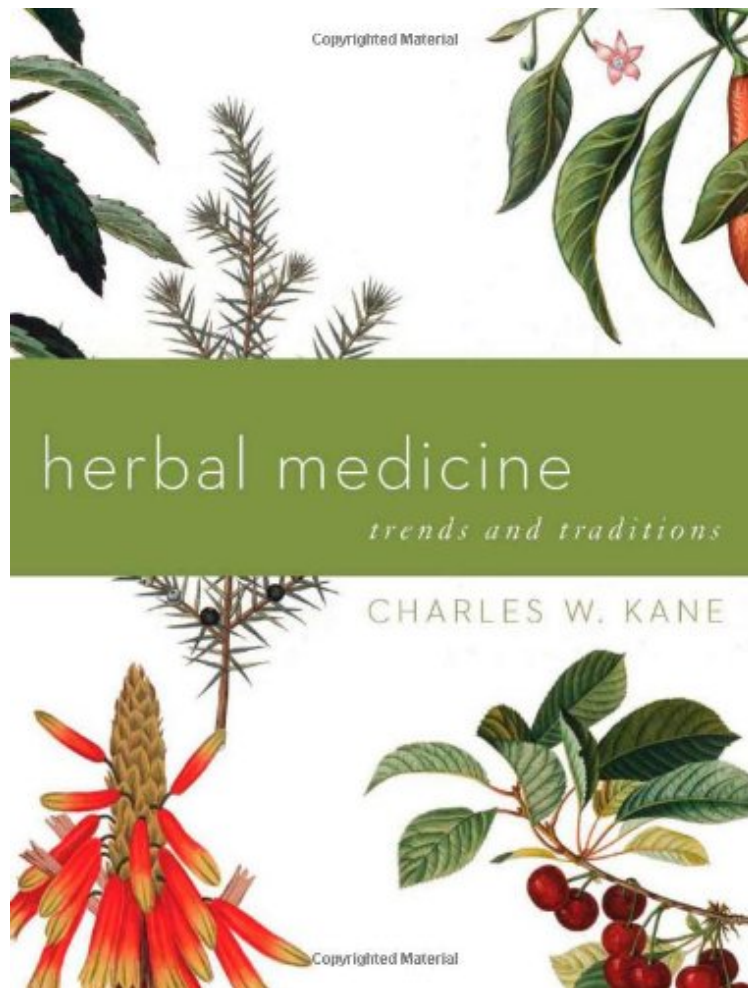


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Herbal Medicine: Trends and Traditions (A Comprehensive Sourcebook on the Preparation and Use of Medicinal Plants)

Charles W. Kane

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Charles W. Kane : Herbal Medicine: Trends and Traditions (A Comprehensive Sourcebook on the Preparation and Use of Medicinal Plants) before purchasing it in order to gauge whether or not it would be worth my time, and all praised Herbal Medicine: Trends and Traditions (A Comprehensive Sourcebook on the Preparation and Use of Medicinal Plants):

2 of 2 people found the following review helpful. very scientific. more valuable than a more general type of book. includes warnings for potentially dangerous herbal chemicals By Listen2God this book is very scientific. to me, that makes it much more valuable than a more general "because I said so" type of book. I love the author. very inspiring book. he is very cool in that he isn't a total complete "everything natural is perfect" kind of guy, he is a more evidence

based "do what works, but this is safer". and proves the exact chemical components of many many plants and how they can work for you, also includes dangers and bewares which is very important to know, since I plan to use these medicines on my children.6 of 6 people found the following review helpful. Awesome Book!By AprilMy interest in this book first sparked when I checked it out at my local library, which, apparently is full of gems! I had to own this book for myself because it is awesome to reference when preparing a multitude of herbs. It's a great book to start off with of you're just getting into herbs, and I would even recommend to those who are already lightly studying herbology. This book has helped me understand so much about herbs, and I am in love with it! :D0 of 0 people found the following review helpful. GreatBy don greerA great book ,, I am busy making my herbs and feeling great ,for a old man. The book gives great instructions for all of the herbs in the book. I recommend this book to all.

A Comprehensive Sourcebook on the Preparation and Use of Medicinal PlantsFor the both the enthusiast and the professional Herbal Medicine: Trends and Traditions is a comprehensive sourcebook detailing the essentials of contemporary herbal medicine. Over 100 of the most popular herbal medicines are covered in depth. Medicinal use, indication, chemistry, dosage, caution, botanical description, and collection method are broadly discussed for each plant. An extensive section is dedicated to preparation technique: tinctures, fluidextracts, ointments, salves, syrups, and many other preparations are thoroughly covered. Included are over 50 color plates designed to assist the reader in plant identification. Appendices include a therapeutic index, percolation/fluidextract worksheets, weights and measures listing, and an extensive repository with preparation and dosage listings for over 400 additional herbal medicines. Painstakingly indexed, the book includes a full bibliography and a comprehensive glossary.Relevant and approachable, Trends and Tradition's style is authentic and rational. It is a departure from the quoting of study results, the hipster-1960s-esque, or it will cure whatever ails you styles so commonly seen today. Above all consider it a genuine rendering from someone within the field, designed to change a vague subject into a useful tool.Printed and bound in the USA.

Herbal Medicine: Trends Traditions shares with readers the pragmatic experience of a focused man rather than the notions of one who reads and teaches about herbs. The point of the book, then, is to communicate in an accessible way how plants help people. Trends Traditions achieves its aim with a clarity that makes it an essential resource for everyone who wishes to use both popular and less familiar Western herbs for medicine. -- HerbalGramVoted in 2010 as a Best of Reference. -- New York Public LibraryThis resource is so much more than Grandma's stash of cranberry juice, warm milk, and lavender oils. Though the plants help people approach is as old as the family tree, this deeper look into alternative treatment is attention-grabbing and inspiring. -- Foreword MagazineHis titles are popular among the general public and are found in the libraries of Harvard and Cornell. -- Baker and Taylor's Forecasts a scholarly study of folk and natural medicines as well as a guide to the preparation and use of wild plants as alternative remedies for what ails you. -- BooklistAbout the AuthorTitles: Medicinal Plants of the American Southwest (2006/2009/2011), Herbal Medicine: Trends and Traditions (2009), Sonoran Desert Food Plants (2011), Southern California Food Plants (2013), and Wild Edible Plants of Texas (2016).