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# The Earthwise Herbal A Complete Guide To New World Medicinal Plants

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Hermetic Herbalism  
Scientific Validation of Herbal Medicine

Traditional Western Herbalism and Pulse Evaluation: A Conversation  
The Practice of Traditional Western Herbalism  
The Earthwise Herbal, Volume I  
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Body into Balance  
The Earthwise Herbal, Volume II  
The Backyard Herbal Apothecary

*The Earthwise Herbal A Complete  
Guide To New World Medicinal Plants*

OMB No. 8018332799457 edited by

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## **COLBY VANESSA**

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Clinical Herbalism - E-Book North Atlantic Books

The definitive, full-color guide to making and using approximately 250 herbal medicines at home, with instructions for everything from harvesting to administering low-cost, DIY remedies. This comprehensive, full-color guide provides detailed, easy-to-follow instructions for making and using approximately 250 herbal medicines at home, including practical tips and numerous effective formulas developed and tested by the authors, both expert herbalists with years of experience. Readers who appreciate the health-giving properties of herbal medicines but are discouraged by the high price of commercial products can

now make their own preparations for a fraction of the cost. The authors tell you everything you need to know about harvesting, preparing, and administering herbs in many different forms, including fresh, bulk dried herbs, capsules, extracts in water, alcohol, glycerin, vinegar and oil, and even preparations like essential oils and flower essences. The book also covers topical applications of herbs as salves, lotions, poultices, tooth powders, ear drops, and more, and includes an extensive chapter on herbal hydrotherapy. The Modern Herbal Dispensary explains why different preparations of the same herb will obtain better results, demonstrating how capsules, teas, tinctures, or glycerites of the same plant will not have exactly the same effect on the body. Leading herbalists Thomas Easley and Steven Horne have tested and proven the herbal formulas they offer, along with suggestions for treating more than one hundred illnesses. They

lay out the principles of herbal formulation and also provide instructions on how to prepare single herbs, a procedure that has been largely ignored in other references. More comprehensive than any other guide, thoroughly researched, beautifully illustrated, and presented with ease of use in mind, this book will take its place as the premier reference for those who want to produce all the herbal remedies they need, and to save money in the process.

*A Modern Herbal* Simon and Schuster

A scientifically based herbal and nutritional program to master stress, improve energy, prevent degenerative disease, and age gracefully • Explains how adaptogenic herbs work at the cellular level to enhance energy production and subdue the pro-inflammatory state behind degenerative disease • Explores the author's custom adaptogenic blends for the immune system, cardiovascular health, thyroid function, brain health, and cancer treatment support • Provides more than 60 monographs on herbs and nutritional compounds based on more than 25 years of clinical practice with thousands of patients Weaving together the ancient wisdom of herbalism and the most up-to-date scientific research on cancer, aging, and nutrition, renowned medical herbalist and clinical nutritionist Donald Yance reveals how to master stress, improve energy levels, prevent degenerative disease, and age gracefully with the elite herbs known as adaptogens. Yance's holistic approach, called the Eclectic Triphasic Medical System (ETMS), is based on extensive scientific research, more than 25 years of clinical practice, and excellent results with thousands of patients. It centers on four interconnected groups of health tools: botanical formulations,

nutritional supplements, diet, and lifestyle. Defining three categories for adaptogenic herbs, he explains how formulations should combine herbs from each category to create a synergistic effect. He provides more than 60 monographs on herbs and nutritional compounds as well as custom combinations to revitalize the immune system, build cardiovascular health, protect brain function, manage weight, and support cancer treatment. He explains the interplay of endocrine health, the hypothalamic-pituitary-adrenal (HPA) axis, thyroid function, and stress in the aging process and reveals how adaptogenic treatment begins at the cellular level with the mitochondria--the microscopic energy producers present in every living cell. Emphasizing spirituality, exercise, and diet in addition to herbal treatments and nutritional supplements, Yance's complete lifestyle program explores how to enhance energy production in the body and subdue the proinflammatory state that lays the groundwork for nearly every degenerative disease, taking you from merely surviving to thriving.

The Modern Herbal Dispensatory North Atlantic Books

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.

The Fungal Pharmacy Simon and Schuster

Discover the myriad ways you can use herbal medicines to boost

your physical, emotional, and spiritual wellbeing With more than 180 easy-to-follow recipes and written by a well-respected urban herbalist, *The Gift of Healing Herbs* explores herbology as the "people's medicine"—freely available to all—and as a powerful yet gentle way to heal the body, mind, heart, and soul. You will learn about:

- The true nature of health and the causes of illness
- The physical systems of the body and the common and not-so-common herbs for tonifying them
- Recipes for teas, brews, and how to incorporate herbs into your daily life
- The relationship between our body systems and the elements of Earth, Air, Fire, and Water Filled with personal stories, case histories, prayers, meditations, and more, *The Gift of Healing Herbs* is equal parts inspiration and instruction drawn from the author's decades spent teaching and practicing herbal medicine in a spiritual, earth-based, non-dogmatic style. The author explores how one's personal story turns into one's embodied physicality, ultimately revealing unique paths of healing for each reader. "Robin Rose Bennett teaches through stories, and the teachings are profound. Spiritual insights are richly interwoven with excellent herbal remedies.... Bennett brings a joyful spirit and an open heart to all she does." —Rosemary Gladstar, visionary herbalist and author of *Rosemary Gladstar's Medicinal Herbs*

*Herbal Formularies for Health Professionals, Volume 4* North Atlantic Books

Voted one of the Top 10 books in 2000 by the Vermont Book Publishers Association. A collective endeavor by United Plant Savers, featuring America's most respected and well-known herbalists. Contributors include Don Babineau, Tim Blakley, Mark Blumenthal, Jane Bothwell, Stephen Harrod Buhner, David

Bunting, Richo Cech, Tane Datta, Shatoiya and Rick de la Tour, Ryan Drum, Doug Elliott, Steven Foster, Cascade Anderson Geller, Kate Gilday, Rosemary Gladstar, James Green, Pamela Hirsch, Christopher Hobbs, Sara Katz, Kathi Keville, Robyn Klein, Richard Liebmann, Brigitte Mars, Pam Montgomery, Nancy and Michael Phillips, Janice J. Schofield, Joanne Marie Snow, Deb Soule, Paul Strauss, Gregory L. Tilford, Krista Thie, Susun S. Weed, David Winston, Martin Wall, Matthew Wood. While the renaissance in the U.S. botanical market is positive in many respects, medicinal plant populations are suffering from loss of habitat and overharvesting, and many bestselling herbs are now at risk including echinacea, American ginseng, goldenseal, Hawaiian wild kava, and wild yam. The authors share their extensive experience with using and growing thirty-three of these popular herbs and include suggestions for creating your own private herbal sanctuary—whether a city balcony, suburban backyard, or rural retreat. Full-color photographs will inspire experienced and novice herb users alike to protect and cultivate these remarkable healing plants. Readers will also find out how to use herbal analogues for at-risk plants—other medicinal herbs that provide the same benefits and exist in plentiful amounts—and learn ways to make their herbal purchases a vote for sustainability. Planting the Future shows us how we can participate in the land stewardship, habitat protection, and eco-friendly consumption that will ensure an abundant, renewable supply of medicinal plants for future generations. All author royalties will be used for replanting native medicinal herbs on a 370-acre botanical sanctuary in Ohio.

**Hermetic Herbalism** Storey Publishing, LLC

Herbal medicines have been used for many centuries to treat illnesses and restore health, and today herbalism still remains the most widely-practiced form of medicine around the world. Written by a leading Medical Herbalist, *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 a herbal prescription. The rigorously-researched and illustrated materia medica contains over 150 herbs, with clear explanations of their properties, active ingredients and the latest scientific developments on their uses. 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.

Scientific Validation of Herbal Medicine Boston Academic Pub  
The first part in a comprehensive two-volume guide on the use of medicinal plants in Western herbal medicine—from an author who has almost forty years of clinical experience 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 the major, and many of the secondary, herbs of traditional and modern Western herbalism. Author Matthew Wood describes characteristic symptoms and conditions in which each plant has proved useful in the clinic, often illustrated with appropriate case histories. He also 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.

Traditional Western Herbalism and Pulse Evaluation: A Conversation Page Street Publishing

This concise guide to medicinal plants of the Southern Appalachians includes botanical descriptions of 45 native plants, their historical and current uses in herbal practice, detailed, easy-to-follow medicine making instructions and unique recipes for syrups, liniments, digestive bitters and more. The book invites the reader to explore native plants in their wild habitats and offers step-by-step ethical harvesting guidelines while emphasizing conservation issues. The author is a well-respected medical herbalist and teacher who lives in the mountains of north Georgia. Praise for *Medicinal Plants of the Southern Appalachians*. "This is one volume that I want to own as we enter the post-corporate age: a priceless guide to Southern plant alchemy. This practical yet enchanting botanical brings an ancient art to modernity. These pages are as rich as the cove forests they honor. Even to peruse Howell's manual is healing, and exhilarating, not only because of the book's inherent beauty, but because it contains vital knowledge all of us will need as fossil fuels dwindle and we return to the local. One day this book may save your life." Janisse Ray, author of *Ecology of a Cracker Childhood*, *Wild Card Quilt* and *Pinhook: Finding Wholeness in a*

Fragmented Land "An elegant introduction presented in a clear-as-a-bell style that educates as well as entertains." Peter Loewer, author of *The Wild Gardener* and *Jefferson's Garden* "There are many comprehensive volumes about medicinal plants in other regions of North America but none for the botanically rich southeast. Now, a widely experienced and knowledgeable herbalist has written a thorough guide to the virtues of Yellow Root, Rabbit Tobacco, Dogwood Bark, Sweet Fern and other better known herbs of the region. From Howell's book, readers can learn to use local plants safely and consciously to improve the health of their families or patients." David Winston, RH (AHG), Dean, Herbal Therapeutics School of Herbal Medicine "An excellent, much needed resource on Southeastern herbs. Well thought out and easy to follow." Tim Blakely, co-author of *The Bootstrap Guide to Medicinal Herbs in the Garden, Field and Marketplace* "I often remind veterinarians that the foundation of botanical medicine lies in the experience of learning all aspects of medicinal plants thoroughly. This book guides the reader out of the classroom and into the fields and forest where plants become, to the student, more tangible sources of healing. Recommended for any practitioner who wants to deepen their understanding of our native apothecary." Susan Wynn, DVM, RH (AHG), Executive Director, Veterinary Botanical Medical Assoc. [The Practice of Traditional Western Herbalism](#) North Atlantic Books

- 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 groundbreaking 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. 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.

[The Earthwise Herbal, Volume I](#) Aeon Books

[The Earthwise Herbal, Volume II](#) North Atlantic Books  
SteinerBooks

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 COMPLETE HERBAL TUTOR**

Three Rivers Press (CA)

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** North Atlantic Books

Silver Nautilus Book Award Winner for Health & Healing An antacid or an aspirin may soothe your pain, but it doesn't cure the cause of your symptoms. Headaches, indigestion, fatigue, allergies, anxiety, eczema, high blood pressure, and other conditions are clues to a deeper imbalance in your body, and learning to read those clues is a key step in maintaining optimal health. Herbalist Maria Noël Groves shows you how to read your body's signals and support your own wellness with herbal remedies and other natural treatments. You'll learn how each of your major body systems — respiratory, digestive, immune, nervous, memory, reproductive, circulatory, and more — optimally functions, and you'll discover how to use natural remedies to nourish and repair problem areas, restore lost vitality, support your body as a whole, and prevent future problems. Groves includes in-depth instructions, with step-by-step photographs, for making your own herbal remedies, as well as expert guidance on buying and effectively using commercial preparations.

Adaptogens in Medical Herbalism Simon and Schuster

A never-before-translated occult classic that brings the science of herbal medicine back to its Hermetic roots • Includes a large collection of recipes for spagyric medicines and quintessences, with detailed step-by-step instructions, adapted from celebrated spagyricists such as Paracelsus, Pseudo-Lull, Philipp Ulstad, and Nicaise Le Fèvre • Provides botanical and medicinal classifications of over 600 plant species along with their astral natures, elemental qualities, and planetary and zodiacal

signatures • Explores advanced methods and techniques and shares the author's secret formula for a universal circulatum First published in French in 1911, this practical guide to the art of spagyrics begins by outlining the ancient yet often forgotten Hermetic foundations of herbalism. Author Jean Mavéric provides botanical and medicinal classifications of over 600 plant species along with an in-depth study of their astral natures, elemental qualities, and planetary and zodiacal signatures as well as practical advice on the appropriate times to harvest plants and administer herbal remedies and quintessences. Reviewing the general principles and procedures of premodern chemistry, Mavéric then explores the secret doctrines and operations of the spagyric art. He offers a large collection of recipes for spagyric herbal preparations adapted from celebrated spagyrists such as Paracelsus, Pseudo-Lull, Philipp Ulstad, Jan Baptist van Helmont, Oswald Croll, and Nicaise Le Fèvre, providing detailed step-by-step instructions for a veritable pharmacopeia of spagyric extracts, tinctures, elixirs, liquors, oils, unguents, salts, aquae vitae, and quintessences. Mavéric also shares his intricate theory of astral medicine and advocates a seasonal "Hermetic diet" designed to keep the humors of the body in equilibrium and prevent the onset of illness. In the final section of the book, Mavéric focuses on the more advanced methods and techniques of Paracelsus, Helmont, and George Starkey, unraveling the mysteries of manufacturing alkalis, alkahests, and menstrea and divulging his own secret formula for a universal circulatum. Available now for the first time in English, this occult classic unveils the art of extracting spagyric essences to a modern audience while also bringing the science of herbal medicine back

to its Hermetic roots.

## **RADICAL HEALING**

North Atlantic Books

The definitive guide to the medicinal plant knowledge of Ashkenazi herbal healers--from the Middle Ages to the 20th century. Until now, the herbal traditions of the Ashkenazi people have remained unexplored and shrouded in mystery. Ashkenazi Herbalism rediscovers the forgotten legacy of the Jewish medicinal plant healers who thrived in Eastern Europe's Pale of Settlement, from their beginnings in the Middle Ages through the modern era. Including the first materia medica of 26 plants and herbs essential to Ashkenazi folk medicine, Ashkenazi Herbalism sheds light on the preparations, medicinal profiles, and applications of a rich but previously unknown herbal tradition--one hidden by language barriers, obscured by cultural misunderstandings, and nearly lost to history. Written for new and established practitioners, it offers illustrations, provides information on comparative medicinal practices, and illuminates the important historical and cultural contexts that gave rise to Eastern European Jewish herbalism. Part I introduces a brief history of the Ashkenazim and provides an overview of traditional medicine among Eastern European Jews. Part II offers a comparative overview of healing customs among Jews of the Pale of Settlement, their many native plants, and the remedies applied by local healers to treat a range of illnesses. This materia medica names each plant in Yiddish, English, Latin, and other relevant languages, and the book also details a brief history of medicine; the roles of the ba'alei shem, feldshers, opshprekherins,

midwives, and brewers; and the remedy books used by Jewish healers.

### **Vitalism** Simon and Schuster

"A powerful and unique book, *The Language of Plants* is without doubt the most in-depth discussion of plant signatures available to us today. A brilliant medical herbalist, Julia has drawn from ancient and modern sources and blended this knowledge with her own rich experience and personal wisdom to create a marvelous resource, designed to take us deeply into the healing energetics of plants. While reading it, I felt a modern alchemist at work." -- Rosemary Gladstar, herbalist and author of *Rosemary Gladstar's Herbal Recipes for Vibrant Health* and *The Herbalist's Way* It is only in the age of technology that human beings have lost a sense of nature being alive. Throughout history, people spoke to nature, and nature communicated with them. During the Middle Ages, reading the "book of nature" was called the doctrine of signatures, which had always been an important part of interacting with nature for traditional healers and herbalists. "As a child, I just knew which plant to pick up and hold to my head for a headache to go away. Once I heard about the concept of a 'doctrine of signatures,' I would just stand silently, in awe of nature talking to me, talking and talking in her silent, direct speech. The book of nature seemed so obviously spelled out, and in oddest contrast to what I learned in medical school. My professors seemed never to have heard of nature being vibrant and alive and brimming with patterns of energy that are right there for us to understand and use.... This direct and primordial experience of being part of nature's omnipresent, cyclic course taught me more in the realm of no-words than any university

ever could have." --Julia Graves *The Language of Plants* covers all aspects of the doctrine of signatures in an easily accessible format, so that everyone, whether nature lovers or healers, can learn to read the language of plants in connection with healing. Read more by the author about this unique book. More than 200 color and b/w images.

### **THE HERBAL LORE OF WISE WOMEN AND WORTCUNNERS**

North Atlantic Books

In *The Fungal Pharmacy*, noted herbalist Robert Rogers introduces readers to more than 300 species of medicinal mushrooms and lichens found in North America. These fungi, Rogers explains, have the capacity to heal both the body and, through the process of myco-remediation, the planet itself. Throughout the book, he documents their success in optimizing the immune system and treating a wide range of acute and chronic diseases, including cardiovascular, respiratory, and liver problems, blood sugar disorders, cancer, and obesity. Entries discuss the mushroom or lichen's medicinal traits and properties, including active chemical components, preparation methods (including extracts, essences, and essential oils), and historical as well as modern-day usage. Two hundred full-color photos and thorough descriptions make identification easy for the reader. Rogers also delves into the cultural, religious, and literary significance of each mushroom, featuring fascinating tidbits about each one's etymology and history.

*Backyard Medicine Updated & Expanded Second Edition* McGraw-Hill Education

The first part in a comprehensive two-volume guide on the use of

medicinal plants in Western herbal medicine—from an author who has almost forty years of clinical experience. 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 the major, and many of the secondary, herbs of traditional and modern Western herbalism. Author Matthew Wood describes characteristic symptoms and conditions in which each plant has proved useful in the clinic, often illustrated with appropriate case histories. He also 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.

#### **Body into Balance** Lulu.com

Acquire herbal healing wisdom with this guide to gathering, drying, storing, and blending 25 common herbs. Joyce A. Wardwell shows you how to build your own all-natural home medicine cabinet, providing simple recipes for soothing tinctures, salves, tonics, syrups, teas, and lozenges. With gentle, plant-based solutions to ailments ranging from muscle cramps and indigestion to dry skin and sore throats, this comprehensive guide is full of natural remedies that will keep your whole family

healthy.

#### *The Earthwise Herbal, Volume II* North Atlantic Books

Restoring the use of wild plants in daily life for vibrant physical, mental, and spiritual health • Explains how 3 classes of wild plants--aromatics, bitters, and tonics--are uniquely adapted to work with our physiology because we coevolved with them • Provides simple recipes to easily integrate these plants into meals as well as formulas for teas, spirits, and tinctures • Offers practical examples of plants in each of the 3 classes, from aromatic peppermint to bitter dandelion to tonic chocolate. As people moved into cities and suburbs and embraced modern medicine and industrialized food, they lost their connection to nature, in particular to the plants with which humanity coevolved. These plants are essential components of our physiologies--tangible reminders of cross-kingdom signaling--and key not only to vibrant physical health and prevention of illness but also to soothing and awakening the troubled spirit. Blending traditional herbal medicine with history, mythology, clinical practice, and recent findings in physiology and biochemistry, herbalist Guido Masé explores the three classes of plants necessary for the healthy functioning of our bodies and minds--aromatics, bitters, and tonics. He explains how bitter plants ignite digestion, balance blood sugar, buffer toxicity, and improve metabolism; how tonic plants normalize the functions of our cells and nourish the immune system; and how aromatic plants relax tense organs, nerves, and muscles and stimulate sluggish systems, whether physical, mental, emotional, or spiritual. He reveals how wild plants regulate our heart variability rate and adjust the way DNA is read by our cells, controlling the self-destructive tendencies

that lead to chronic inflammation or cancer. Offering examples of ancient and modern uses of wild plants in each of the 3 classes-- from aromatic peppermint to bitter dandelion to tonic chocolate-- Masé provides easy recipes to integrate them into meals as seasonings and as central ingredients in soups, stocks, salads, and grain dishes as well as including formulas for teas, spirits,

and tinctures. Providing a framework for safe and effective use as well as new insights to enrich the practice of advanced herbalists, he shows how healing "wild plant deficiency syndrome"--that is, adding wild plants back into our diets--is vital not only to our health but also to our spiritual development.

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