that led to the first compilation of new research developments, identifying new extracts and uses for plants in disease prevention and treatment. This major comprehensive reference work contains contributions from more than 150 clinical and academic experts covering topics such as treatments of cancer and cardiovascular diseases, as well as historical plant use by indigenous people supported by recent scientific studies. Authors review the safety and efficacy of botanical treatments while identifying the sources, historical supportive data and mechanisms of action for emerging treatments. Written by researchers currently carrying out identification and biomedical testing, this is the most up to date text on the latest research from all over the world. It is an essential resource for health care practitioners and herbalists, as well as researcher, students and professionals in botany and alternative medicine.

The Secret Teachings of Plants

With over 50,000 distinct species in sub-Saharan Africa alone, the African continent is endowed with an enormous wealth of plant resources. While more than 25 percent of known species have been used for several centuries in traditional African medicine for the prevention and treatment of diseases, Africa remains a minor player in the global natural products market largely due to lack of practical information. This updated and expanded second edition of the Handbook of African Medicinal Plants provides a comprehensive review of more than 2,000 species of plants employed in indigenous African medicine, with full-color photographs and references from over 1,100 publications. The first part of the book contains a catalog of the plants used as ingredients for the preparation of traditional remedies, including their medicinal uses and the parts of the plant used. This is followed by a pharmacognostical profile of 170 of the major herbs, with a brief description of the diagnostic features of the leaves, flowers, and fruits and monographs with botanical names, common names, synonyms, African names, habitat and distribution, ethnomedicinal uses, chemical constituents, and reported pharmacological activity. The second part of the book provides an introduction to African traditional medicine, outlining African cosmology and beliefs as they relate to healing and the use of herbs, health foods, and medicinal plants. This book presents scientific documentation of the correlation between the observed folk use and demonstrable biological activity, as well as the characterized constituents of the plants.

ABC of Hypertension

Herbal Clinician Herbal Actions & Treatments, Diagnostics, Therapeutics, & Clinical Skills
By the Editors & Contributors to Plant Healer Magazine 623 pages! - 8.5x11"
Softbound - Over 1,500 Illustrations 87 Articles by 25 Leading Herbalist Authors: Jim McDonald * Matthew Wood * Phyllis Light * Robin Rose Bennett * Paul Bergner *

Guido Mas é * Sam Coffman * Juliet Blankespoor * Rosalee de la For ê t * Aviva Romm * Christa Sinadinos * Katja Swift * Erin Poirier * Rebecca Altman * Sean Donahue * Charles "Doc" Garcia * M é lanie Pulla * Henriette Kress * Sabrina Lutes * Cat Lane * Wendy Hounsel * Dave Meesters * Christophe Bernard * Kiva Rose & Jesse Wolf Hardin

For the many years Plant Healer Magazine has published, and for however long it will make its caring contribution, the reasons for its existence and the efforts to create it are these: The propagation and empowerment of folk herbalism, the medicine of the people. Inspiring herbalism's practitioners and celebrating its many practical and aesthetic arts. Helping deepen the connection and relationships between human kind and the natural world, raising awareness about the needs and conservation of wild plants as well as about their safe uses. Raising the profiles of many of the most wise, intuitive, and experienced herbalists, so that more people can learn and benefit from the incredible body of knowledge that they have to share. And providing the skills and tools required to develop the most effective herbal practice possible. It is for this last purpose that we compiled the 87 original pieces for *The Herbal Clinician*, pulled directly from the pages of past Plant Healer issues. 25 different writers/teachers cover a wide range of topics related to seeing clients and treating their ailments botanically. While in no way complete or comprehensive, numerous areas are explored from a wide range of perspectives, including but not limited to:

- Diagnostics & Evaluations A first step in addressing any health condition is accurate assessment. You'll read about constitutions, tissue states, tongue and pulse diagnosis.
- Herbal Energetics & Actions Learn about herbal actions and properties, from demulcents to stimulants, tonics and trophorestoratives, as well as the energetics of the cardiovascular system.
- Treatments & Therapeutics Articles on organ systems including circulatory, immune, nervous, respiratory and urinary, plus female health from puberty to menopause, maternity and children, mental health and neurodiversity, treating animals, and first aid and external applications such as treating blunt trauma and soft tissue wounds, tackling parasites botanically, and topical application of herbs and honey.
- Clinical Skills & Case Studies Learn important practical skills and tools, herb selection criteria, drug/herb interactions, and more, and then read the enlightening case studies.
- Clinics, Business, & Practice Articles about teaching herbalism to both adult students and kids. Herbal entrepreneurship and making a living in the field of botanical healing. Community herbalism, nursing and herbalism, tips for beginning herbalists, and self care of the hard working practitioner.

As with our other Plant Healer compilations, the pages of this book are taken directly from past issues of the quarterly magazine. One result is that some articles/chapters begin with a "Seeing People" or other department header at top, while other equally significant articles do not.

Herbs for Stress & Anxiety

More Women Choosing Herbal Alternatives Now, more than ever before, women are taking control of their own health and vitality by choosing herbal remedies as an alternative to traditional medicine. Because every year there are new research findings that women and their health providers need to know about, author Amanda McQuade Crawford, M.N.I.M.H, has used her clinical expertise to develop *Herbal Remedies for Women*. " [Amanda] is not afraid to speak the truth about women ' s health issues and how herbs can help, " said Deb Soule, author of *The Roots of Healing: A Woman ' s Book of Herbs*. " Her words of wisdom and capacity for caring are a gift to women everywhere. " Herbal medicine is, in fact, fast becoming the

alternative medicine of choice. Included in Crawford ' s book is a broad spectrum of herbal remedies for various ailments such as chasteberry seed for fibroids as well as dandelion root and leaf for endometriosis. Also included is an herbal glossary and information on herbal preparation which corrects many herbal myths. Organized into six sections, Herbal Remedies for Women is designed to offer readers natural and effective therapies for an array of women ' s issues including:

- Problem of Menses
- Healthy Reproduction
- Infections
- The Change of Life

Crawford also divides each chapter into subheads which cover: definition of the syndrome, symptoms and signs, cause, conventional medical care, herbal treatment, and nutrition. Whether or not they have previous experience with herbal medicine, Herbal Remedies for Women provides readers with simple but effective remedies for self-healing.

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