
Access Free The Practice Of Traditional Western Herbalism Basic Doctrine Energetics And Classification Matthew Wood

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KEY=CLASSIFICATION - HOOD JOSEPH

THE PRACTICE OF TRADITIONAL WESTERN HERBALISM

BASIC DOCTRINE, ENERGETICS, AND CLASSIFICATION

[North Atlantic Books](#) *The Practice of Traditional Western Herbalism places the function of western herbs in their true historical context, apart from homeopathy, traditional Chinese medicine, and Ayurveda. Recently there has been a revival of interest in western herbalism, but practitioners haven't been able to explore its benefits due to a void of information on the topic—the system of medicine the herbs fit into had all but disappeared. To remedy the situation, herbalist Matthew Wood has researched the old-time practices and reconstructed them for modern use. In resuscitating western herbal medicine and bringing it up to date, he gives his readers a powerful tool for holistic theory and treatment. Wood makes the point that plant medicines, because they are made from a broad range of chemical components, are naturally suited for the treatment of general patterns in the body. He argues against the biomedical model of standardization, in which herbs are refined and advertised as if they were drugs suited to an exact disease or condition.*

VITALISM

THE HISTORY OF HERBALISM, HOMEOPATHY, AND FLOWER ESSENCES

[North Atlantic Books](#) *Vitalism, the recognition that the physical body is animated by a vital life force, is the foundation of most natural healing therapies. The forefathers of alternative medicine discovered methods of healing the body by stimulating this life force. In Vitalism: The History of Herbalism, Homeopathy, and Flower Essences, Matthew Wood describes the theories, lives, and work of nine great physicians who laid the groundwork for natural medicine.*

TRADITIONAL WESTERN HERBALISM AND PULSE EVALUATION: A CONVERSATION

[Lulu.com](#) *Pulse Evaluation is a pacesetter in the field of herbal and holistic medicine. It sheds new light on herbalism, holistic evaluation, and the age-old art of pulse-reading. "This is a monumental work, and an amazing contribution to our literature. I am always and adamantly of the mind that one's personal experience is of paramount importance, so there was a lot that I would not dream of contesting in your work. As you rightly state, nothing means anything divorced from the context of the patient's whole gestalt. There are many qualities you describe that I will be looking for in the future, or have felt and will reconsider the interpretation. Time will confirm or correct the three of you as the conversation unfolds. I am very pleased to meet Dr. Floyer and invite others to do the same." Brandt Stickley, L. Ac. Assistant Professor of Classical Chinese Medicine, National College of Naturopathic Medicine*

THE BOOK OF HERBAL WISDOM

USING PLANTS AS MEDICINES

[North Atlantic Books](#) *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 study, creating a must-read guide for anyone who works in the natural health field or is interested in self-healing with herbs. Wood creates a vast and sweeping history of herbalism, 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.*

THE EARTHWISE HERBAL, VOLUME I

A COMPLETE GUIDE TO OLD WORLD MEDICINAL PLANTS

[North Atlantic Books](#) *Noted herbalist Matthew Wood brings twenty-five years of clinical experience to this comprehensive book on medicinal plants. The first in a two-volume set, The Earthwise Herbal profiles Old World plants (volume two will treat American plants). Organized alphabetically, the book encompasses all of the major—and many of the secondary—herbs of traditional and modern Western herbalism. Author Wood describes characteristic symptoms and conditions in which each plant has proved useful in the clinic, often illustrated with appropriate case histories. In addition, he takes a historical view based on his extensive study of ancient and traditional herbal literature. Written in an easy, engaging, non-technical style, The Earthwise Herbal offers insight into the "logic" of the plant: how it works, in what areas of the body it works, how it has been used in the past, what its pharmacological constituents indicate about its use, and how all these different factors hang together to produce a portrait of the plant as a whole entity. Ideal for beginners, serious students, or advanced practitioners, The Earthwise Herbal is also useful for homeopaths and flower essence practitioners as it bridges these fields in its treatment of herbal medicines.*

THE EARTHWISE HERBAL, VOLUME II

A COMPLETE GUIDE TO NEW WORLD MEDICINAL PLANTS

[North Atlantic Books](#) *Noted herbalist Matthew Wood brings twenty-five years of clinical experience to this comprehensive book on medicinal plants. The first in a two-volume set, The Earthwise Herbal profiles Old World plants (volume two will treat American plants). Organized alphabetically, the book encompasses all of the major—and many of the secondary—herbs of traditional and modern Western herbalism. Author Wood describes characteristic symptoms and conditions in which each plant has proved useful in the clinic, often illustrated with appropriate case histories. In addition, he takes a historical view based on his extensive study of ancient and traditional herbal literature. Written in an easy, engaging, non-technical style, The Earthwise Herbal offers insight into the "logic" of the plant: how it works, in what areas of the body it works, how it has been used in the past, what its pharmacological constituents indicate about its use, and how all these different factors hang together to produce a portrait of the plant as a whole entity. Ideal for beginners, serious students, or advanced practitioners, The Earthwise Herbal is also useful for homeopaths and flower essence practitioners as it bridges these fields in its treatment of herbal medicines.*

THE EARTHWISE HERBAL REPERTORY

THE DEFINITIVE PRACTITIONER'S GUIDE

[North Atlantic Books](#) *Internationally known herbalist Matthew Wood takes the guesswork out of the application of medicinal plants and provides an invaluable cross-reference of constitutional types, energetic categories, and specific symptoms that helps the herbalist narrow down the number of possible remedies for a specific condition. Unlike many reference books in which medicinal plants are defined simply by condition or disease name, this book contains tools to differentiate between remedies and analyze each case in a holistic fashion. While this system of cross-referencing is well known to homeopaths, it is less frequently used by herbalists; The Earthwise Herbal Repertory seeks to bridge the gap between different systems, incorporating knowledge from ancient Greek and traditional Native American medicine, nineteenth-century botanical medicine, homeopathy, and modern biomedical research. This definitive repertory proves useful for homeopaths and herbalists, professionals and home practitioners alike.*

THE WESTERN HERBAL TRADITION

2000 YEARS OF MEDICINAL PLANT KNOWLEDGE

[Singing Dragon](#) *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.*

CULPEPER'S MEDICINE

A PRACTICE OF WESTERN HOLISTIC MEDICINE NEW EDITION

Singing Dragon Drawing on the writings of Nicholas Culpeper, the 17th-century herbalist, apothecary and astrologer, this updated, accessible introduction celebrates the holistic medical traditions of the West, and places Culpeper in his appropriate context as one of the forebears of modern holistic medicine and a prophet of the NHS. An extensive new introduction to the work comments on the latest research and developments in the area. The book traces the development of the Western holistic medical tradition from its origins in the natural philosophy of Ancient Greece to the work of Culpeper himself. It describes and explains the relationship between the four elements, the four humours and the four constitutional types: sanguine, choleric, melancholic and phlegmatic, as well as explaining the functional relationships of organs and body systems. The book explores the interconnectedness of psyche (mind) and soma (body) and includes a section on herbal medicine and therapeutics with a study of 20 common herbs, dietary suggestions and uses for culinary herbs. It also provides accessible information on astrology and the importance of the horoscope for holistic patient assessment. The book looks at the holistic approach to the preservation of health and prevention of disease, with explanations of the various disease states, their humoral medical diagnosis and treatment. An authoritative insight into the expanding world of holistic medicine, this book is an indispensable resource for medical herbalists, students of herbal medicine and all those interested in Western holistic medicine and its origins.

WESTERN HERBS ACCORDING TO TRADITIONAL CHINESE MEDICINE

A PRACTITIONER'S GUIDE

Simon and Schuster The first book to exclusively use Chinese medical theories and terminology to guide practitioners of Chinese medicine in the use of Western herbs • Written entirely according to the theory, diagnosis, and treatment paradigm of traditional Chinese medicine (TCM) • Explains how to combine and modify the standard TCM formulas to non-Chinese herbs suitable for Western practitioners • Includes 58 monographs of common Western healing herbs, detailing how each plant is used clinically The ever-growing number of Chinese medicine practitioners in the West has brought about an amalgamation of many styles of Chinese medicine and various other forms of medicine from around the world. This book addresses the increasing demand for knowledge of how to integrate plants from outside the standard Chinese materia medica into the fold of Chinese medical practices in the West. It is the first in-depth guide to using Western herbs exclusively according to the theories, diagnoses, and treatments of traditional Chinese medicine that harmonizes the unique terminology and theories of TCM with other botanical medicines. The book contains 58 monographs, illustrated with full-color photographs, of herbs commonly used by Western herbalists. Each herb is grouped by the basic categorization for medicinals in Chinese medicine, such as Herbs that Resolve the Exterior and Herbs that Regulate Blood. The monographs detail the energetics, function and indication, channels entered, dosage and preparation, and contraindications of each plant. The author also explains how to use the herbs to modify standard formulas used in everyday Chinese herbal medicine, based on his own clinical experience. An appendix of Western Analogs for Chinese Herbs further highlights 40 Chinese medicinals that have related species growing in the West.

THE MAGICAL STAFF

THE VITALIST TRADITION IN WESTERN MEDICINE

ENERGETIC HERBALISM

A GUIDE TO SACRED PLANT TRADITIONS INTEGRATING ELEMENTS OF VITALISM, AYURVEDA, AND CHINESE MEDICINE

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 herbs 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.

EVOLUTIONARY HERBALISM

SCIENCE, SPIRITUALITY, AND MEDICINE FROM THE HEART OF NATURE

North Atlantic Books Weaving together herbal and medical traditions from around the world into a singular cohesive model, this groundbreaking book guides herbal practitioners to a comprehensive understanding of the practice and philosophy of healing with herbs. Sajah Popham presents an innovative approach to herbalism that considers the holistic relationship among plants, humans, and the underlying archetypal patterns in Nature. Organized in five parts moving from the microcosmic to the universal, this work explores a unique integration of clinical herbalism, Ayurveda, medical astrology, spagyric alchemy, and medical and esoteric traditions from across the world into a truly holistic system of plant medicine. A balance of the heart and the mind, the science and spirit of people and plants, *Evolutionary Herbalism* provides a holistic context for how plants can be used for transformational levels of healing for the body, spirit, and soul. For both the student herbalist and experienced practitioner, Popham's original perspectives guide readers to a more intimate, synergistic, and intuitive relationship with the plant kingdom, people, and Nature as a whole.

THE LANGUAGE OF PLANTS

A GUIDE TO THE DOCTRINE OF SIGNATURES

SteinerBooks

TRADITIONAL WESTERN HERBAL MEDICINE

AS ABOVE SO BELOW

Aeon Books Responding to the recent revival of interest in herbal medicine, Elisabeth Brooke explores the origins and history of the practice of herbalism and discusses its use in a modern context. This new book will be perfect for anyone interested in the use of herbal medicine, in particular those who have read Brooke's best-selling earlier works including *Herbal Therapy for Women*. "The thesis of this book is the interconnectedness of all nature, human and plant kingdoms, and the underlying connection of a first principle which unites everything and from which and to which everything returns. We shall go on to discuss the four elements and humours and how the planets weave these differing energies through the vegetable and animal kingdoms which show us how Spirit is expressed in the plant, in the person and in the dis-ease." - from the author

AYURVEDIC MEDICINE

THE PRINCIPLES OF TRADITIONAL PRACTICE

Singing Dragon This resource brings the unique theories and traditions of Ayurveda alive so that they are accessible to the complementary health practitioner of today. This book offers a clear, accessible and yet detailed guide to Ayurvedic herbalism. It encompasses a brief history of the growth of Ayurveda, a discussion of its fundamental principles, treatment strategies as well as the energetic approach of traditional Ayurvedic herbal pharmacy and pharmacology.

HERBAL MEDICINE

BIOMOLECULAR AND CLINICAL ASPECTS, SECOND EDITION

CRC Press 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

SCIENTIFIC VALIDATION OF HERBAL MEDICINE

McGraw-Hill Education 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.

MEDICAL HERBALISM

THE SCIENCE AND PRACTICE OF HERBAL MEDICINE

Simon and Schuster 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.

SEVEN HERBS

PLANTS AS TEACHERS

North Atlantic Books This book provides a skilled and knowledgeable exploration into the uses of 7 herbs by a master herbalist. This book would be useful to students and practitioners of herbalism, homeopathy, and flower essences, as the information can be utilized across these disciplines. The book clearly explains when and how to use these remedies and gives ample case studies from author's personal experience that further assist the reader in forming a clear picture of the signature of the herbs described.

HERBAL MEDICINE

TRENDS AND TRADITIONS : A COMPREHENSIVE SOURCEBOOK ON THE PREPARATION AND USE OF MEDICINAL PLANTS

Describes more than one hundred of the most popular herbal medicines and discusses the medicinal use, chemistry, collection, preparation technique, dosage, and cautions for each plant.

TRADITIONAL AND COMPLEMENTARY MEDICINE

BoD - Books on Demand Modern medicine has reached a point where the patient is not treated as a biopsychosocial-spiritual being but rather is seen as a virtual identity consisting of laboratory findings and images. More focus is placed on relieving the symptoms instead of curing the disease. Mostly, patients are turned into lifetime medication-dependent individuals. New medicines are needed to overcome the side effects, complications, resistance, and intolerance caused by pharmacological and interventional therapies. In hopes of drug-free and painless alternative treatments with fewer complications, there has been a trend to revisit traditional methods that have been dismissed by modern medicine. Traditional medicine has to be reevaluated with modern scientific methods to complement and integrate with evidence-based modern medicine.

VETERINARY HERBAL MEDICINE

Elsevier Health Sciences 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.

HERBAL ENERGETICS CHART 9" X 12"

Lotus Press (WI) This herb chart is based upon an energetic classification of herbs. The effects of herbs are explained according to the properties of their tastes and of the elements which compose them. It presents a scientific and objective herbal energetics that can be used to understand the properties of all herbs. Most of the herbs in this chart are used in Ayurveda, with the addition of some unique Western herbs. A few unique Ayurvedic herbs are also introduced.

A PRACTICAL GUIDE TO THE WESTERN ENERGETIC SYSTEM OF HEALTH, LIFESTYLE, AND HERBS

Aeon Books Not since the times of Nicholas Culpeper has there been an herbal that is truly founded in the Western tradition of medicine, a tradition that has been in existence since the time of the Ancient Greek healers and philosophers Hippocrates and Galen. This book provides a clear description of the basic concepts of traditional humoral medicine: how to recognize imbalances in the humors and how to correct them with herbs, lifestyle, and diet. There are clear tables and charts showing how the different humors function and influence health. By exploring the medieval astrological symbolism of the planets, we are shown how best to connect herbs, healing, and treatment. The theory contained is backed up by a comprehensive herbal, giving the humoral and planetary characteristics of each herb and how to choose the correct remedy to enable health to return. The herbal traces the traditional uses of western herbs; it also shares the author's experience of how to use the herbs to treat people successfully, and with the addition of modern medical insights gives guidance on how to apply that healing wisdom for our benefit today.

AYURVEDA

THE DIVINE SCIENCE OF LIFE

Elsevier Health Sciences This unique one-of-a-kind book is a comprehensive introduction to the theory and practice of Ayurveda, and discusses the practical use of therapies such as diet, exercise, yoga, meditation, massage, and herbal remedies. The book also includes detailed information on Ayurvedic pharmacology and pharmacy, clinical methods and examinations, and general treatment protocols. Plus, a helpful section provides a comprehensive materia medica of 50 Indian herbs that include botanical descriptions, traditional Ayurvedic knowledge, constituent data and the latest medical research, as well as clinical indications, formulations, and dosages. Helpful full-color insert containing photos of the 50 herbs covered, alongside a ruler for scale, allows the reader to quickly identify herbs correctly. Includes useful appendices, including information on dietary and lifestyle regimens, Ayurvedic formulations, Ayurvedic weights and measures, glossaries on Ayurvedic terms, and medical substances. Unique contributions include a discussion of pathology, clinical methods, diagnostic techniques, and treatment methods from an Ayurvedic perspective.

HANDBOOK OF AFRICAN MEDICINAL PLANTS, SECOND EDITION

CRC Press 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.

WHO GLOBAL REPORT ON TRADITIONAL AND COMPLEMENTARY MEDICINE 2019

World Health Organization This report is structured in five parts: national framework for traditional and complementary medicine (T&CM); product regulation; practices and practitioners; the challenges faced by countries; and, finally, the country profiles. Apart from the section on practices and practitioners, the report is consistent with the format of the report of the first global survey in order to provide a useful comparison. The section on practices and practitioners, which covers providers, education and health insurance, is a new section incorporated to reflect the emerging trends in T&CM and to gather new information regarding these topics at a national level. All new information received has been incorporated into individual country profiles and data graphs. The report captures the three phases of progress made by Member States; that is, before and after the first WHO Traditional Medicine Strategy (1999-2005), from the first global survey to the second global survey (2005-2012) and from the second survey to the most recent timeline (2012-2018).

SYMPTOM SORTER

Radcliffe Publishing Presented in alphabetical order for quick reference, this is a comprehensive guide to the common symptoms encountered in primary care. Reflecting the way patients actually present symptoms, it comprises overviews, differential diagnosis, top tips and "red flags" (cautions and warnings).

HOLISTIC MEDICINE AND THE EXTRACELLULAR MATRIX

THE SCIENCE OF HEALING AT THE CELLULAR LEVEL

Simon and Schuster • Examines the function of the extracellular matrix, the inner ocean that unifies all our cells and controls them in a coordinated and integrated fashion • Explores how the extracellular matrix builds and repairs itself and how holistic therapy can be applied based on this knowledge • Introduces new and old holistic and herbal protocols for treatment of the matrix The cells in our bodies are not independent units. They do not control their own feeding, elimination, migration, or reproduction; they are controlled by signals from the extracellular matrix (ECM) that surrounds them. This all-encompassing inner ocean unifies all our cells and controls them in a coordinated and integrated fashion. Revealing the stunning implications of the extracellular matrix, Matthew Wood shows how it clearly explains the actions and efficacy of holistic therapies. He explores the ground-breaking research of Alfred Pischinger, who discovered the ECM in 1975, as well as the role of the matrix in transmitting and enacting the genetic code, including the roles of the mitochondria, the nucleus, and ribosomes. He explores how the matrix builds and repairs itself and investigates the complex processes and components involved in the self-healing of wounds and traumas. Wood explains how modern drugs, directed at specific receptors on the cell membrane, interfere with bodily self-regulation. He details how holistic therapies modify the environment of the cell and strengthen the whole, bringing the body back to homeostasis and consequently offering true healing. He sheds new light on how herbs are utilized in the body based on the matrix and discusses the actions of several common herbs in this regard. Wood shows how, even before the discovery of the ECM, many holistic practitioners had already intuited its existence and were acting with advanced understanding of the interconnectedness of the internal cellular terrain. Offering a cutting-edge understanding of the extracellular matrix, Wood reveals the importance of the ECM in treating the whole individual, the basis not only of medical herbalism but of all holistic medicine.

PREPPER'S NATURAL MEDICINE

LIFE-SAVING HERBS, ESSENTIAL OILS AND NATURAL REMEDIES FOR WHEN THERE IS NO DOCTOR

Simon and Schuster This comprehensive guide features holistic medicines, salves, and ointments for treating a broad range of ailments and injuries during a crisis. When disaster strikes and you lose all access to doctors, hospitals and pharmacies, natural medicine will be your family's best hope for survival. With easy-to-read herbal charts, a breakdown of essential oils, tips for stockpiling natural medicines and step-by-step instructions for creating your own elixirs, salves and more, this book offers everything you need to keep you and your loved ones safe. *Prepper's Natural Medicine* is the definitive guide to creating powerful home remedies for any health situation, including: •Herbal Salve for Infections •Poultice for Broken Bones •Natural Ointment for Poison Ivy •Infused Honey for Burns •Essential Oil for Migraines •Soothing Tea for Allergies •Nutritional Syrup for Flu

THE ENERGETICS OF WESTERN HERBS

A MATERIA MEDICATINTEGRATING WESTERN AND CHINESE HERBAL THERAPEUTICS

THE BUSINESS OF BOTANICALS

EXPLORING THE HEALING PROMISE OF PLANT MEDICINES IN A GLOBAL INDUSTRY

Chelsea Green Publishing From tulsii to turmeric, echinacea to elderberry, medicinal herbs are big business—but do they deliver on their healing promise—to those who consume them, those who provide them, and the natural world? "An eye-opener. . . . [Armbrecht] challenges ideas of what medicine can be, and how business practices can corrupt, and expand, our notions of plant-based healing."—*The Boston Globe* "So deeply honest, sincere, heartfelt, questioning, and brilliant. . . . [The Business of Botanicals] is an amazing book, that plunges in, and takes a deepening look at those places where people don't often venture."—*Rosemary Gladstar*, author of *Rosemary Gladstar's Medicinal Herbs* "For those who loved Braiding Sweetgrass, this book is a perfect opportunity to go deeper into understanding the complex and co-evolutionary journey of plants and people." —*Angela McElwee*, former president and CEO of *Gaia Herbs* Using herbal medicines to heal the body is an ancient practice, but in the twenty-first century, it is also a worldwide industry. Yet most consumers know very little about where those herbs come from and how they are processed into the many products that fill store shelves. In *The Business of Botanicals*, author *Ann Armbrecht* follows their journey from seed to shelf, revealing the inner workings of a complicated industry, and raises questions about the ethical and ecological issues of mass production of medicines derived from these healing plants, many of which are imperiled in the wild. This is the first book to explore the interconnected web of the global herb industry and its many stakeholders, and is an invaluable resource for conscious consumers who want to better understand the social and environmental impacts of the products they buy. "Armbrecht masterfully manages the challenges and complexity of her source material. . . . [She] is a spirited storyteller. . . . [and] presents all this with the skill of an anthropologist and the heart of an herbalist."—*Journal of the American Herbalists Guild*

THE PLANT HEALER'S PATH

A GRASSROOTS GUIDE FOR THE FOLK HERBAL TRIBE

CreateSpace *The Plant Healer's Path* is the first of two volumes by *Jesse Wolf Hardin*, cofounder of *Plant Healer Magazine*, with enchanting tales, medicinal plant profiles and favorite herbal recipes by *Kiva Rose*, as well as contributions by *David Hoffman*, *Phyllis Light*, *Paul Bergner* and more. *Hardin* tackles topics vital to an effective, empowered herbal practice, including many never addressed before, with suggestions for taking control of and enjoying our lives, and tips that can benefit herbalists and non-herbalists alike. *Paul Bergner* says "Whether just beginning or already walking the path, *The Plant Healer's Path* provides a panoramic road map of the terrain - both internal and external - for any person called to healing with plants... with thought-provoking essays on the issues most important to our work," and *Phyllis Light* writes that this book "does more than provide a working model of herbal practice, it also addresses our hopes, our fears and concerns as herbalists, acknowledging the differences, the uniqueness that each brings to their art, craft and science. What more could we ask for?"

TRADITIONAL MEDICINE IN ASIA

SEARO Regional Publications This unique book provides a comprehensive picture of the vivid kaleidoscope of traditional medicine in Asia presented by 34 eminent authors from 15 countries belonging to the different systems like *Ayurveda* and *Chinese Traditional Medicine*. Important emerging areas such as harmonization of the traditional systems with modern medicine and the growing role of these systems in the health care structure of countries are also dealt with. Legislation and regulation of these systems and practitioners, an area of growing concern, the need for good preclinical toxicology studies and scientific clinical evaluation of the products and medicinal plants used for therapy are exhaustingly dealt with. The vital issue of protection of traditional systems of medicine and patenting of medicinal plants is discussed in detail. The book is replete with suggestions, and ideas aimed at making traditional systems more effectively, and more widely used for health care. The book also covers the prevailing situation regarding the use and other aspects of traditional medicine in the 10 Member countries of the South-East Asia Region of the World Health Organization.

RHYTHMS OF CHANGE

USING ANCIENT WISDOM AND YOUR OWN COMMON SENSE TO RECLAIM YOUR HEALTH

MEDICAL HERBALISM

THE SCIENCE AND PRACTICE OF HERBAL MEDICINE

Healing Arts Press A foundational textbook on the scientific principles of therapeutic herbalism and their application in medicine • A complete handbook for the medical practitioner • Includes the most up-to-date information on preparations, dosage, and contraindications • By the author of *The Complete Illustrated Holistic Herbal Medical Herbalism* contains comprehensive information concerning the identification and use of medicinal plants by chemical structure and physiological effect, the art and science of making herbal medicine, the limitations and potential of viewing herbs chemically, and the challenge to current research paradigms posed by complex plant medicines. It also includes information on toxicology and contraindications, the issues involved in determining dosage and formulation types for an individual, guides to the different measurement systems and conversion tables, and the pros and cons of both industrial and traditional techniques. With additional sections devoted to the principles of green medicine, the history of Western Herbalism, the variety of other medical modalities using medicinal plants, an extensive resource directory, and a discussion of treatments organized by body system, *Medical Herbalism* is the comprehensive textbook all students and practitioners of clinical herbalism need to develop their healing practices.

HERBAL MEDICINE AND REPRODUCTIVE HEALTH

NATURAL APPROACHES TO UNDERSTANDING AND OVERCOMING REPRODUCTIVE HEALTH PROBLEMS AND IMPROVING FERTILITY

Aeon Books *Herbal Medicine and Reproductive Health* is a comprehensive text-book for herbalists, nutritionists and other healthcare practitioners, which provides detailed information on reproductive health in both men and women. It will enable practitioners to gain an in-depth understanding of a wide range of reproductive health problems from both an orthodox medical and an energetic/holistic perspective, with detailed advice on case history taking, clinical examination and orthodox investigations, together with comprehensive sections on diagnosing *Ayurvedic* and *TCM* patterns of disharmony, which may contribute to reproductive health problems. *Herbal Medicine and Reproductive Health* also explores in detail how to overcome reproductive health problems and improve fertility with herbal medicine, nutrition and lifestyle changes.

THE COMPLETE HERBAL TUTOR

THE DEFINITIVE GUIDE TO THE PRINCIPLES AND PRACTICES OF HERBAL MEDICINE - SECOND EDITION

Aeon Books Herbal medicines have been used for many centuries to treat illnesses and restore health, and today herbalism still remains the most widely-practised form of medicine around the world. Written by a leading medical herbalist, this new revised edition of *The Complete Herbal Tutor* provides in-depth knowledge of the practice and theory of herbal medicine, including everything you need to know about its history, how it works, how to grow, gather and prepare herbs, and how to use them to create an herbal prescription. The illustrated *materia medica* contains over 150 herbs, with thorough descriptions of their properties and active ingredients. There is also a clear explanation of how herbs can be used to treat each of the body's systems, with advice on using remedies for healing a range of specific conditions. This revised edition of *Anne McIntyre's* popular classic will be invaluable to all herbalists and students of herbal medicine. It is beautifully illustrated with a series of colour photographs, many taken by the author in her own garden.

TRADITIONAL WESTERN HERBAL MEDICINE

AS ABOVE SO BELOW

Aeon Books This book synthesises and elaborates on all the extant information on the Western Healing Tradition and from the author's own herbal practice. It has charts, diagrams, tables and cross-references to enable the interested practitioner to incorporate the Western Herbal Tradition into their practice. It shows how using planetary energies and the wheel of the year deepens our understanding of the action of medicinal plants on the body and establishes the practitioner within their environment, allowing them to use planetary energies to determine the peak times to harvest and use herbal remedies and to locate health and sickness within the holistic paradigm of Western Traditional Herbal Medicine. For ease of use, the book is divided into two sections. The first details the philosophical framework within which traditional western herbalists can operate; looking at the four humours, and seven planets and the use of the diagnostic tool of the decumbiture chart. The work is so organised that the humoral system can be used without astrology, should that be the preference. The second part covers the practical application of the philosophy, how to collect, make and administer herbal remedies according to the planetary days and hours and the decumbiture chart. Examples of decumbiture charts are included to show how the philosophy is used in practice. Lastly, a *materia medica* of common herbs is also included.