



### **Herbs for Children's Health, 3rd Edition : How to Make and Use Gentle Herbal Remedies for Common Childhood Ailments**

Rosemary Gladstar

9781635868289, 1635868289

Pub Date: 9/24/24

\$19.99 USD

208 pages

Paperback

9 in H | 7.1 in W | 0.5 in T | 1.2 lb Wt

**Summary:** Rosemary Gladstar, one of the most trusted names in natural medicine, shares dozens of easy-to-make, safe and effective herbal remedies and home care advice for addressing children's most common ailments.

In this highly accessible handbook, best-selling author and herbal medicine expert Rosemary Gladstar offers her time-tested, safe and gentle natural recipes, along with simple care advice, for addressing children's everyday health needs. Parents of babies and toddlers will discover how easy it is to create a home medicine cabinet of herbs...



### **The Handmade Apothecary : Healing herbal remedies**

Kim Walker, Vicky Chown

9781804191934, 1804191930

Pub Date: 6/18/24

\$24.99 USD

192 pages

Hardcover

9.8 in H | 8.7 in W | 1.8 lb Wt

**Summary:** Herbs are quite literally everywhere; it is only our ability to recognize their value that has been lost

Vicky and Kim explore the traditional uses of herbs combined with a modern and scientific understanding of a truly holistic approach so that you can use herbs to treat ailments and improve your general wellbeing. The book contains fascinating information about herbs with suggestions of what each herb can be used for.

Did you know that daisies infused in oil can be used to reduce bruises? That roses can help grieving and anxiety? Or...



### **The Lavender Companion : Enjoy the Aroma, Flavor, and Health Benefits of This Classic Herb**

Jessica Dunham, Terry Barlin Veschi

9781635866841, 1635866847

Pub Date: 5/28/24

\$26.00 USD

176 pages

Hardcover

9.1 in H | 7.2 in W | 0.8 in T | 1.4 lb Wt

**Summary:** A celebration of lavender featuring stunning photographs; favorite recipes for the kitchen, pantry, and body care products; along with fascinating lore and gardening guidance from a destination lavender farm.

Lavender has long been a favorite herb with its amazing, resinous fragrance; calming qualities; and unique flavor for seasoning food. This lavishly photographed celebration of the beloved herb, written by an acclaimed lavender farmer and cooking instructor, is brimming over with inspiration and ideas for bringing the fragrance and...



### **Herbal Remedies for Sleep : How to Use Healing Herbs and Natural Therapies to Ease Stress, Promote Relaxation, and Encourage Healthy Sleep Habits**

Maria Noel Groves

9781635867749, 1635867746

Pub Date: 4/2/24

\$19.99 USD

192 pages

Paperback

8.9 in H | 6.9 in W | 0.4 in T | 0.9 lb Wt

**Summary:** Ease your stress and finally get a good night's sleep with the help of this guide to the top herbal remedies and natural methods.

A good night's sleep is the key to good overall health—both physical and mental—but as many as a third of adults say they don't get enough of it. The pandemic has led to increased anxiety and stress, making it even more difficult to sleep than it was before. Over-the-counter sleep aids can be habit forming, and many people prefer a more natural approach.

*Herbal Remedies for Sleep* introduces readers to the top ...



## Dandelion Medicine, 2nd Edition : Forage, Feast, and Nourish Yourself with This Extraordinary Weed

Brigitte Mars  
9781635867633, 1635867630  
Pub Date: 10/17/23  
\$16.99 USD  
192 pages  
Paperback  
7 in H | 5.1 in W | 0.4 lb Wt

**Summary:** Discover the many healing and culinary uses of the familiar wild plant, the dandelion, with this colorful, accessible guide from a leading medical herbalist.

*Dandelion Medicine, 2nd Edition* is a colorful dive into the many creative uses of dandelions for food and medicine. From dandelion root “coffee” to dandelion flower cookies, there are dozens of delicious ways to use the plant in food, and all parts of the dandelion are medicinal in a variety of ways. Dandelion is a flower that almost everyone knows from a young age, so there’s litt...



## The Plant Medicine Protocol : Unlocking the Power of Plants for Optimal Health and Longevity

William Siff  
9781579659851, 1579659853  
Pub Date: 10/10/23  
\$35.00 USD  
384 pages  
Hardcover  
1 in H | 0.8 in W

**Summary:** A groundbreaking protocol for minimizing inflammation, boosting energy, building immunity, improving digestion, and so much more—with the extraordinary power of medicinal plants

The power of medicinal plants is life-changing. When integrated properly into our lives, they are uniquely capable of fine-tuning and strengthening our vital systems. They help to enhance digestion, balance the nervous system, increase energy, improve sleep, promote resilience to stress, reduce inflammation, elevate mood and cognition, increase libido and ferti...



## How to Forage for Wild Foods without Dying : An Absolute Beginner's Guide to Identifying 40 Edible Wild Plants

Ellen Zachos  
9781635866131, 1635866138  
Pub Date: 10/10/23  
\$16.99 USD  
256 pages  
Paperback  
7 in H | 5.6 in W | 0.5 in T | 0.8 lb Wt

**Summary:** This on-the-go guide is perfect for new foragers eager to learn about the edible plants they're most likely to find, no matter what region they're in, and provides photos and easy-to-follow identification and use guidelines for the 40 most common—and most delicious—wild plants.

*How to Forage for Wild Foods without Dying* is a book for anyone who likes to go on nature walks and would like to learn about the edible plants they're most likely to come across—no matter what region they're in. Author Ellen Zachos shares her considerable expert...



## Enchanted Foraging : Wildcrafting for Herbal Remedies, Rituals, and a Magical Life

Ebony Gheorghie  
9780762484232, 0762484233  
Pub Date: 9/5/23  
\$22.00 USD  
144 pages  
Hardcover Paper over boards  
8.6 in H | 6.2 in W | 0.8 in T | 1.1 lb Wt

**Summary:** Embark on your foraging journey and cultivate a more meaningful, magical relationship with nature.

No matter where you live, natural resources are all around you. These pieces of nature hold inherent properties—and inherent magic—that could be useful to you, and they are often hiding in plain sight.

In this book, divided into chapters by season, you'll find:

- Tips for foraging correctly, mindfully, and sustainably
- Instructions for teas, balms, decoctions, and other herbal remedies made out of foraged ingredients and materials
- Wildcr...



## **Beginner's Guide to Growing Cannabis and Making Your Own Healing Remedies : Learn about the Plant's Medicinal Properties; Grow Outdoors in Your Own Backyard; and Make Tinctures, Salves, Edibles, and Oils**

Tammi SweetMSLMT

9781635865585, 1635865581

Pub Date: 4/4/23

\$19.99 USD

144 pages

Paperback

8.9 in H | 6.9 in W | 0.5 in T | 0.8 lb Wt

**Summary:** An herbalist and teacher offers an accessible and practical guide to growing cannabis outdoors for personal use, and preparing and using cannabis medicine for a range of common ailments.

CBD and other cannabis-based products are widely available and popular, with the number of dispensaries increasing exponentially every month. But not all products are equal in terms of quality. The best rule of thumb to know the grower or, even better, grow a small quantity of the plant in the home garden and make your own medicines. This beginner-frie...



## **Holistic Cancer Care : An Herbal Approach to Reducing Cancer Risk, Helping Patients Thrive during Treatment, and Minimizing Recurrence**

Chanchal Cabrera, Christopher J. Etheridge

9781635866483, 1635866480

Pub Date: 4/4/23

\$40.00 USD

576 pages

Hardcover

9.3 in H | 6.2 in W | 1.8 in T | 1.9 lb Wt

**Summary:** A medical herbalist with a specialty in integrative oncology provides an in-depth guide to practical, solution-focused strategies for using herbal medicines and other natural therapies.

Patients facing a cancer diagnosis often feel at the mercy of an illness they don't understand and in the hands of doctors offering treatments that focus on the cancer, instead of on the patient. In **Holistic Cancer Care**, Chanchal Cabrera, a consulting medical herbalist with more than 20 years specializing in holistic oncology, provides an in-depth guide...



## **The Illustrated Herbiary Oracle Cards : 36-Card Deck of Bewitching Botanicals**

Maia Toll, Kate O'Hara

9781635864854, 1635864852

Pub Date: 11/23/21

\$19.99 USD

40 pages

Cards

5.3 in H | 4.2 in W | 1.3 in T | 0.7 lb Wt

**Summary:** The oracle cards from Maia Toll's popular book **The Illustrated Herbiary** are now available in a premium, larger-format deck of 36 cards in a sturdy box set, accompanied by a short guidebook that introduces the symbolism of each profiled plant and explains how to use the cards as a tool for personal growth, spiritual exploration, and creative discovery.



## **The Herb Almanac : A seasonal guide to medicinal plants**

Chelsea Physic Garden

9781783254590, 1783254599

Pub Date: 11/2/21

\$16.99 USD

160 pages

Hardcover

8.1 in H | 5.3 in W | 0.7 in T | 0.6 lb Wt

**Summary:** A seasonal guide to medicinal plants

*The Herb Almanac* is a beautiful and accessible seasonal guide to herbalism.

Discover the best times of the year for growing specific healing herbs and also when and how to forage for wild medicine, such as water mint, St John's Wort, hawthorn berries and rosehips. Recipes are included for how to use these herbs, along with folklore stories from herb wives and hedge witches, the meanings behind their names and the history of how these natural medicines were discovered.

There are plenty of tips for how ...



## How to Forage for Mushrooms without Dying : An Absolute Beginner's Guide to Identifying 29 Wild, Edible Mushrooms

Frank Hyman

9781635863321, 1635863325

Pub Date: 10/5/21

\$16.99 USD

256 pages

Paperback

7 in H | 5.5 in W | 0.8 in T | 0.9 lb Wt

**Summary:** With the surging interest in foraging for mushrooms, those new to the art need a reliable guide to distinguishing the safe fungi from the toxic. But for beginner foragers who just want to answer the question "Can I eat it?", most of the books on the subject are dry, dense, and written by mycologists for other mycologists.

Frank Hyman to the rescue! *How to Forage for Mushrooms without Dying* is the book for anyone who walks in the woods and would like to learn how to identify just the 29 edible mushrooms they're likely to come across. ...



## The Moon Cycle Cookbook : A Holistic Nutrition Guide for a Well-Balanced Menstrual Cycle

Devon Loftus, Jenna Radomski

9781635862850, 163586285X

Pub Date: 10/5/21

\$19.99 USD

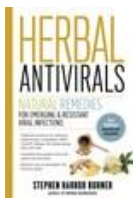
240 pages

Paperback

8.3 in H | 6.5 in W | 0.9 in T | 1 lb Wt

**Summary:** The Moon Cycle Bakery, founded in 2017, creates sweet treats that replenish certain micronutrients women lose during the different stages of their menstrual cycle. In *The Moon Cycle Cookbook*, bakery founder Devon Loftus and nutritionist Jenna Radomski empower women to nourish themselves with recipes for sweets, savory meals, and snacks, organized around each of the four phases of the menstrual cycle, that can be customized to suit their bodies' fluctuating needs.

Every recipe is formulated with the knowledge of what is happening horm...



## Herbal Antivirals, 2nd Edition : Natural Remedies for Emerging & Resistant Viral Infections

Stephen Harrod Buhner

9781635864175, 1635864178

Pub Date: 8/31/21

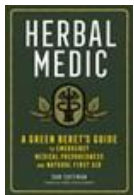
\$24.95 USD

480 pages

Paperback

9 in H | 6.1 in W | 1.4 in T | 1.6 lb Wt

**Summary:** Viruses are smart, mutating, and becoming resistant to antiviral pharmaceuticals. Global crises such as COVID-19, SARS, and dengue fever spread more quickly than we can develop medicines to fight them. Herbalist and best-selling author Stephen Harrod Buhner has studied the antiviral properties of plants for many years. In this comprehensive guide, he profiles the plants that have proven most effective in fighting viral infections and provides in-depth instructions for preparing and using formulations to address the most common infecti...



## Herbal Medic : A Green Beret's Guide to Emergency Medical Preparedness and Natural First Aid

Sam Coffman

9781635861938, 1635861934

Pub Date: 8/3/21

\$24.95 USD

416 pages

Paperback

8.9 in H | 6 in W | 1.3 in T | 1.3 lb Wt

**Summary:** With a focus on herbal medicine and first-aid essentials, former Green Beret medic and clinical herbalist Sam Coffman presents this comprehensive home reference on medical emergency preparedness for times when professional medical care is unavailable.

*Herbal Medic* covers first-aid essentials, such how to assess a situation and a person in need of treatment and distinguish between illness and injury, as well as how to prepare and use herbs when there is no access to conventional medical treatment. In addition, the book provides a basic i...



### **The Naturally Clean Home, 3rd Edition : 150 Nontoxic Recipes for Cleaning and Disinfecting with Essential Oils**

Karyn Siegel-Maier

9781635863796, 1635863791

Pub Date: 3/30/21

\$14.99 USD

224 pages

Paperback

6.9 in H | 5 in W | 0.6 in T | 0.4 lb Wt

**Summary:** In this updated edition of her best-selling book, *The Naturally Clean Home*, Karyn Siegel-Maier brings together the formulas for home cleaning solutions that readers have trusted for years with new information and ingredients updated to today's green standards. A new introduction shines a light on the antiseptic properties of essential oils, addressing different grades of oil and their effectiveness against bacteria and viruses, as well as updated safety precautions and cost. Updated recipes eliminate Borax (banned as a food additive in...



### **Christopher Hobbs's Medicinal Mushrooms: The Essential Guide : Boost Immunity, Improve Memory, Fight Cancer, Stop Infection, and Expand Your Consciousness**

Christopher Hobbs

9781635861679, 1635861675

Pub Date: 3/30/21

\$24.95 USD

272 pages

Paperback

9 in H | 6.9 in W | 0.6 in T | 1.5 lb Wt

**Summary: Winner of the 2021 American Botanical Council James A. Duke Excellence in Botanical Literature Award**

Mushrooms have been used as medicine for thousands of years and their value in boosting immunity, improving memory, and even fighting cancer is being recognized and documented in scientific research. Christopher Hobbs, a mycologist and herbalist at the forefront of contemporary research, profiles the most powerful medicinal mushrooms and explains the nutritional and medicinal compounds in each one. Detailed instructions cover how to sel...



### **Healing with Plants : The Chelsea Physic Garden Herbal**

Chelsea Physic Garden

9781783253043, 1783253045

Pub Date: 3/2/21

\$29.99 USD

256 pages

Hardcover

11 in H | 7.7 in W | 1.1 in T | 2 lb Wt

**Summary: A modern herbal guide for healing with plants.**

Discover the healing powers of plants in this stunning, definitive herbal guide from one of the oldest botanic gardens in the world, Chelsea Physic Garden.

From the common stinging nettle, which is more nutritious than all the vegetables in your local supermarket to incredible adaptogenic properties of ashwagandha, the plant world is the most incredible medicine cabinet we have and herbal healing has a rich and fascinating history.

Be inspired by this beautiful guide to bring more plan...



### **The Wildcrafted Cocktail : Make Your Own Foraged Syrups, Bitters, Infusions, and Garnishes; Includes Recipes for 45 One-of-a-Kind Mixed Drinks**

Ellen Zachos

9781635864168, 163586416X

Pub Date: 2/16/21

\$14.95 USD

240 pages

Paperback

8.6 in H | 6.6 in W | 0.6 in T | 1.2 lb Wt

**Summary:**

Meet the natural lovechild of the popular local-foods movement and craft cocktail scene. It's here to show you just how easy it is to make delicious, one-of-a-kind mixed drinks with common flowers, berries, roots, and leaves that you can find along roadsides or in your backyard. Foraging expert Ellen Zachos gets the party started with recipes for more than 50 garnishes, syrups, infusions, juices, and bitters, including Quick Pickled Daylily Buds, Rose Hip Syrup, and Chanterelle-infused Rum. You'll then incorporate your handcrafted comp...



## Medicinal Herbs for Immune Defense : 104 Trusted Recipes for Fighting Colds, Flu, Fevers, and More

Dr. JJ Pursell

9781643260662, 1643260669

Pub Date: 2/2/21

\$14.95 USD

224 pages

Paperback

8 in H | 6 in W | 0.7 in T | 0.7 lb Wt

**Summary:** "Read this to naturally boost your immune system and successfully battle colds and flu." —*All the Good Books*

Are you looking for safe and natural ways to support your immune system? Dr. JJ Pursell is here to help with herbal recipes focused on preventing, addressing, and healing hundreds of common health concerns.

*Medicinal Herbs for Immune Defense* offers recipes that will help you support and build up your immune system, with recipes addressing common health concerns like colds, the flu, bronchitis, coughs, and more. The 104 recipes in...



## Medicinal Herbs for Family Health and Wellness : 123 Trusted Recipes for Common Concerns, from Allergies and Asthma to Sunburns and Toothaches

Dr. JJ Pursell

9781643260679, 1643260677

Pub Date: 2/2/21

\$14.95 USD

264 pages

Paperback

8.1 in H | 6.1 in W | 0.7 in T | 0.9 lb Wt

**Summary:** "A great reference for keeping the family healthy using herbal medicine." —*Cultivate to Plate*

Are you seeking safe and natural ways to help bolster your family's health and wellness? Dr. JJ Pursell is here to help with herbal recipes focused on whole-family health.

*Medicinal Herbs for Family Health and Wellness* focuses on natural treatments for women, men, babies, kids, and the elderly. It covers everything from asthma, allergies, and heart health, to pregnancy, lactation, cradle cap, and colic. The 123 recipes include capsules, salve...



## Herbarium : The Quest to Preserve and Classify the World's Plants

Barbara M. Thiers

9781604699302, 1604699302

Pub Date: 12/8/20

\$40.00 USD

304 pages

Hardcover

10.1 in H | 8.9 in W | 1.2 in T | 2.6 lb Wt

**Summary:** "A sweeping history of the origins, development, and future of herbaria and their role in plant consternation." —*The American Gardener*

Since the 1500s, scientists have documented the plants and fungi that grew around them, organizing the specimens into collections. Known as herbaria, these archives helped give rise to botany as its own scientific endeavor.

*Herbarium* is a fascinating enquiry into this unique field of plant biology, exploring how herbaria emerged and have changed over time, who promoted and contributed to them, and why th...



## The Cannabis Apothecary : A Pharm to Table Guide for Using CBD and THC to Promote Health, Wellness, Beauty, Restoration, and Relaxation

Laurie Wolf, Bruce Wolf

9780762497669, 0762497661

Pub Date: 11/3/20

\$35.00 USD

256 pages

Hardcover Paper over boards

9.3 in H | 8.3 in W | 0.9 in T | 2.1 lb Wt

**Summary:** Learn how to buy, prepare, and safely use THC and CBD for maximum benefits to your body, mind, home, and spirit with this essential guide from the "Martha Stewart of marijuana edibles" (*New Yorker*).

Featuring recipes for brownies and body balms, mushroom tarts and massage oils, *The Cannabis Apothecary* offers readers a guide to improving health and wellness by harnessing the natural powers of marijuana. From celebrated cookbook author **Laurie Wolf**, creator of "the absolute best cannabis brownie recipe of all time" (*Leafly*), *The Cannabis Ap...*



## The Wholistic Healing Guide to Cannabis : Understanding the Endocannabinoid System, Addressing Specific Ailments and Conditions, and Making Cannabis-Based Remedies

Tammi Sweet

9781635861372, 1635861373

Pub Date: 7/7/20

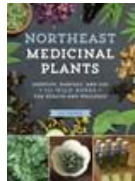
\$24.95 USD

272 pages

Paperback

9 in H | 6 in W | 0.8 in T | 1 lb Wt

**Summary:** Tammi Sweet combines her expertise in herbal medicine and neurobiology in this in-depth guide to understanding the science behind the effectiveness of cannabis medicine. In addition to exploring the chemistry of the whole cannabis plant, she explains the physiology of the human body's endocannabinoid system and why and how it is affected by ingesting cannabis. Based on research and her own clinical experience, Sweet provides technique instructions for the best medicinal cannabis preparations and specific dosage recommendations for usin...



## Northeast Medicinal Plants : Identify, Harvest, and Use 111 Wild Herbs for Health and Wellness

Liz Neves

9781604699135, 1604699132

Pub Date: 6/2/20

\$27.99 USD

416 pages

Paperback

9 in H | 6.9 in W | 0.9 in T | 1.9 lb Wt

**Summary: Wildcraft your way to wellness!**

In *Northeast Medicinal Plants*, Liz Neves is your trusted guide to finding, identifying, harvesting, and using 111 of the region's most powerful wild plants. You'll learn how to safely and ethically forage, and how to use wild plants in herbal medicines including teas, tinctures, and salves. Plant profiles include clear, color photographs, identification tips, medicinal uses and herbal preparations, and harvesting suggestions. Lists of what to forage for each season makes the guide useful year-round.

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## Preventing Lyme & Other Tick-Borne Diseases : Control Ticks in the Home Landscape; Prevent Infection Using Herbal Protocols; Treat Tick Bites with Natural Remedies

Alexis Chesney, Richard Horowitz

9781635862096, 1635862094

Pub Date: 3/3/20

\$16.95 USD

192 pages

Paperback

7 in H | 5.4 in W | 0.5 in T | 0.5 lb Wt

**Summary:** Disease-carrying ticks are found in all 50 states in the U.S. and, as their numbers rise and their ranges increase, so, too, do cases of tick-borne illnesses. Alexis Chesney, a naturopathic physician specializing in the treatment of diseases transmitted through tick bites, offers a comprehensive strategy for reducing exposure to disease-causing organisms and boosting the effectiveness of standard treatment protocols. With an overview of the tick species present in the U.S. and profiles of Lyme and other top diagnosed tick-borne disease...



## Southwest Medicinal Plants : Identify, Harvest, and Use 112 Wild Herbs for Health and Wellness

John Slattery

9781604699111, 1604699116

Pub Date: 2/4/20

\$27.99 USD

392 pages

Paperback

9.1 in H | 6.5 in W | 0.9 in T | 1.8 lb Wt

**Summary: Wildcraft your way to wellness!**

In *Southwest Medicinal Plants*, John Slattery is your trusted guide to finding, identifying, harvesting, and using 112 of the region's most powerful wild plants. You'll learn how to safely and ethically forage, and how to use wild plants in herbal medicines including teas, tinctures, and salves. Plant profiles include clear, color photographs, identification tips, medicinal uses and herbal preparations, and harvesting suggestions. Lists of what to forage for each season makes the guide useful year-round.

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## **Fire Cider! : 101 Zesty Recipes for Health-Boosting Remedies Made with Apple Cider Vinegar**

Rosemary Gladstar

9781635861808, 1635861802

Pub Date: 10/15/19

\$17.99 USD

204 pages

Paperback

9 in H | 7.1 in W | 0.9 in T | 0.8 lb Wt

**Summary:** For more than 30 years, best-selling author and popular herbalist Rosemary Gladstar has been touting the health benefits of fire cider — a spicy blend of apple cider vinegar, onion, ginger, horseradish, garlic, and other immune-boosting herbs. Her original recipe, inspired by traditional cider vinegar remedies, has given rise to dozens of fire cider formulations created by fans of the tonic who use it to address everyday ills, from colds and flu to leg cramps and hangovers. *Fire Cider!* is a lively collection of 101 recipes contributed ...



## **Grow Your Own Herbal Remedies : How to Create a Customized Herb Garden to Support Your Health & Well-Being**

Maria Noel Groves

9781635860139, 163586013X

Pub Date: 4/2/19

\$24.95 USD

336 pages

Paperback

9.9 in H | 8 in W | 0.7 in T | 2.1 lb Wt

### **Summary:**

Expert herbalist Maria Noël Groves has advice for budding herb gardeners: grow just what your body needs!

In *Grow Your Own Herbal Remedies*, Groves provides 23 garden plans specially tailored to address the most common health needs, along with simple recipes for using each group of herbs. Discover the three to six herbs that are most effective for what ails you, whether you're seeking headache relief, immune support, stress relief, or a simple daily tonic. For chronic stomach problems, marshmallow, plantain, rose, fennel, and calendula ...



## **Master Recipes from the Herbal Apothecary : 375 Tinctures, Salves, Teas, Capsules, Oils, and Washes for Whole-Body Health and Wellness**

Dr. JJ Pursell

9781604698527, 1604698527

Pub Date: 3/5/19

\$25.99 USD

288 pages

Paperback

9.3 in H | 7.8 in W | 0.8 in T | 1.5 lb Wt

### **Summary:**

**"This incredible, in-depth, and easy-to-access resource is a must for all of us who wish to learn more about healing ourselves through the plant world."** —Shiva Rose, actress, activist, and founder of The Local Rose

JJ Pursell, the bestselling author of *The Herbal Apothecary*, is back with a complete, one-stop resource for herbal remedies that heal and nurture the whole family. *Master Recipes from the Herbal Apothecary* offers safe, trusted natural remedies written by a board-certified naturopathic physician. It starts with master recipes...



## **Mountain States Medicinal Plants : Identify, Harvest, and Use 100 Wild Herbs for Health and Wellness**

Briana Wiles

9781604696547, 1604696540

Pub Date: 3/7/18

\$27.99 USD

296 pages

Paperback

9.1 in H | 6.5 in W | 0.8 in T | 1.4 lb Wt

### **Summary:**

**"A practical guide to using medicinal herbs as well as a powerful reminder of our reciprocal relationship with the natural world."** —Rosalee de la Forêt, author of *Alchemy of Herbs*

In *Mountain States Medicinal Plants*, Briana Wiles is your trusted guide to finding, identifying, harvesting, and using 120 of the region's most powerful wild plants. You'll learn how to safely and ethically forage and how to use wild plants in herbal medicines including teas, tinctures, and salves. Plant profiles include clear, color photographs, identificati...





## Midwest Medicinal Plants : Identify, Harvest, and Use 109 Wild Herbs for Health and Wellness

Lisa M. Rose

9781604696554, 1604696559

Pub Date: 6/28/17

\$27.99 USD

312 pages

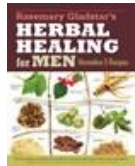
Paperback

9 in H | 6.5 in W | 0.8 in T | 1.4 lb Wt

### Summary:

**"This comprehensive, accessible, full-color guide includes plant profiles, step-by-step instructions for essential herbal remedies and seasonal foraging tips." —*Natural Awakenings Chicago***

In *Midwest Medicinal Plants*, Lisa Rose is your trusted guide to finding, identifying, harvesting, and using 120 of the region's most powerful wild plants. You'll learn how to safely and ethically forage and how to use wild plants in herbal medicines including teas, tinctures, and salves. Plant profiles include clear, color photographs, identification ...



## Rosemary Gladstar's Herbal Healing for Men : Remedies and Recipes for Circulation Support, Heart Health, Vitality, Prostate Health, Anxiety Relief, Longevity, Virility, Energy & Endurance

Rosemary Gladstar

9781612124773, 1612124771

Pub Date: 6/13/17

\$19.99 USD

224 pages

Paperback

9 in H | 7 in W | 0.7 in T | 1.2 lb Wt

### Summary:

Herbalist Rosemary Gladstar – author of dozens of books, including *Herbs for Children's Health*, *Herbs for Stress & Anxiety*, and *Fire Cider!* – now offers wellness expertise specifically for men. Dozens of delicious and simple formulas address men's most common health concerns, including sexual vitality, prostate well-being, stress reduction, and heart health. An A-to-Z compendium of ailments shows you how to treat them effectively using a variety of safe, easy, all-natural remedies. In-depth profiles of 29 herbs explain how men will ben...



## Pacific Northwest Medicinal Plants : Identify, Harvest, and Use 120 Wild Herbs for Health and Wellness

Scott Kloos

9781604696578, 1604696575

Pub Date: 5/17/17

\$27.99 USD

416 pages

Paperback

9.1 in H | 6.6 in W | 1 in T | 1.9 lb Wt

### Summary:

**"An incredibly thorough guide for identifying, harvesting, and utilizing medicinal plants." —Dr. Deborah Frances RN, ND Naturopathic physician, herbalist, author, and lecturer**

In *Pacific Northwest Medicinal Plants*, Scott Kloos is your trusted guide to finding, identifying, harvesting, and using 120 of the region's most powerful wild plants. You'll learn how to safely and ethically forage, and how to use wild plants in herbal medicines including teas, tinctures, and salves. Plant profiles include clear, color photographs, identification...



## Healing Herbal Teas : Learn to Blend 101 Specially Formulated Teas for Stress Management, Common Ailments, Seasonal Health, and Immune Support

Sarah Farr

9781612125749, 1612125743

Pub Date: 12/27/16

\$17.99 USD

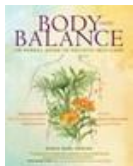
272 pages

Paperback

7.6 in H | 7.5 in W | 0.7 in T | 1.2 lb Wt

### Summary:

Freshly blended herbal teas offer more healing power than do pre-packaged tea bags. In *Healing Herbal Teas*, master herbalist and author Sarah Farr serves up 101 original recipes that not only offer health advantages but also taste great. Formulations to benefit each body system and promote well-being include Daily Adrenal Support, Inflammation Reduction, and Digestive Tonic. Additional recipes that address seasonal needs such as allergy relief or immune support will attune you to the cycles of nature, while instruction on the art of te...



### **Body into Balance : An Herbal Guide to Holistic Self-Care**

Maria Noel Groves  
9781612125350, 1612125352  
Pub Date: 3/22/16  
\$25.99 USD  
336 pages  
Paperback  
9.9 in H | 8 in W | 0.9 in T | 2.1 lb Wt

#### **Summary:**

**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 ...



### **The Herbal Apothecary : 100 Medicinal Herbs and How to Use Them**

Dr. JJ Pursell  
9781604695670, 1604695676  
Pub Date: 12/30/15  
\$25.99 USD  
292 pages  
Paperback  
9 in H | 7.5 in W | 0.7 in T | 1.5 lb Wt

#### **Summary:**

**"Perfect for anyone just beginning in herbal medicine."  
—Mother Earth Living**

Start your path to natural wellness with the safe, trusted advice found in *The Herbal Apothecary*. With the guidance of naturopath JJ Pursell, you will learn how to safely create your own remedies using plants you know and love. Incorporating traditional wisdom and scientific information, *The Herbal Apothecary* provides an accessible and comprehensive introduction to plant-based medicine. It features profiles of the 100 of the most important medicinal plants th...

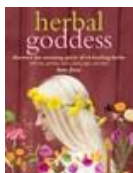


### **Herbs for Children's Health : How to Make and Use Gentle Herbal Remedies for Soothing Common Ailments. A Storey BASICS® Title**

Rosemary Gladstar  
9781612124759, 1612124755  
Pub Date: 4/21/15  
\$9.99 USD  
128 pages  
Paperback  
7 in H | 5 in W | 0.9 in T | 0.3 lb Wt

#### **Summary:**

Herbal remedies can provide safe and effective treatment for common childhood ailments ranging from diaper rash and teething to sore throats and conjunctivitis. In this Storey BASICS® guide, Rosemary Gladstar shows you how to prepare soothing salves, syrups, tablets, and teas that support children's health. With simple instructions, clear dosage guidelines, and in-depth profiles of 24 medicinal herbs, you'll soon be confidently easing your child's achy flu with some hibiscus tea and using the healing properties of nettles to combat bou...



### **Herbal Goddess : Discover the Amazing Spirit of 12 Healing Herbs with Teas, Potions, Salves, Food, Yoga, and More**

Amy Jirsa  
9781612124124, 1612124127  
Pub Date: 4/21/15  
\$19.95 USD  
256 pages  
Paperback  
8.5 in H | 6.5 in W | 0.6 in T | 1.2 lb Wt

#### **Summary:**

Working with 12 common herbs, Amy Jirsa offers recipes and ideas to open your mind, strengthen your body, and nourish your spirit. In-depth profiles show you how to unlock the powerful properties of calendula, chamomile, cinnamon, dandelion, echinacea, elder, ginger, holy basil, lavender, nettle, rose, and turmeric through delicious teas and foods, luxurious salves, skin and hair care treatments, complementary yoga poses, and meditations. Discover the natural keys to radiant health and wellness.



## **Herbs for Common Ailments : How to Make and Use Herbal Remedies for Home Health Care. A Storey BASICS® Title**

Rosemary Gladstar

9781612124315, 1612124313

Pub Date: 10/21/14

\$9.99 USD

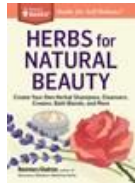
128 pages

Paperback

7 in H | 5 in W | 0.6 in T | 0.3 lb Wt

### **Summary:**

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.



## **Herbs for Natural Beauty : Create Your Own Herbal Shampoos, Cleansers, Creams, Bath Blends, and More. A Storey BASICS® Title**

Rosemary Gladstar

9781612124735, 1612124739

Pub Date: 10/21/14

\$9.99 USD

128 pages

Paperback

7 in H | 5 in W | 0.6 in T | 0.3 lb Wt

### **Summary:**

Look great, smell wonderful, and feel good as you make your own homemade natural body care products. In this Storey BASICS® guide to holistic beauty, Rosemary Gladstar shares more than 30 simple recipes for cleansers, moisturizers, and creams comprised of essential oils and herbs. Make unique shampoos for lustrous, fragrant hair and learn Gladstar's amazing five-step system for glowing skin. Skip the harsh commercial ingredients and use nature's closet to keep your body healthy and beautiful.



## **Herbs for Stress & Anxiety : How to Make and Use Herbal Remedies to Strengthen the Nervous System. A Storey BASICS® Title**

Rosemary Gladstar

9781612124292, 1612124291

Pub Date: 5/6/14

\$8.99 USD

128 pages

Paperback

7 in H | 5 in W | 0.6 in T | 0.3 lb Wt

### **Summary:**

Treat stress, anxiety, depression, and more with simple herbal remedies that calm your mind, build a healthy nervous system, and promote lasting peace. In this informative guide, renowned herbalist Rosemary Gladstar profiles 21 herbs proven to be effective at soothing common ailments like insomnia, panic attacks, skin conditions, and migraines. With simple directions for making herbal mixtures that can be used in delicious teas, tinctures, and capsules, Gladstar shows you how to harness the power of nature to achieve a more relaxed and...



## **Herbs for Long-Lasting Health : How to Make and Use Herbal Remedies for Lifelong Vitality. A Storey BASICS® Title**

Rosemary Gladstar

9781612124711, 1612124712

Pub Date: 5/6/14

\$9.99 USD

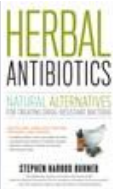
128 pages

Paperback

7.1 in H | 5 in W | 0.5 in T | 0.3 lb Wt

### **Summary:**

Rosemary Gladstar shows you how to enhance your well-being in middle age and beyond using herbal remedies that effectively and safely promote vitality. With in-depth profiles of 22 medicinal herbs, preparation instructions, and dosage guidelines, you'll discover how you can use astragalus to regenerate your body's immune system, bilberry to ease eye problems, and milk thistle to rebuild damaged liver cells. You'll be amazed at how herbal treatments can help support your nervous system, activate your metabolism, and keep your bones and ...



## Herbal Antibiotics, 2nd Edition : Natural Alternatives for Treating Drug-resistant Bacteria

Stephen Harrod Buhner

9781603429870, 1603429875

Pub Date: 7/17/12

\$25.99 USD

480 pages

Paperback

9 in H | 6 in W | 1.1 in T | 1.7 lb Wt

### Summary:

With antibiotic-resistant infections on the rise, herbal remedies present a naturally effective alternative to standard antibiotics. Herbal expert Stephen Harrod Buhner explains the roots of antibiotic resistance, explores the value of herbal treatments, and provides in-depth profiles of 30 valuable plants, noting the proper dosages, potential side effects, and contraindications of each.



## The Healing Remedies Sourcebook : Over 1000 Natural Remedies to Prevent and Cure Common Ailments

C. Norman Shealy

9780738215914, 0738215910

Pub Date: 5/29/12

\$25.99 USD

432 pages

Paperback

7.5 in H | 8.5 in W | 1.1 in T | 2 lb Wt

**Summary:** Loaded with more than 1,000 natural remedies, *The Healing Remedies Sourcebook* will teach you how to naturally treat common problems, including stress, anxiety, depression, headaches, allergies, the common cold, high blood pressure, even diabetes and obesity.

Based on eight therapeutic backgrounds -- Chinese herbal medicine, ayurveda, traditional folk remedies, herbalism, aromatherapy, homeopathy, flower remedies, and vitamins and minerals -- this sourcebook is comprehensive and easy-to-use. Simply look up your ailment in the extensive I...



## The Lavender Lover's Handbook : The 100 Most Beautiful and Fragrant Varieties for Growing, Crafting, and Cooking

Sarah Berringer Bader

9781604692211, 1604692219

Pub Date: 5/1/12

\$27.95 USD

192 pages

Hardcover

9.3 in H | 7.8 in W | 0.8 in T | 1.6 lb Wt

**Summary:** "The best recent all-around lavender book with something for gardeners, crafters, and cooks alike." —*Library Journal*

Lavender is beloved for its and culinary and medicinal uses. In *The Lavender Lover's Handbook*, Sarah Berringer Bader provides a complete overview of the 100 most colorful, fragrant, and stunning varieties. You will discover expert tips on spacing, planting, pruning, and care and maintenance. Additional information includes tips on how to harvest, cook with, and preserve the plant, along with step-by-step crafts and proje...



## Rosemary Gladstar's Medicinal Herbs: A Beginner's Guide : 33 Healing Herbs for Know, Grow, and Use

Rosemary Gladstar

9781612120058, 1612120059

Pub Date: 4/10/12

\$16.99 USD

224 pages

Paperback

9.3 in H | 7.3 in W | 0.5 in T | 1.2 lb Wt

### Summary:

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 h...



## Homegrown Herbs : A Complete Guide to Growing, Using, and Enjoying More than 100 Herbs

Tammi Hartung, Rosemary Gladstar

9781603427036, 1603427031

Pub Date: 3/2/11

\$22.99 USD

256 pages

Paperback

11 in H | 8.6 in W | 0.8 in T | 2.1 lb Wt

### Summary:

Enjoy a thriving, fragrant herb garden and use your harvest to bring beauty, flavor, and health to your everyday life. Tammi Hartung provides in-depth profiles of 101 popular herbs, including information on seed selection, planting, maintenance, harvesting, and drying. Hartung also shows you how to use your herbs in a variety of foods, home remedies, body care products, and crafts. Whether you're a seasoned herbalist or planting your first garden, *Homegrown Herbs* will inspire you to get the most out of your herbs.



## Rosemary Gladstar's Herbal Recipes for Vibrant Health : 175 Teas, Tonics, Oils, Salves, Tinctures, and Other Natural Remedies for the Entire Family

Rosemary Gladstar

9781603420785, 1603420789

Pub Date: 9/3/08

\$18.99 USD

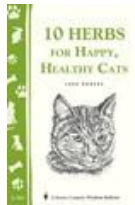
400 pages

Paperback

7.2 in H | 7.3 in W | 1 in T | 1.8 lb Wt

### Summary:

Promote vibrant health and radiant beauty, soothe everyday ailments, and ease persistent stress with these simple, natural cures for everything from dry skin and infant colic to cold symptoms and insomnia. Renowned herbalist Rosemary Gladstar provides 175 proven therapies and herbal remedies that are easy to prepare and safe enough for children. Offering a potent and effective alternative to commercial pharmaceuticals, Gladstar will inspire you to nurture yourself and those you love with nature's healing herbs.



## 10 Herbs for Happy, Healthy Cats : (Storey's Country Wisdom Bulletin A-261)

Lura Rogers

9781580173476, 1580173470

Pub Date: 2/15/01

\$3.99 USD

32 pages

Paperback

8.8 in H | 5.7 in W | 0.1 in T | 0.1 lb Wt

Catnip Isn't the Only Herb Your Cat Will Love!

If you're a dedicated cat lover, you know the amazing intoxicating effect that catnip has on most cats. But did you also know that catnip can help calm a frantic feline during an extended car trip? Or that catnip can ease feline gastrointestinal distress? In fact, there are many common herbs that can do wonders for your cat's health. In *10 Herbs for Happy, Healthy Cats* you'll find ten of the safest, most versatile herbs for feline health. You'll learn everything you need to know about growi...



## 10 Herbs for Happy, Healthy Dogs : Storey's Country Wisdom Bulletin A-260

Kathleen Brown

9781580173469, 1580173462

Pub Date: 1/1/01

\$3.95 USD

32 pages

Paperback

8.5 in H | 5.5 in W | 0.1 in T | 0.1 lb Wt

### Summary:

Are you curious about using alternative health care for your dog, but not sure where to start? Let herbalist Kathleen Green be your guide! In *10 Herbs for Happy, Healthy Dogs*, Brown identifies 10 of the safest and most versatile herbs to use with dogs. You'll find everything you need to know to prepare herbal remedies at home and administer them to your dog, including how to calculate the proper dosage. You'll also find a wide array of herbal remedies designed for everything from soothing hot spots to relieving bowel problems to he...



## **ADHD Alternatives : A Natural Approach to Treating Attention Deficit Hyperactivity Disorder**

Aviva J. Romm C.P.M., Tracy Romm Ed.D., Christopher Hobbs L.Ac., AHG

9781580172486, 1580172482

Pub Date: 7/1/00

\$14.99 USD

160 pages

Paperback

8.5 in H | 5.5 in W | 0.5 in T | 0.4 lb Wt

Attention-deficit hyperactivity disorder (ADHD) is one of the most commonly diagnosed, and misdiagnosed, disorders in children. This guide focuses on the root causes of ADHD and offers a natural and holistic approach to combat the disorder, encouraging families to find solutions that don't rely on psychostimulant drugs like Ritalin. Discover the many benefits of treating ADHD with a mixture of nutritional supplements, herbal medicines, and parenting techniques that foster self-esteem, creativity, self-discipline, and confidence.



## **Herbal Teas : 101 Nourishing Blends for Daily Health & Vitality**

Kathleen Brown, Jeanine Pollak

9781580170994, 1580170994

Pub Date: 1/7/99

\$16.95 USD

160 pages

Paperback

7.5 in H | 7.5 in W | 0.5 in T | 0.6 lb Wt

### **Summary:**

A warm mug of strong tea was always grandma's solution to a bad day, and it turns out she may have been on to something! Discover the healing properties of herbal teas in this comprehensive guide to blending and brewing your own steamy concoctions. Kathleen Brown includes recipes for teas to care for the head, throat, gut, nervous system, lungs, bones, joints, and more. Whether you seek to soothe body, soul, or both, you'll find the perfect brew.