

## The Way Of Herbs Michael Tierra

With over 75 nourishing recipes and herbal remedies, this cookbook and seasonal guide to wellness pays homage to the ancient wisdom of the elements. Turn your kitchen into a healing sanctuary! This cookbook will help you identify your unique constitution based on the five elements—earth, water, fire, wind, and ether. Use that insight to design an everyday wellness practice with nourishing meals, healing herbs, and self-care rituals. Tapping into these elements is at the heart of all traditional medicines—Ayurveda, Western Herbalism, and Chinese Medicine—and it is the key to discovering your most vibrant self. Discover the power of herbalism and the elements to feel balanced and well from season-to-season. With simple spices and healing herbs, you ’ll feel confident creating remedies that support mental clarity, enhanced digestion, a relaxed nervous system, and promote an overall radiance. From cleansing tonics like Roasted Dandelion Chai or Hibiscus Punch with Schisandra Salt to rejuvenating classics like Kitchari with Golden Ghee or Tumeric Congee, you’ll find transformative recipes and uses for adaptogenic herbs to restore and find balance every day.

If you’re looking for a more esoteric herbal book in the past, *Healing with the Herbs of Life* offers clear and concise explanations of how and why herbs heal. It also provides step-by-step instructions for creating your own herbal remedies, therapeutic approaches you can use at home, and easy-to-follow guidelines for gathering, preparing, purchasing, and storing herbs. Previously published as *The Herbs of Life*, this completely revised and updated edition synthesizes the great herbal traditions of China and India with Western herbology to form a new kind of planetary herbal. • Features a new chapter on treating specific conditions, expanded chapters in Materia Medica and the energy of food, and revised chapters on living with the seasons and home therapies. • With new information on herbal safety and drug/herb interactions. • The previous edition, *The Herbs of Life*, sold 45,000 copies.

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

304 color pages, paperback, improved print quality, and a lot more plant identification detailsThis unique book is written by Dr. Nicole Apelian, an herbalist with over 20 years of experience working with plants, and Claude Davis, a wild west expert passionate about the lost remedies and wild edibles that kept previous generations alive.The Lost Book of Herbal Remedies has color pictures of over 181 healing plants, lichens, and mushrooms of North America (2-4 pictures/plant for easy identification). Inside, you'll also discover 550 powerful natural remedies made from them for every one of your daily needs. Many of these remedies had been used by our forefathers for hundreds of years, while others come from Dr. Nicole's extensive natural practice.This book was made for people with no prior plant knowledge who are looking for alternative ways to help themselves or their families.This lost knowledge goes against the grain of mainstream medicine and avoids just dealing with symptoms. Instead, it targets the underlying root cause and strengthens your body's natural ability to repair itself. With the medicinal herbal reference guide included, it's very easy to look up your own condition and see exactly which herbs and remedies can help.Let me just offer you a small glimpse of what you'll find inside.On page 145 learn how to make a powerful "relieving" extract using a common backyard weed. This plant acts directly on the central nervous system to help with all kinds of pain and discomfort.You'll also discover the most effective natural antibiotic that still grows in most American backyards (page 150).Turn to page 43 for the natural protocol Dr. Nicole is recommending for a wide range of auto-immune conditions, after falling prey to MS herself at age 29.1 could go on and on because this book contains no less than 800+ other medicinal plants and natural remedies.

Their Medicinal and Culinary Uses

The Way of Herbs

Rainforest Remedies

Medicinal Plants of the Desert and Canyon West

The Complete Illustrated Holistic Herbal

American Herbal Products Association’s Botanical Safety Handbook, Second Edition

A Guide to African American Wellness

***The instant New York Times bestseller | A Washington Post Notable Book | One of NPR’s Best Books of the Year “Expert storytelling . . . [Pollan] masterfully elevates a series of big questions about drugs, plants and humans that are likely to leave readers thinking in new ways.” --New York Times Book Review From #1 New York Times bestselling author Michael Pollan, a radical challenge to how we think about drugs, and an exploration into the powerful human attraction to psychoactive plants—and the equally powerful taboos. Of all the things humans rely on plants for—sustenance, beauty, medicine, fragrance, flavor, fiber—surely the most curious is our use of them to change consciousness: to stimulate or calm, fiddle with or completely alter, the qualities of our mental experience. Take coffee and tea: People around the world rely on caffeine to sharpen their minds. But we do not usually think of caffeine as a drug, or our daily use as an addiction, because it is legal and socially acceptable. So, then, what is a “drug”? And why, for example, is making tea from the leaves of a tea plant acceptable, but making tea from a seed head of an opium poppy a federal crime? In This Is Your Mind on Plants, Michael Pollan dives deep into three plant drugs—opium, caffeine, and mescaline—and throws the fundamental strangeness, and arbitrariness, of our thinking about them into sharp relief. Exploring and participating in the cultures that have grown up around these drugs while consuming (or, in the case of caffeine, trying not to consume) them, Pollan reckons with the powerful human attraction to psychoactive plants. Why do we go to such great lengths to seek these shifts in consciousness, and then why do we fence that universal desire with laws and customs and fraught feelings? In this unique blend of history, science, and memoir, as well as participatory journalism, Pollan examines and experiences these plants from several very different angles and contexts, and shines a fresh light on a subject that is all too often treated reductively—as a drug, whether licit or illicit. But that is one of the least interesting things you can say about these plants, Pollan shows, for when we take them into our bodies and let them change our minds, we are engaging with nature in one of the most profound ways we can. Based in part on an essay published almost twenty-five years ago, this groundbreaking and singular consideration of psychoactive plants, and our attraction to them through time, holds up a mirror to our fundamental human needs and aspirations, the operations of our minds, and our entanglement with the natural world.***

*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*

*This Materia Medica and Herbal Reference has been organized and developed to make Chinese herbology accessible to the Western reader or practitioner. The book also includes extensive use of Chinese herbal formulae and specific treatment of disease conditions. There are a number of useful index listings including Latin name, Chinese name, Chinese herbal formulae and a general index.*

*This deck is designed to integrate the healing properties of traditional herbs with the symbolism of tarot. On each card, a different herb is pictured and identified.*

*The Art and Practice of Healing with Plant Medicines*

*Healing with the Herbs of Life*

*Everyday Herbalism and Recipes for Radical Wellness*

*The Book of Herbal Wisdom*

*The Healing Herbs*

*The Way of Chinese Herbs*

*A Guide to the Herbal Tarot*

“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.”

A unique hands-on guide introduces the history of the religious and spiritual use of herbs in many faith traditions, providing informative ways to use herbs for healing one’s physical and spiritual self. Reissue.

Expert herbalist Maria No 8 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.

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 For  t, 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!

Using Plants as Medicines

Everyday Herbs in Spiritual Life

The Ultimate Guide to the Curative Power of Nature’s Medicines

The How to Herb Book

Herbal Medicine

Herbal Tarot Deck

Treating Cancer with Herbs

With the new contribution of Dr. Volker Fintelmann, Weiss's classic text on Herbal Medicine has been expanded and refocused to meet the needs of practicing physicians, residents, students, and other clinicians. Arranged by organ system, the book's clear structure and scientific orientation make the topic of herbal medicine accessible to even the most traditional medical doctor. You will benefit from the newest research, clinical studies, and the pivotal findings of the German Commission E on the efficacy of herbs. Special features include: In-depth coverage of the state-of-the-art of phytotherapy Key prescription information highlighted in each chapter Superb color photographs throughout the text Two new quick reference sections that maximize your access to the material-- by herbs and the disorder they are used for, and by disorder and the herbs used in its treatment Volker Fintelmann, MD is a licensed doctor of internal medicine and gastroenterology. Former Chairman of the German Commission E, his work focuses on the practical and methodological development of herbal medicine. Rudolf Fritz Weiss, MD (1895–1991), author of the first edition of HERBAL MEDICINE is highly regarded as the founding father of modern German phytotherapy. He studied botany and medicine at the University of Berlin, qualifying as a doctor in 1922 and subsequently taking additional qualifications in internal medicine. A teaching post in herbal medicine was interrupted by war service as an army doctor, followed by seven years in Russian captivity as a doctor in prisoner-of-war camp hospitals. After retiring from clinical practice in 1961, he devoted his life to the scientific development and acceptance of herbal medicine. Weiss was appointed as a member of the German Commission E in 1978. He was founder and editor of the ZEITSCHRIFT FUER PHYTOTHERAPIE, and lectured on current advances in the subject at the University of Tuebingen.

The newly revised and updated reference guide to herbal medicine offers readers sound advice on how to use more than one hundred popular plants for healing purposes, with detailed profiles of each herb and information on safety precautions, dosage recommendations, therapeutic uses, and more. Reprint.

A field guide, reference on home remedies, and treatise on the applications of herbal medicine.

Profiles one hundred of the most frequently used medicinal plants, tracing their history, folklore, and healing properties and offering an accessible A-to-Z encyclopedia that lists remedies for common ailments. Reprint.

The Spirit of Herbs

Transform Everyday Ingredients into Foods and Remedies That Heal

The Essential Guide to More Than 130 of Nature's Most Potent Herbal Remedies

The Healing Power of Plant Medicine

The Poison Path Herbal

This Is Your Mind on Plants

A Kid's Herb Book

• Explains how to work with beneficial herbs through rituals and spells, as plant spirit familiars, as potent medicines, and as visionary substances • Details the spiritual, alchemical, astrological, and symbolic associations of each plant, its active alkaloids, how to safely cultivate and harvest it, and rituals and spells suited to its individual nature and powers • Shares plant alchemy methods, magical techniques, and recipes featuring the plants, including a modern witches' flying ointment Part grimoire and part herbal formulary, this guide to the Poison Path of occult herbalism shares history, lore, and practical information regarding the use of poisonous, consciousness-altering, and magical plants. Author Coby Michael explains how, despite their poisonous nature, when approached with respect and reverence, beneficial herbs can become powerful plant allies, offering potent medicine, magical wisdom, and access to altered states and the spirit realm. Detailing the spiritual, alchemical, astrological, and symbolic associations of each plant, the author explores their magical uses in spells and rituals throughout history as well as their active alkaloids. He focuses primarily on the Nightshade family, or Solanaceae, such as Mandrake, Henbane, and Thornapple, yet also explores beneficial plants from other families such as Wolfsbane, Hemlock, and Hellebore. He also examines plants in the witch's pharmacopeia that are safer to work with but just as chemically active, such as Wormwood, Mugwort, and Yarrow. The author shares rituals suited to the individual nature and powers of each plant and explains how to attract and work with plant spirit familiars. He offers plant alchemy methods for crafting spagyric tinctures and magical techniques to facilitate working with these plants as allies and teachers. He shares magical recipes featuring the plants, including a modern witches' flying ointment. He also explores safely cultivating beneficial herbs in a poison garden. Revealing the magical secrets of the Poison Path, Coby Michael shows that although these plants can be deadly in nature, they are also wise spiritual teachers who can provide us with profound healing and bring us closer to the natural world.

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.

A major work integrating the herbal traditions of the East with those of the West by the bestselling author of *The Way of Herbs*. This practical handbook and reference guide is a landmark publication in this field. For unprecedented usefulness in practical applications, the author provides a comprehensive listing of the more than 400 medicinal herbs available in the west, classified according to their chemical constituents, properties and actions, indicated uses and suggested dosages.

Michael Moore, renowned herbalist, teacher, and author of several medical plant books, presents a one-of-a-kind guide to over three hundred species of plants geographically ranging from Baja California to Alaska. This uniquely attractive book educates the reader to both native and introduced species within this region. With over eighty line drawings, forty-four color photographs, maps, and a glossary, this book contains clear and reliable information on identification and safe use of the plants; appearance, habitats, collecting methods, and storage; therapeutic uses, constituents, and preparations; potential toxicities and medical contraindications; and tea-making, tincturing, and salve making.

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

Medicinal Plants of the Pacific West

Traditional Herbal Remedies of the Southwest

A Guide to Many Practices

Biomolecular and Clinical Aspects, Second Edition

33 Healing Herbs to Know, Grow, and Use

Let's Remedy the Situation

*Straight from nature's medicine cabinet, the latest herbal discoveries that cure hundreds of ailments, herbal healing is both safer and more cost effective. In the fourth edition of The New Healing Herbs, you get access to the latest, most up-to-date information about herbal remedies for cures to nausea, the common cold, diabetes, cancer, allergies, back pain, and more. This new edition includes five new herbs, the result of author Michael Castleman's endless research and dedication to holistic healing. Taking a folklore-meets-science approach, you'll also explore the rich history of herbal medicine traditions. Featuring 135 of the most widely used medicinal herbs, including cannabis, The New Healing Herbs shows you which herbal remedy to take for each condition, how it's taken, what interactions to watch for, and where to buy the featured herb. The easy-to-use Cure Finder organizes herbs by health condition, healing actions, and alternative uses, guiding you to the right herbal remedy for your ailment. With The New Healing Herbs, you'll find nature's remedy for health, vibrancy, and happiness.*

*Timely book on rainforest herbology and traditional healing. Authors work with Central American healers to compile herbal lore.*

*Discusses the practice and theory of Chinese medicine while exploring the use and preparation of herbs for common health problems and food therapies to raise or lower body metabolism*

*A wealth of information about herbal remedies native to the Southwest, infused with wisdom, wit, and personal reminiscences.*

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

*The Lost Book of Herbal Remedies*

*Hundreds of Herbal Remedies, Therapies, and Preparations*

*Herbs for Common Ailments*

*One Hundred Healing Herbs of Betic*

*The Way of Ayurvedic Herbs*

*The Kosmic Kitchen Cookbook*

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

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

Hailed as a "classic" by leading herbalist Rosemary Gladstar, this botanical compendium provides a wide-ranging history of herbalism and useful guidance for healing with herbs. Matthew Wood is one of the United States' most renowned herbalists and the author of *Seven Herbs: Plants as Healers*, a watershed book in teaching herbal healing as a part of total wellness. With *The Book of Herbal Wisdom*, he continues and expands this work, creating a must-read guide for anyone who works in the natural health field or is interested in self-healing with herbs. Wood carefully weaves traditional, drawing on Western botanical knowledge, homeopathy, Traditional Chinese medicine, and Native American shamanic botany. Detailing the history and use of more than forty plants, he shows how each tradition views a plant, as well as its use in cases drawn from his own herbal and homeopathic practice. An initial section describes signatures, similar, and patterns in these traditions, and elements, temperaments, and constitutions. Wood has two objectives: to demonstrate how herbal medicines are agents of healing and wisdom, and to give the reader a useful catalog of plants for medicinal uses. His clinical observations of his patients bear the wry wisdom of the country doctor; his love of plants is evident in lush botanical descriptions, which show the connection between remedies—whether homeopathic, Chinese, or Native American—and the plants from which they are derived. An introduction to centuries of lore about healing from indigenous traditions, *The Book of Herbal Wisdom* integrates and describes North American Indian medicine, homeopathy, Traditional Chinese Medicine, and Western herbalism like no other contemporary botanical compendium.

A complete systematic approach to treating cancer from a holistic perspective.

Volume 2, Materia Medica and Herbal Resource

Reclaiming Our Health

A Safe and Practical Guide to Making and Using Herbal Remedies

The Most Complete Guide to Natural Healing and Health with Traditional Ayurvedic Herbalism

Medicinal Plants of the Mountain West

Herbs for the Urinary Tract

The Illustrated Book of Herbs

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

'The Herbal Tarot' deck was created by Michael Tierra and designed by Candice Cantin. Each card features a different herb identified by name.

Craft a soothing aloe lotion after an encounter with poison ivy, make a dandelion-burdock tincture to fix sluggish digestion, and brew up some lavender-lemon balm tea to ease a stressful day. In this introductory guide, Rosemary Gladstar shows you how easy it can be to make your own herbal remedies for life's common ailments. Gladstar profiles 33 common healing plants and includes advice on growing, harvesting, preparing, and using herbs in healing tinctures, oils, and creams. Stock your medicine cabinet full of all-natural, low-cost herbal preparations.

This classic work on medicinal herbs of the Western uplands is an authoritative presentation of more than 100 species. Unsurpassed as a field guide for its authoritative information on collection and medicinal preparation. Focuses on the plant life of rocky and arid lands of the West, and includes detailed information on the preparation and use of these vital herbs.

Baneful Herbs, Medicinal Nightshades, and Ritual Entheogens

Chinese Traditional Herbal Medicine

How to Make and Use Herbal Remedies for Home Health Care. A Storey BASICS® Title

Alchemy of Herbs

Los Remedios

An Integrative Approach

The Way of Herbs

Popular medicine.

Fully revised and updated by Michael Tierra – one of the nation's leading authorities on natural treatments for healthful living The Natural Remedy Bible will help you work with nature to restore and maintain the gift of good health -- naturally. In this comprehensive, easy-to-use guide you'll find:
• An alphabetical listing of over 200 common illnesses, fully defined and described with symptoms and causes
• Prescribed natural methods of treatment, including herbal remedies, water therapy, exercise, vitamins, and nutritional foods for successful healing
• Step-by-step instructions for proper methods of application, from baths and herbal additives to compresses and facial packs
• A complete dictionary of resources: food, herbs, even health and beauty aids...and much more in this invaluable reference that makes healing a natural, harmonious process -- and puts you on the path toward lifelong well-being.

Michael Moore fuses the holistic and the scientific to show how to identify and deal with problems concerning the urinary tract. Diet, stress and constitution can all be contributing factors to many difficulties. Remedies are drawn from diet and lifestyle changes, and from safe, simple herbal teas.

The New Age Herbalist

The Natural Remedy Bible

The Classic Guide to Nature's Best Medicines Featuring the Top 100 Time-tested Herbs

How to Create a Customized Herb Garden to Support Your Health and Well-Being

Fully Updated --with the Latest Developments in Herbal Science

Planetary Herbology

Grow Your Own Herbal Remedies

*Fully updated with the latest developments in herbal science, this book provides an essential guide to gaining and maintaining good health through a holistic approach. Copyright © Libri GmbH. All rights reserved.*

*Access to accurate, evidence-based, and clinically relevant information is essential to anyone who uses or recommends herbal products. With input from some of the most respected experts in herbal and integrative medicine, this completely revised edition of the American Herbal Products Association’s Botanical Safety Handbook reviews both traditional knowledge and contemporary research on herbs to provide an authoritative resource on botanical safety. The book covers more than 500 species of herbs and provides a holistic understanding of safety through data compiled from clinical trials, pharmacological and toxicological studies, medical case reports, and historical texts. For each species, a brief safety summary is provided for quick reference, along with a detailed review of the literature. Easily understood classification systems are used to indicate the safety of each listed species and the potential for the species to interact with drugs. Enhancements to the Second Edition include: Classification of each herb with both a safety rating and a drug interaction rating More references listed for each individual herb, vetted for accuracy Specific information on adverse events reported in clinical trials or case reports Safety-related pharmacology and pharmacokinetics of each herb, including drug interactions Additional information on the use of herbs by pregnant or lactating women Toxicological studies and data on toxic compounds Representing the core of the botanical trade and comprising the finest growers, processors, manufacturers, and marketers of herbal products, the mission of the AHPA is to promote the responsible commerce of herbal products. The American Herbal Products Association Botanical Safety Handbook, Second Edition ensures that this vision is realized. The book will be a valuable reference for product manufacturers, healthcare practitioners, regulatory agencies, researchers, and consumers of herbal products.*

