

Making Plant Medicine Richard A Cech

These safe, effective Chinese herbal remedies have worked for thousands of years to heal disease and relieve suffering - and, in this landmark book, author Richard Lucas offers documented proof that they can work as well for you today.

'Dr Gemma is one of the few brave voices in the medical community who is experienced, courageous and confident enough to talk openly about food and its significance in preventing disease to save lives.' Dr Rupy Aujla 'Packed full of leading science in a very accessible way and lots of beautiful recipes too.' The Happy Pear 'The Plant Power Doctor should be on bookshelves of everyone who wants to live a longer, better life.' Dan Buettner 'One of a new wave of GPs who prescribe lifestyle changes as well as drugs.' The Telegraph You can eat your way to a brighter future Just imagine if what you put on your plate could radically improve your health right now AND make you healthier in the future too... British family doctor Gemma Newman explores how a simple change in diet helps many common chronic illnesses - from diabetes and heart disease to obesity - and the science that explains why it works. Enjoy over 60 delicious meal ideas to kick-start your plant-powered eating, along with simple shopping lists and meal plans. This book contains everything you need to futureproof your body and mind. Are you ready to discover the power of plants? Let's dive in...

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

Nature's Medicine Cabinet! Learn how to Harness the Amazing Medicinal Properties of Plants For millennia, different cultures have recognized the immense healing potential of plants. With antibiotic-resistant infections on the rise, herbal remedies present a naturally effective alternative to standard medicine. In Natural Herbal Remedies, Richard Bray, herbalist and bestselling author, explains how you can unlock the secrets of these natural power plants. Are you of the opinion that "plants are just a food"? Think again! In fact: They can boost your immune system and make you more resistant to infection. They can be used to deal with a host of illnesses and ailments, naturally and safely. They can increase stamina, improve mood, and even restore skin's youthful glow. Everyone can Benefit from the Little-Known Knowledge Contained in this Herbalism Guide In this comprehensive and research-backed book, you'll learn how to use herbs and fungi as a force for good in your life. You might be young or old, in

peak condition or looking for ways to improve your health, a veteran plant lover or a fledgling herb fancier. Whoever you are, this herbalism guide will open your eyes to a new world. Be prepared to explore the value of natural healing and herbal medicine. In this natural remedies book you'll discover: The 24 "super-plants" that can deliver a powerful and potent boost to your health. The 38+ illnesses and ailments that healers, physicians and therapists treat using herbal medicine. PLUS the specific plant used for each condition. Detailed information on how to safely consume different herbs and fungi for the best possible health outcome. How to easily prepare herbal remedies for medicinal use including little known herbal remedy recipes even a complete beginner can enjoy. If you're looking for a practical and inexpensive way to boost your health - you've found it! Buy Herbal Antibiotics now, and unlock nature's most powerful secret.

Psychedelic Medicine

The New Age Herbalist

The Ultimate Guide to Producing High-Quality Herbs on a Market Scale

Whole Green Catalog

Remedies, Recipes, Lotions, and Potions from Mother Nature's Healing Plants

Medicine Men, Their Plants and Rituals in the Colombian Amazonia

The Plant Power Doctor

The Most Thorough Compilation of Home Cures and Remedies Yet! Years ago, every household practiced natural healing by using what they had. Plants grow abundantly all over our roadsides, cities, and in your own backyard, and though once valued and widely used, they've fallen out of fashion over time as people forget the numerous medicinal uses at our fingertips. This book brings alternative medicine back to the forefront. Researched and written by a practicing medical herbalist and natural healer, and now with even more herbs and medicinal plants, The Big Book of Backyard Medicine is the basis for a veritable natural pharmacy that anyone can create.

Featuring one hundred specific plants and their associated remedies, and fully illustrated with hundreds of color photographs, this book offers fascinating insights into the literary, historic, botanical, and global applications of common wild plants and herbs that can be used in medicines, including: Ash Chicory Dandelion Forget-me-not Gypsywort Horseradish Mint Red Poppy Thistle Wild carrot Willow And so much more! Anyone who wants to improve his or her health in a completely natural way will find this book to be an absolute must-have for his or her home—and garden.

Presents information creating more than 120 herbal remedies from a variety of wild plants.

In some parts of the world, plant medicine is still taught at the kitchen table, by the cooking fire, or in the fields, passed down from parent to child and woven through the fabric of the culture. In many places it has been severely eroded, but it has not been lost. This book helps us reclaim and restore a hugely important part of our heritage: our plant medicine path. Conversations with Plants reminds us of the intimate bond that has always existed between people and plants and encourages us to bring them back into our daily lives. It includes instructions on how to develop these connections by using essential oils, gardening and growing herbs, medicine making and gathering wild food.

It is an invitation to step into your own relationship with plants - their stories and meanings - feel into their medicine and understand how to work with them by bringing your own medicine into the conversation. It is for practitioners, students, and anyone wishing to deepen their knowledge of the green world.

Recent scientific research has proven the curative power of herbs. This documented guide tells readers how to use "nature's medicine" to cure common health problems. It discusses which herbs strengthen the immune system, improve circulation, bring relief from arthritis pain, or help clear up skin problems, ease gastrointestinal disorders, relieve headaches and insomnia, aid respiratory problems, and much more.

Handbook of African Medicinal Plants, Second Edition

The Big Book of Backyard Medicine

Traditional Medicines from the Earth

Vine of the Soul

1000 Best Things for You and the Earth

Braiding Sweetgrass

An herbal medicine making book and formulary with its roots in original herbalism designed for home medicine makers, herbal schools and small manufacturers. Provides new ideas to address today's global development challenges, evaluating past experience and exploring answers for the future.

A consumer's reference to green living counsels readers on how to identify truly eco-friendly products and includes reviews and advice for everything from home furnishings and appliances to toys and clothing. Original.

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 effects.

Introduction to Horticultural Science

Harvest and Make Your Own Herbal Remedies

Earth Mother Herbal

The Path Back to Nature

Rosemary Gladstar's Herbal Recipes for Vibrant Health

The Ultimate Guide to Home-Grown Herbal Remedies

Indigenous Wisdom, Scientific Knowledge and the Teachings of Plants

A companion volume to the best-selling China Bayles mystery novels featuring the herbalist sleuth presents a collection of facts, recipes, trivia, remedies, lore, and gardening tips for every day of the year, accompanied by essays by the author, clues from China's mysteries, and more. Original. 30,000 first printing.

The most comprehensive collection of authoritative writings on the subject ever published. A panorama of texts translated from nearly a dozen languages on the ayahuasca experience. These include indigenous mythic narratives and testimonies, religious hymns, as well as narratives related by western travelers, scientists, and writers who have had contact with ayahuasca in different contexts. Some of the material in this Reader has been

published before in difficult to find journals and books in a variety of languages.

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

“An interactive and empowering book” to help African American men and women create a new vision of better health and navigate the health care system (BET.com). According to the federal Office of Minority Health, African Americans “are affected by serious diseases and health conditions at far greater rates than other Americans.” In fact, African Americans suffer an estimated 85,000 excess deaths every year from diseases we know how to prevent: heart disease, stroke, cancer, high blood pressure, and diabetes. In this important and accessible book, Dr. Michelle Gourdine provides African Americans with the knowledge and guidance they need to take charge of their wellbeing. Reclaiming Our Health begins with an overview of the primary health concerns facing African Americans and explains who is at greatest risk of illness. Expanding on her career and life experiences as an African American physician, Dr. Gourdine presents key insights into the ways African American culture shapes health choices—how beliefs, traditions, and values can influence eating choices, exercise habits, and even the decision to seek medical attention. She translates extensive research into practical information and presents readers with concrete steps for achieving a healthier lifestyle, as well as strategies for navigating the health-care system. This interactive guide with illustrations is a vital resource for every African American on how to live a healthier and more empowered life, and an indispensable handbook for health-care providers, policy makers, and others working to close the health gap among people of color. Says Gourdine, “I wrote this book to empower our community to solve our own health problems and save our own lives.”

Critical Approaches to the History of Western Herbal Medicine

Self-Promotion and the Making of a Brand

Rockefeller Medicine Men

Medicine Walk

Planet Medicine: Origins, Revised Edition

Conversations with Plants

Natural Herbal Remedies: Herbal Medicine for Everyday Ailments

Traditional medicines from the earth provides a compendium of formulations that are effective herbal solutions for health living.

Making Plant Medicine

Eat your way to better health with this New York Times bestseller on food's ability to help the body heal itself from cancer, dementia, and dozens of other avoidable diseases. Forget everything you think you know about your body and food, and discover the new

science of how the body heals itself. Learn how to identify the strategies and dosages for using food to transform your resilience and health in *Eat to Beat Disease*. We have radically underestimated our body's power to transform and restore our health. Pioneering physician scientist, Dr. William Li, empowers readers by showing them the evidence behind over 200 health-boosting foods that can starve cancer, reduce your risk of dementia, and beat dozens of avoidable diseases. *Eat to Beat Disease* isn't about what foods to avoid, but rather is a life-changing guide to the hundreds of healing foods to add to your meals that support the body's defense systems, including: Plums Cinnamon Jasmine tea Red wine and beer Black Beans San Marzano tomatoes Olive oil Pacific oysters Cheeses like Jarlsberg, Camembert and cheddar Sourdough bread The book's plan shows you how to integrate the foods you already love into any diet or health plan to activate your body's health defense systems-Angiogenesis, Regeneration, Microbiome, DNA Protection, and Immunity-to fight cancer, diabetes, cardiovascular, neurodegenerative autoimmune diseases, and other debilitating conditions. Both informative and practical, *Eat to Beat Disease* explains the science of healing and prevention, the strategies for using food to actively transform health, and points the science of wellbeing and disease prevention in an exhilarating new direction. *Planet Medicine* is a major work by an anthropologist who looks at medicine in a broad context. In this edition, additions to this classic text include a section on Reiki, a comparison of types of palpation used in healing, updates on craniosacral therapy, and a means of understanding how different alternative medicines actually work. Illustrated throughout, this is the standard on the history, philosophy, and anthropology of this subject.

The Medicinal Herb Grower

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

From Classical Antiquity to the Early Modern Period

From Stone Age Shamanism to Post-industrial Healing

Energetic Herbalism

Secrets of the Chinese Herbalists

Medicinal Plants and the Legacy of Richard E. Schultes

"Highly entertaining... Mabey gets us to look at life from the plants' point of view."

—Constance Casey, *New York Times* *The Cabaret of Plants* is a masterful, globe-trotting exploration of the relationship between humans and the kingdom of plants by the renowned naturalist Richard Mabey. A rich, sweeping, and wonderfully readable work of botanical history, *The Cabaret of Plants* explores dozens of plant species that for millennia have challenged our imaginations, awoken our wonder, and upturned our ideas about history, science, beauty, and belief. Going back to the beginnings of human history, Mabey shows how flowers, trees, and plants have been central to human experience not just as sources of food and medicine but as objects of worship, actors in creation myths, and symbols of war and peace, life and death. Writing in a celebrated style that the *Economist* calls "delightful and casually learned," Mabey takes readers from the Himalayas to Madagascar to the Amazon to our own backyards. He ranges through the work of writers, artists, and scientists

such as da Vinci, Keats, Darwin, and van Gogh and across nearly 40,000 years of human history: Ice Age images of plant life in ancient cave art and the earliest representations of the Garden of Eden; Newton ' s apple and gravity, Priestley ' s sprig of mint and photosynthesis, and Wordsworth ' s daffodils; the history of cultivated plants such as maize, ginseng, and cotton; and the ways the sturdy oak became the symbol of British nationhood and the giant sequoia came to epitomize the spirit of America. Complemented by dozens of full-color illustrations, *The Cabaret of Plants* is the magnum opus of a great naturalist and an extraordinary exploration of the deeply intertwined history of humans and the natural world. This comforting, warm, and wise book offers a quirky, friendly look at herbal remedies and a useful guide to harnessing the powers of herbs in a wide range of home remedies, healing balms, and wonderfully scented lotions. Included are easy herb gardening tips; timesaving methods for basic herbal teas; instructions for creating sleep pillows, potpourri, and healing baths; and more.

The book begins with a passage on observation in nature. Following, the chapters communicate necessary steps for gardeners to overcome the "brown thumb complex" and become transformed into a green thumbed steward. Each lesson throughout the book is accompanied by both anecdotal experiences of friends and experiments from the garden at Horizon Herbs. Subjects include creating live soil, composting, and building a greenhouse, shadehouse and tortuga (a raised bed technique designed after the turtle). The book covers the scope of the entire journey from sowing seeds to harvesting plants, while interrelating the natural cycles and seasons. It breaks down these processes into simple steps, and lays the information out in a down to earth way for gardeners of all backgrounds and experiences. 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.

A Novel

Plants Go to War

Making Plant Medicine

The Cabaret of Plants: Forty Thousand Years of Plant Life and the Human Imagination

The Art and Practice of Healing with Plant Medicines

A Guide for Cultivating Plants That Heal

Origins

All you need to know about herbs, nutrients, and yoga for enhancing mental health. Many physicians and therapists agree that herbs and mind-body practices enhance health, but many more are reluctant to integrate them into their clinical work because of a lack of training or, given how long it takes to master the use of hundreds of different herbs, a lack of time. But the trend is clear: clients and consumers alike want control over their health care choices, making the time ripe for a practical resource that guides both the clinician and the consumer on complementary and alternative medicine

(CAM). This book answers that call. Three noted experts in integrative medicine, Drs. Brown, Gerbarg, and Muskin, demystify the complexities of alternative mental health care, giving readers a comprehensive yet accessible guidebook to the best treatment options out there. From mood, memory, and anxiety disorders to ADD, sexual enhancement issues, psychotic disorders, and substance abuse, every chapter covers a major diagnostic category. The authors then present a range of complementary and alternative treatments-including the use of herbs, nutrients, vitamins, nootropics, hormones, and mind-body practices- that they have found to be beneficial for various conditions within each category. For example, B complex vitamins and folate have been shown to help with depression; omega-3 fatty acids can offer relief for bipolar sufferers; coherent and resonant breathing techniques-used by Buddhist monks-induce healthy alpha rhythms in the brain to relieve anxiety; the elderly can boost their memory by taking the ancient medicinal herb *Rhodiola rosea*; and those with chronic fatigue syndrome can find comfort in acupuncture and yoga. Focusing on evidence-based approaches, the research, the authors' clinical experience, and the potential risks and benefits of each treatment are carefully examined. Brown, Gerbarg, and Muskin have distilled an otherwise daunting field of treatment down to its basics: their overriding approach is to present the CAM methods that are most practical in a clinical setting, easy to administer, and low in side effects. With helpful summary tables at the end of each chapter, clinical pearls, and case vignettes interspersed throughout, this is a must-have resource for all clinicians and consumers who want the best that alternative medicine has to offer.

Designed to provide readers with a full appreciation of the wonderful world of horticultural science, the Second Edition of *INTRODUCTION TO HORTICULTURAL SCIENCE* covers everything the reader needs to know in a comprehensive format that is easy to understand. Coverage includes critical topics such as fundamental concepts, cutting edge research, careers in horticulture, the relationship between horticulture and the environment, classification of plants, and plant anatomy. Readers are also introduced to key concepts such as plant propagation, media, nutrients and fertilizers, plants and the environment, plant growth regulators, post harvest physiology and pest management, greenhouse structures, nursery site selection, development and facilities, producing nursery crops, and floral design. Through enhanced visual aids and the inclusion of recent trends in the field, the second edition has been designed to peak reader interest and improve reader understanding. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

This updated edition of *The Village Herbalist* provides a complete guide to the art and practice of herbalism, as well as an introduction to the herbalist's role in family and community life. Inspirational profiles of practicing herbalists from across the country add a human touch to the authors' wealth of practical herbal knowledge. *The Herbalist's Way* includes time-honored

healing wisdom from many cultures, as well as information on: • Roles and responsibilities of herbalists in their communities • Herbal workshops, conferences, and education centers • Growing, drying, and preparing medicinal herbs • Learning to listen to clients and recommend holistic treatments for healing and continued wellness • Licensing, marketing, and other legal and business issues facing modern herbalists • Comprehensive resources and suggestions for building your herbal library

Explores the potential of psychedelics as medicine and the intersections of politics, science, and psychedelics • Explores the tumultuous history of psychedelic research, the efforts to restore psychedelic therapies, and the links between psychiatric drugs and mental illness • Offers non-technical summaries of the most recent, double-blind, placebo-controlled studies with MDMA, psilocybin, LSD, and ayahuasca • Includes the work of Rick Doblin, Stanislav Grof, James Fadiman, Julie Holland, Dennis McKenna, David Nichols, Charles Grob, Phil Wolfson, Michael and Annie Mithoefer, Roland Griffiths, Katherine MacLean, and Robert Whitaker Embracing the revival of psychedelic research and the discovery of new therapeutic uses, clinical psychologist Dr. Richard Louis Miller discusses what is happening today in psychedelic medicine--and what will happen in the future--with top researchers and thinkers in this field, including Rick Doblin, Stanislav Grof, James Fadiman, Julie Holland, Dennis McKenna, David Nichols, Charles Grob, Phil Wolfson, Michael and Annie Mithoefer, Roland Griffiths, Katherine MacLean, and Robert Whitaker. Dr. Miller and his contributors cover the tumultuous history of early psychedelic research brought to a halt 50 years ago by the U.S. government as well as offering non-technical summaries of the most recent studies with MDMA, psilocybin, LSD, and ayahuasca. They explore the biochemistry of consciousness and the use of psychedelics for self-discovery and healing. They discuss the use of psilocybin for releasing fear in the terminally ill and the potential for MDMA-assisted psychotherapy in the treatment of PTSD. They examine Dr. Charles Grob's research on the indigenous use and therapeutic properties of ayahuasca and Dr. Gabor Mate's attempt to transport this plant medicine to a clinical setting with the help of Canada's Department of National Health. Dr. Miller and his contributors explore the ongoing efforts to restore psychedelic therapies to the health field, the growing threat of overmedication by the pharmaceutical industry, and the links between psychiatric drugs and mental illness. They also discuss the newly shifting political climate and the push for new research, offering hope for an end to the War on Drugs and a potential renaissance of research into psychedelic medicines around the world.

Herbal Medicine

Medicine and Capitalism in America

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

The New Science of How Your Body Can Heal Itself

A Botanical History of World War II

China Bayles' Book of Days

Herbal Goddess

From Sassafras to Dandelions to Wild Onions and Garlic, readers will enjoy the flavors of the Sunshine State in an all new way with this helpful book. Florida is filled with an abundance of native plants with roots, stems, leaves, flowers, fruit, and seeds that can provide tasty and nutritious food for people. Salads, teas, soups, and even breads can be made from flora that grows wild and can be foraged throughout the year. This guide offers identification tips, recipes, and other useful information for foragers interested in venturing out to sample the bounty of the land. Clear pen-and-ink illustrations aid in identification of leaf, fruit, and root shapes—key to harvesting the delicious and interesting plants that can be found throughout the state.

A cross-cultural analysis of the diverse meanings of healing that shows how contemporary alternative healing techniques are reinterpretations of methods used throughout time

As the first botanical history of World War II, *Plants Go to War* examines military history from the perspective of plant science. From victory gardens to drugs, timber, rubber, and fibers, plants supplied materials with key roles in victory. Vegetables provided the wartime diet both in North America and Europe, where vitamin-rich carrots, cabbages, and potatoes nourished millions. Chicle and cacao provided the chewing gum and chocolate bars in military rations. In England and Germany, herbs replaced pharmaceutical drugs; feverbark was in demand to treat malaria, and penicillin culture used a growth medium made from corn. Rubber was needed for gas masks and barrage balloons, while cotton and hemp provided clothing, canvas, and rope. Timber was used to manufacture Mosquito bombers, and wood gasification and coal replaced petroleum in European vehicles. Lebensraum, the Nazi desire for agricultural land, drove Germans eastward; troops weaponized conifers with shell bursts that caused splintering. Ironically, the Nazis condemned non-native plants, but adopted useful Asian soybeans and Mediterranean herbs. Jungle warfare and camouflage required botanical knowledge, and survival manuals detailed edible plants on Pacific islands. Botanical gardens relocated valuable specimens to safe areas, and while remote locations provided opportunities for field botany, Trees surviving in Hiroshima and Nagasaki live as a symbol of rebirth after vast destruction.

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.

365 Celebrations of the Mystery, Myth, and Magic of Herbs from the World of Pecan

Springs

Reclaiming Our Health

Richard Wagner

The Herbalist's Way

The Herb and Spice Companion

The Organic Medicinal Herb Farmer

Miracle Medicine Herbs

Working with 12 common herbs, Amy Jirsa offers recipes and ideas to open your mind, strengthen your body, and nourish your spirit. In-depth profiles show you how to unlock the powerful properties of calendula, chamomile, cinnamon, dandelion, echinacea, elder, ginger, holy basil, lavender, nettle, rose, and turmeric through delicious teas and foods, luxurious salves, skin and hair care treatments, complementary yoga poses, and meditations. Discover the natural keys to radiant health and wellness.

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. A new approach to growing local medicine, including information on geo-authenticity, wildcrafting, and developing a good business plan Both a business guide and a farming manual, The Organic Medicinal Herb Farmer will teach readers how to successfully grow and market organic medicinal Western herbs. Whether you're trying to farm medicinal plants, culinary herbs, or at-risk native herbs exclusively or simply add herbal crops to what you're already growing, successful small-scale herb farmers Jeff and Melanie Carpenter will guide you through the entire process—from cultivation to creating value-added products. Using their Zack Woods Herb Farm in Vermont as a backdrop, the Carpenters cover all the basic practical information farmers need to know to get an organic herb farm up and running, including: • Size and scale considerations; • Layout and design of the farm and facilities; • Growing and cultivation information, including types of tools; • Field and bed prep; • Plant propagation; • Weed control, and pests and diseases; • Harvesting, as well as wild harvesting and the concept of geo-authentic botanicals; • Postharvest processing; and, • Value-added products and marketing. The authors also provide fifty detailed plant profiles, going deeper into the herbs every farmer should consider growing. In an easy-to-understand, practical, and comprehensive manner, readers will learn how to focus on quality over quantity, and keep costs down by innovating with existing

equipment, rather than expensive technology. Market farmers who have never before considered growing medicinal herbs will learn why it's more important to produce these herbs domestically. The Organic Medicinal Herb Farmer makes a convincing case that producing organic medicinal herbs can be a viable, profitable, farming enterprise. The Carpenters also make the case for incorporating medicinal herbs into existing operations, as it can help increase revenue in the form of value-added products, not to mention improve the ecological health of farmland by encouraging biodiversity as a path toward greater soil health.

Over 350 full-color illustrations. Here is the essential guide to using herbs and spices to improve health and well-being. The use of herbs for the promotion of health can be traced back to the ancient Greeks. Today, interest in herbal extracts continues to grow as people constantly seek new and safer ways to treat everyday illnesses. This book guides the reader through all aspects of herbs, including their history; how to grow, harvest, and dry them; and their preparation for medicinal use. Filled with full-color identification photographs, this volume contains an extensive directory of more than 50 spices, including such culinary classics as turmeric, saffron, and coriander. Each entry gives the essential properties of the spice, as well as its medicinal and culinary uses where appropriate.

The Healing Powers of LSD, MDMA, Psilocybin, and Ayahuasca

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

Proceedings of the Botany 2011 Symposium Honoring Dr. Richard E. Schultes

Planet Medicine

A simple prescription for a healthier you (Includes delicious recipes to transform your health)

Backyard Medicine

Biomolecular and Clinical Aspects, Second Edition

A First Nations man helps his estranged father find a place to die in this novel by the award-winning author of One Drum and Indian Horse. "Richard Wagamese is a born storyteller."—Louise Erdrich When Franklin Starlight is called to visit his father, he has mixed emotions. Raised by the old man he was entrusted to soon after his birth, Frank is haunted by the brief and troubling moments he has shared with his father, Eldon. When he finally travels by horseback to town, he finds Eldon on the edge of death, decimated from years of drinking. The two undertake a difficult journey into the mountainous backcountry, in search of a place for Eldon to die and be buried in the warrior way. As they travel, Eldon tells his son the story of his own life—from an impoverished childhood to combat in the Korean War and his shell-shocked return. Through the fog of pain, Eldon relates to his son these desolate moments, as well as his life's fleeting but nonetheless crucial moments of happiness and hope, the sacrifices made in the name of love. And in telling his story, Eldon offers his son a world the boy has never seen, a history he has never known. "Deeply felt and profoundly moving...written in the kind of sure, clear prose that brings to mind the work of the great North American masters; Steinbeck among them."—Jane Urquhart, award-winning author of The Night Stages "A novel about the role of stories in our lives, those we tell ourselves about ourselves and those we agree to live by."—Globe and Mail In this indispensable new resource both for the home apothecary and clinical

practitioners, a celebrated 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 A deep appreciation of the wisdom of indigenous peoples, which is the foundation of sacred plant traditions 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 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.

All modern artists have had to market themselves in some way. Richard Wagner may just have done it better than anyone else. In a self-promotional effort that began around 1840 in Paris, and lasted for the remainder of his career, Wagner claimed convincingly that he was the most German composer ever and the true successor of Beethoven. More significantly, he was an opera composer who declared that he was not composing operas. Instead, during the 1850s, he mapped out a new direction, conceiving of works that would break with tradition and be literally 'brand new'. This is the first study to examine the innovative ways in which Wagner made himself a celebrity, promoting himself using every means available: autobiography, journal articles, short stories, newspaper announcements, letters, even his operas themselves. Vazsonyi reveals how Wagner created a niche for his works in the crowded opera market that continues to be unique.

How to Use Herbs, Nutrients, and Yoga in Mental Health Care

Eat to Beat Disease

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

A Guide to African American Wellness

Florida's Incredible Wild Edibles