

The Master Book Of Herbalism

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Outstanding in its completeness, The Master Book of Herbalism fulfills a need that has long been felt by students of the magical arts. In his sincere and gentle manner, Paul brings over 15 years experience as he writes about: the medicinal use of herbs, including illustrations of plants easily

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Books similar to The Master Book of Herbalism
well written and excellent source of information pertaining to the many uses of herbs found around the States. if you are a newbie to the art of collecting and correctly using herbs this is an invaluable book to read. you will find information about an herb's history, it's latin name, it's ritual purpose, it's healing purpose, and which ones are safe to ingest.

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The Herbal Medicine Conference Our annual Herbal Medicine Conference has been running for over 150 years, and is now one of the premier events in the European herbal calendar. We welcome members and non-members alike, so find out more about how you could attend this year.

Every plant has its own distinct spiritual energy or its own deva. Devas are the radiant light of the Universal Divine that permeates all things. Since the earliest times, people were aware that all of Nature is divine. Great and wondrous myths were told that explained the presence of divine energy as it exists in thunder, in trees, and in sunlight. Some of this lore was the foundation of religions. But the simpler stories, such as those of a plant's energy, explored day-to-day matters like health and love. This understanding of the world has been preserved in folklore through poems, chants, ditties, and spells. From researching the history of folklore from cultures around the world, patterns emerge that enable us to approach the true nature of plants' devas. This compendium presents the lore and the corresponding usage for 330 magical herbes. Great care was taken only to include folklore that was documented as authentic. You will meet many new herbes in this text and explore fascinating magical and religi uses, but most of all, you will come to respect the divine that surrounds your everyday life.

The Art & Practice of Spiritual Herbalism, written by leading Black herbalist Karen Rose, addresses herbalism and medicine making from the perspective of diasporic ancestral traditions.

Integration of Western and Chinese herbal therapeutics presents health challenges from an energetic context, making it especially useful for those with minimal Chinese Medicine training. Complete coverage addresses a wide variety of topics, including theory, wildcrafting, apothecary, herbal remedy-making, client interaction, and creating and dispensing formulas. Compendium of Western and Chinese herbs covers usages, contraindications, and herb-drug interactions with an emphasis on herbal safety. Comparison of Western diseases and Chinese syndromes helps pinpoint which herbs and formulas best match a person ' s health condition. Case histories present specific therapeutic principles and suggested formulas on conditions commonly faced by herbalists. Explicit instructions detail how to make salves, lotions, and syrups, plus tinctures, percolations, and dual extractions, including calculations, proportions, and worksheets. Functional medicine principles address the root causes of common chronic Western diseases.

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 spagyrists such as Paracelsus, Pseudo-Lull, Philipp Ulstad, and Nicaise Le F è vre • 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 Mav é ric 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, Mav é ric 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 F è vre, providing detailed step-by-step instructions for a veritable pharmacopeia of spagyric extracts, tinctures, elixirs, liquors, oils, unguents, salts, aquae vitae, and quintessences. Mav é ric 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, Mav é ric focuses on the more advanced methods and techniques of Paracelsus, Helmont, and George Starkey, unraveling the mysteries of manufacturing alkalis, alkahests, and menstrua 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.

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.

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.

A fun, modern, and irreverent introduction to healing herbs, this field guide to feeling good includes more than 20 plant profiles. Here is an invitation to the wild world of healing plants growing right outside your door. Highlighting herbs from catnip and plantain to nettles and rosemary, this book provides the information you need to assemble an herbal arsenal for combatting any ailment—everything from brewing up a slick lube tea for sexual health to fashioning a simple summer band-aid from backyard " weeds " to crafting an herbal smoking blend to quiet a busy mind. This accessible guide covers questions like: What is plant medicine? What can I put in my mouth and where do I find it? Can I still go to my doctor? We ' ve got you covered.

The definitive guide to 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 25 plants and herbs essential to Ashkenazi folk medicine, this essential guide 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 eastern European medicine. Part II offers descriptions of predominantly Jewish towns in the Pale, their many native plants, and the remedies applied by indigenous healers to treat a range of illnesses. This materia medica names each plant in Yiddish, English, Latin, and other relevant languages. Ashkenazi Herbalism also details a brief history of medicine; the roles of the Baalei shem, Feldshers, Oshprekherins, midwives, and brewers; and the seferot.

A lost classic of Western herbalism—rediscovered and restored with 200 full-color images. Herbalist to King Charles I, John Parkinson (1567–1650) was a master apothecary, herbalist, and gardener. Famous in his own lifetime for his influential books, his magnum opus, the Theatrum Botanicum, was published in 1640 and ran to 1,766 large pages. The sheer scope and size was perhaps to prove the book ' s downfall, because while it was much revered—and plagiarized—it was never reprinted and, centuries later, has attained the status of an extremely rare and valuable book. Parkinson was writing at a time when Western herbalism was at its zenith, and his skills as a gardener (from his grounds in Covent Garden) combined perfectly with his passion for science, observation, and historical scholarship. In the The Herbalist ' s Bible, Julie Bruton-Seal and Matthew Seal have beautifully combined selections from Parkinson ' s book with their own modern commentary on how each plant is used today to create a truly one-of-a-kind, comprehensive collection of herbal information old and new. Parkinson ' s clear and lively description of a chosen plant ' s " virtues " or healing properties side-by-side with the editors ' notes—including copious herbal recipes—make this the perfect book for students and practitioners of herbalism, historians, and gardeners, all of whom will welcome this restoration of Parkinson ' s lost classic.

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.

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