

## **Adaptogens Herbs For Strength Stamina And Stress Relief David Winston**

*Learn all about holistic healing and natural herbology through Adaptogens, a historic account, A-Z Directory, and cookbook on using herbal remedies to your advantage. Achieve vibrant health in every season with the holistic techniques of traditional Chinese medicine. This friendly guide to a 2,000-year-old lineage of healing wisdom integrates both the Five Element theory and the practices of traditional Chinese medicine to uncover what your body needs for balance and optimal health. Everyday Chinese Medicine demystifies, simplifies, and reveals patterns to help you take control of your own well-being from the comfort of your own home and kitchen. Mindi Counts—a holistic medical practitioner, acupuncturist, and herbalist—walks you through the seasons, elements, and organ systems to help you understand your unique constitution and how to achieve energetic and physical balance. With simple recipes, self-care practices, and time-tested herbal remedies, Everyday Chinese Medicine is the perfect companion on your path to complete wellness.*

*Chinese medical practitioners describe adaptogens as "superior" plants that profoundly benefit the human body without dangerous side effects. While the most famous adaptogen is ginseng, cutting-edge research by top Russian doctors and scientists has shown that Arctic Root can ease more conditions, including stress, depression, heart disease and cancer. Readers learn how to benefit from making Arctic Root part of their holistic regimen.*

*A basic guide to growing more than fifty of the most popular garden herbs, includes detailed planting and harvesting instructions, and recipes for seasonings, vinegars, oils, jellies, breads and teas*

*Everyday Chinese Medicine*

*Chinese Tonic Herbs*

*Spice Apothecary*

*How to Make and Use Herbal Remedies for Lifelong Vitality. A Storey BASICS® Title*

*Improve the Way You Think and Feel with Safe—and Proven—Medicinal Plants and Herbs*

*The Rhodiola Revolution*

*Adaptogens*

Used for millennia in Eastern healing, adaptogenic herbs--like ginseng and rhodiola--counteract the effects of stress. In this beautifully illustrated, authoritative guide, Adriana Ayales, the owner of Anima Mundi Herbals, shares her knowledge of these amazing adaptogens. She offers 30 recipes for food, drinks, and beauty cures that banish fatigue, sharpen your mind, and stimulate your central nervous system, as well as ideas for self-care and wellness.

In this indispensable new resource both for the home apothecary and clinical practitioners, a veteran herbalist brings alive the elemental relationships among traditional healing practices, ecological stewardship, and essential plant medicines. By honoring ancient wisdom and presenting it in an innovative way, Energetic Herbalism is a profound and practical guide to family and community care for those seeking to move beyond symptom relief and into a truly holistic framework of health. Throughout, author Kat Maier invites readers to explore their personal relationships with plants and their environs as they discover diverse models of healing. Inside Energetic Herbalism, you'll find: The elements and patterns of Ayurvedic doshas for greater self-awareness as well as positive lifestyle choices The relationship of well-being to the seasons through the brilliant lens of Chinese Five Element Theory, and how our emotional health is beautifully expressed through the Elements The roots and evolution of Vitalism, the traditional Western system of energetic medicine How to assess imbalances in the body using the elegant and intuitive vocabulary of the six tissue states, an emerging tool in Western herbalism The senses as the main tools for navigating through energetic herbalism A deep appreciation of the wisdom of indigenous peoples, which is the foundation of sacred plant traditions Through the rich herbal tradition of storytelling, Maier seamlessly blends theory and practice with her experience-tested herbal remedies and healing protocols. Maier stresses the critical message of how to address the challenge of threatened medicinal plant populations, offering practical and inspiring methods for ensuring their survival. Many herbals boast a materia medica of more than 100 herbs, but in keeping with an emphasis on sustainable practice, Maier instead focuses in depth on 25 essential medicinal herbs that can be grown in most temperate climates and soils, including Dandelion Ashwagandha (Indian Ginseng) Goldenseal Burdock Calendula Echinacea Goldenrod Whether you are a seasoned clinical herbalist, an herbalist-in-training, or simply someone seeking to provide the best natural health care for your family, this book is a source of inspiration, insight, and answers you will return to again and again.

How to use adaptogenic herbs and ingredients to regulate and balance the body's response to stress. Increasing numbers of people are suffering from stress, anxiety and fatigue caused by lack of sleep, digital overload and our 24/7 lifestyle. In Adaptogens, Medical Herbalist Paula Grainger provides an answer to this modern-day affliction by introducing us to the group of powerful herbal ingredients known as adaptogens. Adaptogens, such as Ashwagandha, Maca, Korean ginseng, Turmeric, Reishi mushrooms, Liquorice, Rosemary and Rhodiola, have been scientifically proven to lower levels of the stress hormone cortisol and prevent adrenal imbalances that can lead to adrenal fatigue and 'burn-out'. Delve into the history and science of these miraculous plants and learn how to maximize wellness using the most easy-to-source adaptogens, incorporating them into your life via delicious smoothies, energy bites and desserts, invigorating teas, tonics and lattes, and wonderful beauty elixirs

"Describes what adaptogens are, how they are made, and how they can help improve various skin, sleep, mood, energy, and focus issues. Includes recipes for making various adaptogens"--

A Scientific and Traditional Approach

A Modern Witch's Book of Magical and Enchanted Herbs and Plants

A Reference Guide to Herbs

How to Use Herbs for Healing, Nutrition, Body Care, and Relaxation

Superherbs

The Western Herbal Tradition

The New Age Herbalist

Adaptogens help the body to “ adapt ” to the many health challenges it encounters--particularly stress. They increase stamina and counter the effects of aging and thus are becoming important

tools in sports medicine and in the prevention and treatment of chronic fatigue and related disorders. The authors explain how they work and why they are so effective at combating stress-induced illness.

'This is the herbal guide book for modern life - with easy recipes, practical tips and pearls of wisdom - it's the perfect companion to help you use powerful herbs in a modern way.' Anabel Kindersley, co-founder of Neal's Yard Remedies Turmeric, matcha, bee pollen, ashwagandha, astragalus. Often called 'nature's miracles', superherbs, or adaptogens, help the body adapt to the stresses of life, whether emotional, environmental or immune related. We've all been informed about superfoods and the nutrients they pack, but superherbs do more than deliver vitamins and nutrition - they help to improve overall health to bring the body back to equilibrium. Featuring twenty of the most easy-to-source and use adaptogens, Superherbs will teach you the history of these ancient herbs, how each can help us in mind, body, beauty and spirit, and ten ways that we can incorporate them into our lives including recipes, teas, tonics, and DIY beauty regimes. Superherbs will help you find the best ways to de-stress, relieve anxiety, reduce inflammation and so much more, all in a healthy, natural way.

An updated and expanded edition of the definitive guide to adaptogenic herbs • Includes a Materia Medica with monographs covering 25 adaptogens, including eleuthero, ginseng, rhodiola, schisandra, ashwagandha, licorice, shatavari, reishi, and holy basil, as well as complementary nervines, restorative tonics, and nootropics • Explains how adaptogens increase the body 's resistance to adverse influences, increase energy and stamina, and counter the effects of age and stress on the body • Details the actions, properties, preparation, and dosage for each herb and their uses in Ayurveda and Chinese medicine and as remedies for animals Every day our bodies strive to adapt and stay balanced, energized, and healthy, yet chronic stress and the resulting elevation of stress hormones such as cortisol have been shown to be major factors behind not only fatigue and weight gain but also many chronic and degenerative diseases. In this updated edition of the definitive guide to adaptogenic herbs, clinical herbalist David Winston and researcher Steven Maimes provide a comprehensive look at adaptogens: non-toxic herbs such as ginseng, eleuthero, and ashwagandha that help the body “ adapt ” to the many influences it encounters and manage the stresses it experiences. They also increase stamina and energy, boost cognitive function, restore the immune system, and counter the effects of aging, especially when used in appropriate combinations. Beginning with a history of the use of adaptogens, including in Ayurveda, Chinese medicine, and Russian medicine, the book examines how these herbal remedies work and why they are so effective at combating stress-induced illness and ailments. The extensive Materia Medica includes monographs on 25 adaptogens, including eleuthero, ginseng, rhodiola, schisandra, ashwagandha, shatavari, reishi, and holy basil, as well as complementary nervines, restorative tonics, and nootropic herbs, such as milky oats, astragalus, St. John ' s wort, and ginkgo. Each monograph presents the latest scientific research and details the origin, traditional and clinical uses, actions, properties, preparation, and dosage for each herb. The book also includes guidance on adaptogenic remedies for our animal companions. Aimed not only at herbalists but also those interested in natural health, this guide to adaptogens will allow you to safely and effectively use these herbal remedies to enhance your health and improve your chances of living a longer, healthier, and well-balanced life.

THE WICCA GARDEN A Modern Witch ' s Book of Magickal and Enchanted Herbs and Plants Witches were among the first to discover the healing power of plants. The use of potions, poultices, and charm bags filled with special roots, flowers, and magickal herbs has been associated with the healing power of Wicca practitioners from time immemorial. Now modern witches can grow their own fresh herbs and plan and cultivate their gardens in accordance with the Wiccan calendar and astrological charts. This complete study of herbs and their Wiccan significance, as well as a gardener ' s guide to growing magickal herbs, includes chapters on Herbs of the Enchanted World; Sabbat Herbs; Mind-Altering Plants; Green Healing; Dangerous Plants; and a guide to herb gardening. A Wiccan Glossary of Herbalism Terms rounds out this comprehensive and essential resource for today ' s home Wiccan library.

Healing with Aromatic, Bitter, and Tonic Plants

Body into Balance

Herbs for Long-Lasting Health

Everyday Recipes to Boost Your Health

65+ Recipes for Teas, Elixirs, Tinctures, Syrups, Foods + Body Products That Heal

The Powerful New Ginseng Alternative

The Wicca Garden

Promote vibrant health and radiant beauty, soothe everyday ailments, and ease persistent stress with these simple, natural cures for everything from dry skin and infant colic to cold symptoms and insomnia. Renowned herbalist Rosemary Gladstar provides 175 proven therapies and herbal remedies that are easy to prepare and safe enough for children. Offering a potent and effective alternative to commercial pharmaceuticals, Gladstar will inspire you to nurture yourself and those you love with nature's healing herbs.

This definitive Australian reference guide provides a unique insight into the medicinal actions of herbs, based on the latest scientific research. It contains a comprehensive Australian and New Zealand address list of organisations and practitioners.

Get the how, when, and why of getting better and staying well with homemade remedies that the doctor orders. National Geographic helps you take charge of health care guided by a physician expert in natural healing, herbal medicine, and home remedies. Never have we needed this advice more than now, as worries about hospital-borne infections, antibiotic resistance, and pandemic threats make us yearn for the days of doctor home visits and mother's chicken soup. We need to rediscover the special care and comfort that comes from caring for health at home, says Dr. Low Dog. In this book she guides us in identifying, responding to, and caring for all the most common ailments, so that when it's time to take care at home, you have a doctor's advice on how. Learn how to make herbal remedies and why you and your family will be healthier for doing so--and get advice on when it's best to consult a health care professional instead.

The Western Herbal Tradition is a comprehensive exploration of 27 plants that are central to the herbalist's repertoire. This fully illustrated colour guide offers analysis of these herbs through the examination of historical texts and discussion of current applications and research. Your practice of phytotherapy will be transformed as the herbal knowledge from these sources is illuminated and assessed. Each chapter offers clear information on identification, uses and recipes, as well as recommendations on safety, prescribing, dosage and full academic references. The Western Herbal Tradition reveals a deep understanding of the true essence of what each plant can offer, as well as a fascinating insight into the unique history of contemporary herbal practice. This book is a valuable resource for everyone interested in herbal medicine and its history.

Transform Your Health with the Herbal Breakthrough of the 21st Century

Encyclopedia of Medicinal Plants

Arctic Root (Rhodiola Rosea)

Essential Herbs for Strength Stamina and Stress Relief

Backyard Pharmacy

Scientific Validation of Herbal Medicine

The Complete Guide to Adaptogen Coffee

From the author of Best Green Drinks Ever, a primer and cookbook for adaptogens Natural remedies for various physical ailments are well known; now hitting the scene are supplements—made from berries, mushrooms, herbs, and other plants— that can help the body (and mind) adapt to stress. These “adaptogens” work towards restoring balance, enhancing focus and stamina, boosting energy, and improving mood. In Super Powders, health coach Katrine van Wyk takes 20 adaptogens and describes what they are and how to use them. She might recommend goji berries for mood, astragalus for immunity, reishi and moringa for anxiety relief. Then van Wyk shares the dozens of recipes she’s developed, including: Golden Good Morning Milk with astragalus and reishi Unbeatable Brownies with ashwagandha, goji, and maca Meaningful Matcha with cordyceps and moringa Adaptogens should be part of every healthy person’s routine, and this appealing book can reveal everything you need to know to get started.

Rosemary Gladstar shows you how to enhance your well-being in middle age and beyond using herbal remedies that effectively and safely promote vitality. With in-depth profiles of 22 medicinal herbs, preparation instructions, and dosage guidelines, you’ll discover how you can use astragalus to regenerate your body’s immune system, bilberry to ease eye problems, and milk thistle to rebuild damaged liver cells. You’ll be amazed at how herbal treatments can help support your nervous system, activate your metabolism, and keep your bones and joints healthy.

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.

"Your kitchen is the heart of a holistic life. The Herbal Medicine Cookbook infuses everyday cooking with the healing power of everyday herbs to nourish your body with healthy, homemade meals."--

75+ Herbal Recipes and Elixirs to Improve Your Skin, Mood, Energy, Focus, and More

An Herbal Guide to Holistic Self-Care

The Complete Guide to Adaptogens

The Science and Practice of Herbal Medicine

The best adaptogens to reduce stress and improve health, beauty and wellness

Adaptogens in Medical Herbalism

Spice up home cooking and support good health with this guide to using 19 common culinary spices — alone and in specialty blends — to address wellness needs, from improved digestion and kidney function to mental clarity and stronger bones.

One of Canada’s most trusted and beloved health practitioners introduces Western women to the wisdom of traditional Chinese medicine and the time-tested practices that have helped optimize physical and emotional health for centuries. Since establishing her practice in Canada twelve years ago, Dr. Xiaolan Zhao has treated thousands of women suffering from fatigue, PMS, infertility, depression, menopausal symptoms and other gynecological disorders — health problems that are all too common in the West but less so in China, where traditional Chinese medicine (TCM) has been an integral part of women’s lives for thousands of years. As a physician originally trained in Western medicine who later took up the practice of TCM, Dr. Zhao has seen how effective the Chinese approach is for her patients, and she’d like to see more Canadian women incorporating its wisdom and practices in their own lives, as a complement to their regular health care. In Reflections of the Moon on Water, she explains the unique philosophy behind the healing tradition, a way of thinking that is liberating and empowering for women. Sharing stories from her own life and the lives of her patients, Dr. Zhao shows that we have nothing to reject about our feminine selves, and explains how we can develop new relationships with our bodies and our emotions. There is so much every woman can do in terms of ongoing and preventative self-care to improve her health and vitality and prevent illness. By making simple changes in diet, exercise routine, sex

life and the way we deal with stress and our emotions, we can profoundly improve our health now and into the future. "Many Westerners think Chinese medicine sounds too complicated or too esoteric. They find discussions of yin and yang, or the life energy known as qi intimidating. In fact, Chinese medicine is very simple and accessible. Many of the herbs we use are ordinary ones. Sometimes, I might treat a patient's sinus condition with eucalyptus or other familiar herbs, and she'll say, "Oh that smells just like what my grandmother used to give me." So much of Chinese medicine is based on intuition and common sense. Although the history behind TCM is 5,000 years old — 4,500 years older than our scientific traditions — it is knowledge open to anyone." —excerpt from *Reflections of the Moon on Water*

*A Modern Guide to Holistic Health + Wellness with Plants* Discover the healing power of plants with Kathi Langelier, the award-winning herbalist behind Herbal Revolution Farm + Apothecary. In this beautiful and inspiring collection, Kathi shares her most popular and effective formulas to support your daily health and wellness. Renew each system of the body with uniquely crafted teas, tinctures, syrups, foods, body products and everything in between. Featured recipes include Elderberry Syrup with Reishi + Roots to strengthen the immune system, Gut-Soothing Tea to nourish your digestive system and Hang in There Elixir to help with anxiety. There is a magic to infusing plants in such simple solutions as water, oil or alcohol, and Kathi guides readers on their herbal journey with the kind of wisdom and care one can only acquire from many years of devoting their life completely to their art. Knowledge is power. Read these recipes, practice, get to know the plants living around you and listen to your body. By joining Kathi and gaining knowledge in this way, you create your own power to heal what troubles you, restore your vitality for life and maintain wellness throughout your body, mind and spirit.

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!

*Super Powders: Adaptogenic Herbs and Mushrooms for Energy, Beauty, Mood, and Well-Being*

*The Essential Guide to Western Botanical Medicine*

*Alchemy of Herbs*

*A Gardener's Guide to Growing Over 50 Herbs Plus how to Use Them in Cooking, Crafts, Companion Planting, and More*

*Energetic Herbalism*

*2000 Years of Medicinal Plant Knowledge*

*Herbs for Strength, Stamina, and Stress Relief*

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.

A scientifically based herbal and nutritional program to master stress, improve energy, prevent degenerative disease, and age gracefully • Explains how adaptogenic herbs work at the cellular level to enhance energy production and subdue the pro-inflammatory state behind degenerative disease • Explores the author's custom adaptogenic blends for the immune

system, cardiovascular health, thyroid function, brain health, and cancer treatment support • Provides more than 60 monographs on herbs and nutritional compounds based on more than 25 years of clinical practice with thousands of patients Weaving together the ancient wisdom of herbalism and the most up-to-date scientific research on cancer, aging, and nutrition, renowned medical herbalist and clinical nutritionist Donald Yance reveals how to master stress, improve energy levels, prevent degenerative disease, and age gracefully with the elite herbs known as adaptogens. Yance's holistic approach, called the Eclectic Triphasic Medical System (ETMS), is based on extensive scientific research, more than 25 years of clinical practice, and excellent results with thousands of patients. It centers on four interconnected groups of health tools: botanical formulations, nutritional supplements, diet, and lifestyle. Defining three categories for adaptogenic herbs, he explains how formulations should combine herbs from each category to create a synergistic effect. He provides more than 60 monographs on herbs and nutritional compounds as well as custom combinations to revitalize the immune system, build cardiovascular health, protect brain function, manage weight, and support cancer treatment. He explains the interplay of endocrine health, the hypothalamic-pituitary-adrenal (HPA) axis, thyroid function, and stress in the aging process and reveals how adaptogenic treatment begins at the cellular level with the mitochondria--the microscopic energy producers present in every living cell. Emphasizing spirituality, exercise, and diet in addition to herbal treatments and nutritional supplements, Yance's complete lifestyle program explores how to enhance energy production in the body and subdue the proinflammatory state that lays the groundwork for nearly every degenerative disease, taking you from merely surviving to thriving.

Here is a fascinating book about how plants, minerals and animals have been used by Eastern people, for thousands of years, to prolong life, enhance the powers of thought, strengthen the body, increase virility and fertility even to clear the inner vision to make oneself more receptive to the veiled secrets of God and nature.

This full-color text and practical clinical reference provides comprehensive information on herbal remedies for both large and small animal species. Key coverage includes clinical uses of medicinal plants, specific information on how to formulate herbal remedies, a systems-based review of plant-based medicine, and in-depth information on the different animal species--dog, cat, avian and exotic, equine, food animal, and poultry.

Healthy at Home

The Herbal Medicine Cookbook

Herbs for Longevity and Everyday Wellness

The Wild Medicine Solution

Winston & Kuhn's Herbal Therapy and Supplements

Nutritional Herbology

Blending and Using Common Spices for Everyday Health

**Best-selling author Rosemary Gladstar, long known for her outstanding recipes, now customizes her expertise for men. Dozens of delicious and simple formulas address men's most common health concerns — including sexual vitality, prostate well-being, and heart health. An A-to-Z compendium of these ailments details how to effectively treat them using a variety of safe and easy natural remedies. In-depth profiles of 29 herbs explain how men will benefit from each and suggest uses and accessible preparation tips. This handy guidebook for men — and the women who love them — provides a helpful introduction to this crucial, but often-overlooked, aspect of natural wellness.**

**The Second Edition of this pocket guide presents the essentials of herbal therapy and nutritional supplements, combining the traditional and scientific worlds. Dr. Kuhn has a PhD in physiology and is author of two pharmacology textbooks; Mr. Winston is a traditional herbalist in practice with a native American heritage. The book covers 115 herbs that are commonly available in the United States and Canada and 15 nutritional supplements. Coverage of each herb includes traditional and current uses, dangers and toxicities, and a bibliography. This edition includes 15 new herbs.**

**Adaptogens Herbs for Strength, Stamina, and Stress Relief Simon and Schuster**

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

**Transform Everyday Ingredients into Foods and Remedies That Heal**

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

**Get Well and Stay Well Without Prescriptions**

**Veterinary Herbal Medicine**

**Healing Women's Bodies and Minds through Traditional Chinese Wisdom**

**Healing Remedies for Immunity, Vitality, and Optimal Health**

**Medical Herbalism**

In the tradition of the bestselling *Alchemy of Herbs*, *The Complete Guide to Adaptogens* details the benefits of twenty-four adaptogenic herbs, and includes more than seventy-five recipes that target specific

wellness categories such as sleep, mental focus, beauty—and more! Adaptogens are a unique class of herbs that greatly improve your body's reaction to emotional and physical stress, while also increasing your energy, stamina, endurance, and mental clarity. Recent studies support what practitioners of Indian Ayurveda and traditional Chinese medicine have known for centuries—these herbs such as Rhodiola, ginseng, licorice, and more, have many health and wellness benefits and are safe for long-term use. Whether you're interested in honing your mental abilities to a razor-sharp level, want to boost your athleticism, or are looking for ways to elevate your healthy lifestyle, adaptogens have so much to offer for everyday well-being. In *The Complete Guide to Adaptogens*, you'll learn about the numerous benefits of twenty-four popular adaptogenic herbs, including Rhodiola, Ashwagandha, Maca, He Shou Wu, and Holy Basil. You'll also find more than seventy-five easy recipes for potions and remedies to improve sleep, mood, mental focus, immune function, stamina, as well as general wellness and beauty. These all-natural, safe remedies fight the effects of chronic stress, while restoring your body's balance, health, and vitality.

Adaptogens are magical. They're the longevity herbs that everyone says don't exist. In fact, reishi mushroom, which is an adaptogen, was traditionally called the "mushroom of longevity" in China, where it has been used for millennia. Initially discovered and researched by the Soviets in the 1960s, adaptogens are characterized by their ability to normalize body functions, buffer the negative effects of stress, and produce no side effects of their own when taken over a long period of time. The term "adaptogen" is literal; these herbs help your body and mind adapt to new situations. So when you've just had a baby you need adaptogens. When you're going through a break-up, adaptogens can help. While all adaptogens work similarly to help keep you on an even keel, another great thing about them is that different adaptogens (there are only twelve classified as official adaptogens) have affinities for different body systems. The adaptogens in this elixir are specific to the female reproductive system, making them perfect for women of all ages, whether you're struggling with fertility issues, are a new mother, or are fanning the flames of menopause. This walnut milk adaptogen elixir was specifically formulated for postpartum care, to provide energy sans caffeine, regulate the hormones, nourish the womb space, and increase breastmilk flow. It contains ashwagandha, maca, and shatavari, which are all amazing female-centric adaptogenic herbs. They are all roots, making this combo both nutrient dense and grounding. Paired with superfoods high in omega-3s, calcium, folate, magnesium and iron like walnut, tahini, and chocolate, this elixir will give your mind a gentle lift while covertly nourishing every bit of your body. This creamy elixir is 100% medicinal, right down to the sprinkle of cinnamon on top.

Previously classified studies from the former Soviet Union reveal the emergence of an herbal superstar, Rhodiola rosea. From two respected physicians comes an authoritative new book that explores the amazing healing powers of Rhodiola rosea. Compelling scientific evidence about this commonly available herbal supplement confirms its ability to help: - Melt away extra pounds - Combat fatigue - Sharpen memory and concentration - Enhance physical performance - Strengthen immune function - Protect against heart disease and cancer As more people turn to Rhodiola rosea to improve their health and vitality, they will look for a trustworthy, authoritative resource to answer all their questions. *The Rhodiola Revolution* is that resource, providing the latest news from the front lines of research as well as clear instructions on using the herb for maximum medicinal effect.

A practical, authoritative reference guide to more than 50 medicinal plants that offer natural, safe ways to optimize your brain health. Expert authors and mother-daughter team Elaine and Nicolette Perry have mastered an ever-growing body of scientific research (some of which they themselves pioneered) on how medicinal plants can help you sleep soundly, reduce stress, improve your memory, and simply feel better—in body and mind. Organized to easily steer you toward the best remedies for your individual needs, *Your Brain on Plants* presents: Calming Balms Cognition Boosters Blues Busters Sleep Promoters Pain Relievers Extra Energizers Mind-Altering Plants Plant Panaceas Within each of these chapters are detailed entries for the medicinal plants and herbs suited to the task, including what scientists know about them, their active ingredients, and guidelines regarding their safe use. Make-at-home recipes for foods, teas, tinctures, balms, and cordials demonstrate how simple it is to benefit from everything these plants have to offer. Plus, foods naturally containing ingredients proven to alleviate symptoms appear throughout the book, along with complementary wellness practices such as meditating (on a chamomile lawn), qi gong (in a wildflower meadow), and walking (in woodland). Praise for *Your Brain on Plants* "Two qualified nutritional specialists have assembled a clear, concise reference of well-known plants believed to benefit the brain . . . Fascinating facts and bits of folklore, controversies, and important herb-drug interactions add to this timely and intriguing text." —Choice "This unique volume focusing on plants for mental health will be of interest to anyone considering herbal medicines." —Booklist

Harness the power of superherbs to reduce stress & restore calm

Your Backyard Herb Garden

Rosemary Gladstar's Herbal Recipes for Vibrant Health

Reflections of the Moon on Water

From Ashwagandha to Rhodiola, Medicinal Herbs That Transform and Heal

Your Brain On Plants

Remedies and Recipes for Circulation Support, Heart Health, Vitality, Prostate Health, Anxiety Relief, Longevity, Virility, Energy & Endurance

Identifies hundreds of herbs, explains their main uses, and tells how to cultivate a herb garden

A healthier life is right at your fingertips - or at least only a few steps from your door! Backyard Pharmacy helps you choose the best "backyard" medicinal plants. All the plants can easily be grown throughout North America by any home gardener, and used for their healing and natural-remedy properties! Author Elizabeth Millard shares her deep knowledge of what to add to your garden to grow your own medicine cabinet to enhance your health. Each featured plant profile includes:

- A detailed full-color photograph of the plant and key preparation steps.
- Brief histories and descriptions the plants (including recommended varieties).
- The most efficient way to cultivate, care for, and harvest your plant.
- Which parts are the most medicinal.
- A profile of your plant's health and nutritional properties.
- The current state of scientific research on the plant.
- The best practices for any plants requiring special harvesting, storing, or preparation.
- The most effective use of the plant as a remedy, and any precautions you should take.

Richly illustrated with 200 photographs, Backyard Pharmacy not only includes photography of the plants, but also images demonstrating step-by-step preparation, harvest, and storage methods to get the best results from your gardening efforts. Take control of your health. Learn about the benefits of herbs and "backyard friends" and natural health remedies for yourself and your family, and even grow them right in your own backyard.

Silver Nautilus Book Award Winner for Health & Healing An antacid or an aspirin may soothe your pain, but it doesn't cure the cause of your symptoms.

Headaches, indigestion, fatigue, allergies, anxiety, eczema, high blood pressure, and other conditions are clues to a deeper imbalance in your body, and

learning to read those clues is a key step in maintaining optimal health. Herbalist Maria Noël Groves shows you how to read your body's signals and support your own wellness with herbal remedies and other natural treatments. You'll learn how each of your major body systems — respiratory, digestive, immune, nervous, memory, reproductive, circulatory, and more — optimally functions, and you'll discover how to use natural remedies to nourish and repair problem areas, restore lost vitality, support your body as a whole, and prevent future problems. Groves includes in-depth instructions, with step-by-step photographs, for making your own herbal remedies, as well as expert guidance on buying and effectively using commercial preparations.

A Guide to Sacred Plant Traditions Integrating Elements of Vitalism, Ayurveda, and Chinese Medicine

Rosemary Gladstar's Herbal Healing for Men

Herbal Revolution

Growing Medicinal Plants in Your Own Yard

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