



The Healing Herbs: The Ultimate Guide to the Curative Power of Nature's Medicines

Michael Castleman

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The Healing Herbs provides the information you need to use the earth's wonderful bounty of medicinal plants confidently, effectively, and above all, safely. It examines 100 of the most widely used, most easily available, most familiar, and most fascinating medicinal plants, tracing their history, folklore, and healing properties, and summarizing the latest scientific research on their many benefits. *The Healing Herbs* also explains where to find the herbs, how to take them, store and prepare them, even how to grow them.

The Healing Herbs also includes an easy-to-use A-to-Z herb encyclopedia, plus a section titled Prevention and Treatment: A Fast-action Guide to Using the Healing Herbs, including: Conditions--from ear infection to stress, A-to-Z conditions and the herbs you can use to treat and prevent specific symptoms and diseases; Healing Actions--from antibiotic to sedative, an A-to-Z list of medicinal uses with herbs as a natural alternative to certain medicines; Other Uses--some unusual uses for the healing herbs, for example as insect repellent or memory improvement. Both Conditions and Healing Actions include special precautions about certain herbs, whether in preparation, long-term use, or short-term effects.

The Healing Herbs: The Ultimate Guide to the Curative Power of Nature's Medicines Details

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From Reader Review The Healing Herbs: The Ultimate Guide to the Curative Power of Nature's Medicines for online ebook

Kimberly says

Comprehensive, gives studies to back up claims, talks about history, describes various treatments. A great reference book for anyone granola or not.

J Crossley says

This book takes an in-depth look at healing herbs and ways that you can incorporate the herbs benefits into your life.

Kadrina says

This book is great for the beginner in working with herbs.

Bella says

Great resource. Only thing is that I couldn't find the lavender. Other than that, I love it and want to buy a copy (my version was from the library).

Renee Marie says

no-nonsense (nearly) complete catalog of herbs, their history, uses, and contraindications. For those of us who need a 'dummy' book on herbs, I recommend reading this oldie but goodie.

Anjie Brown says

This one is really good as a reference book. It has an encyclopedia-like section that gives detailed descriptions of what each herb can be used for and bunches of recommendations. I got it from the library, but I'm going to buy my own copy.

Jennifer says

I am happy that shepherd's purse is in the list for menstruation reduction. I am excited to try out goldenseal

as the only other option. I haven't heard of it for that use. However I am suspicious of following his recommended dosage because self experiment with shepherd's purse let's me know that 1 teaspoon in 1 cup of water steeped for 10 minutes isn't going to work. I use at minimum 1/4 of powder. Making a savory pancake is my favorite method, just add one egg. The alcohol extract is expensive and doesn't work. Its easy to null its effect by accidentally also using one of the many herbs designed for emmenagogue.

Jamie says

Probably the best and most extensive guide to herbs I've ever read.

Maggie Fout says

This is an awesome guide! Really easy to understand and very encompassing!

Rebecca Anjali says

A great fi nd for learning more about herbs and how they can be used.

StrangeBedfellows says

Perhaps not the best book on herbs, but definitely an informative resource. Easy to navigate, this book contains a huge listing of herbs and their properties, preparation notes, cautionary notes, and more. I'm not always happy with the images and physical descriptions, but I've always been glad I purchased this.
