

# Book Of Herbs

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Discover the power of nature with our comprehensive Book Of Herbs. This essential guide covers everything from identifying common herbs to their traditional uses and modern applications, offering insights into natural healing and herbal remedies for a healthier lifestyle.

Our collection supports both foundational studies and cutting-edge discoveries.

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## Jekka's Complete Herb Book

Jekka McVicar shows how to grow and use herbs, with over 200 culinary ideas and recipes.

## The Illustrated Book of Herbs

A guide to herb gardening, a botanical A-Z of 150 herbs, and recipes and craft projects to create with them.

## The Complete Book of Herbs and Spices

With more than 340,000 copies sold in hardcover, this essential, full-color resource is now available in paperback. Revealing the enormous potential of herbs, this sourcebook includes information on planting, growing, and harvesting herbs, as well as the main uses of herbs. It also offers an exhaustive identification guide, recipes, ideas for gifts, and much more.

## Cook's Guide to Herbs

A superb guide to all aspects of herbs, "The Companion Book Of Herbs" shows how to grow, harvest, prepare and cook herbs. This full color book contains everything readers wish to know about the use of herbs. It contains information, guidelines and step-by-step projects for health, beauty and decorative uses for herbs. To make it more complete, it also contains a full directory of herbs and their uses.

### The Complete Book of Herbs

This compact encyclopaedia details various herbs used in natural remedies and explores their benefits for restoring and maintaining health. The Famous Book of Herbs describes each herb in detail and features information on the various uses and benefits of every plant included. A perfect short read for those interested in herbalism. The chapters featured in this volume include: - Tonics - Herbal Smoking Herbs - Enjoyment - Purity - Benefit - Reducing and Slimming - Intemperance - Abscesses - Acidity - Acne - Anaemia - Asthma - Backache - Biliousness

### The Companion Book of Herbs

This beautifully illustrated, complete guide to herbs unlocks the secrets of these wonder plants—from planting and harvesting to cooking and storing—including their health benefits. Now you can discover the joy and pleasure of growing your own herbs—for spicing up meals, creating crafts, treating ailments, and more. In this comprehensive and beautifully illustrated herbal guide you'll find information on their history, cultivation, propagation, and harvesting, along with a wealth of great ideas for using herbs everyday in a variety of ways. This guide unravels the mysteries of these versatile plants, with savvy tips and simple formulas for maximizing their powers. Did you know? · Mint can repel ants, flies, mice, and moths · Garlic can seriously lower cholesterol · Chives, fennel, tarragon, thyme, oregano, and winter savory are perennials · Rosemary was used in the Middle Ages for its tranquilizing effects, and it is still a digestion aid Known for alleviating common ailments, herbs are an ancient natural wonder—herbs are hotter than ever. Extremely informative and fascinating, this book will help you find which herb can treat various complaints. Throughout the guide are instructions for bursting-with-flavor recipes, health-care products, decorative craft ideas, insect repellents, cosmetics, cleaning agents, and much more.

### The Famous Book of Herbs

A guide to the popular uses of herbs and spices which provides information on the histories and backgrounds of more than one hundred spices and herbs and their various uses.

### The Complete Illustrated Book of Herbs

A full color illustrated guide to growing and using herbs to enhance your health and your cooking. This beautifully illustrated, complete guide to herbs unlocks the secrets of these wonder plants—from planting and harvesting to cooking and storing—including their health benefits. Now you can discover the joy and pleasure of growing your own herbs—for spicing up meals, creating crafts, treating ailments, and more. In this comprehensive and beautifully illustrated herbal guide you'll find information on their history, cultivation, propagation, and harvesting, along with a wealth of great ideas for using herbs everyday in a variety of ways. This guide unravels the mysteries of these versatile plants, with savvy tips and simple formulas for maximizing their powers. Did you know? · Mint can repel ants, flies, mice, and moths · Garlic can seriously lower cholesterol · Chives, fennel, tarragon, thyme, oregano, and winter savory are perennials · Rosemary was used in the Middle Ages for its tranquilizing effects, and it is still a digestion aid

### Herbal Medicine and Botanical Medical Fads

The quick and easy photographic guide to herbs of the world--for novices and established enthusiasts alike. This compact visual guide features the highest-quality photographs, capturing the unique details of more than 700 plants used by people around the world in cooking, healing, cosmetics, and even pest control. Each herb's entry includes annotated photographs to highlight the herb's distinguishing features, color illustrations showing a typical specimen of the plant or tree, and the plant's natural habitat and native region to help identify it. Discover what each herb is used for, including applications in food preparation, medicine, beauty treatment, aromatherapy, and crafts, while symbols on every page detail which parts of the plant are used. The introduction covers the anatomy of an herb, reveals how herbs have been utilized throughout history, and explains how we use herbs in the modern world, from medicinal uses to the pleasures of a well-kept herb garden, making it an essential reference for anyone interested in exploring their local forest or cultivating herbs.

### Reader's Digest Essential Book of Herbs

The book covers 107 herbs and their medical uses in the treatment of diseases. It is divided into two parts- the first describes, in detail, 66 important herbs with strong healing powers and curative properties and the second describes, in brief, 41 herbs with comparatively milder properties. In each part herbs have been arranged alphabetically, according to their English names, as well as by trade names, where they are more popular by the trade name. While there are numerous books on herbs, the distinctive feature of this book is its reasonably comprehensive information about herbs, especially their uses in the treatment of various diseases.

## Herbs

304 color pages, paperback, improved print quality, and a lot more plant identification details This unique book is written by Dr. Nicole Apelian, an herbalist with over 20 years of experience working with plants, and Claude Davis, a wild west expert passionate about the lost remedies and wild edibles that kept previous generations alive. The Lost Book of Herbal Remedies has color pictures of over 181 healing plants, lichens, and mushrooms of North America (2-4 pictures/plant for easy identification). Inside, you'll also discover 550 powerful natural remedies made from them for every one of your daily needs. Many of these remedies had been used by our forefathers for hundreds of years, while others come from Dr. Nicole's extensive natural practice. This book was made for people with no prior plant knowledge who are looking for alternative ways to help themselves or their families. This lost knowledge goes against the grain of mainstream medicine and avoids just dealing with symptoms. Instead, it targets the underlying root cause and strengthens your body's natural ability to repair itself. With the medicinal herbal reference guide included, it's very easy to look up your own condition and see exactly which herbs and remedies can help. Let me just offer you a small glimpse of what you'll find inside: On page 145 learn how to make a powerful "relieving" extract using a common backyard weed. This plant acts directly on the central nervous system to help with all kinds of pain and discomfort. You'll also discover the most effective natural antibiotic that still grows in most American backyards (page 150). Turn to page 43 for the natural protocol Dr. Nicole is recommending for a wide range of auto-immune conditions, after falling prey to MS herself at age 29. I could go on and on because this book contains no less than 800+ other medicinal plants and natural remedies.

## Herbs that Heal

"A genius little book! This is a fascinating guide to herbs and what to do with them love it!" Jamie Oliver From rosemary to wild garlic, and hyssop to sea kale, our food would be poorer without the herbs we grow. Jekka McVicar is the expert on herbs and how to get the best from them, and this new pocket book is the go-to guide for chefs and gardeners across the country. In a compact and handy A-Z format, this guide will ensure you get the best out of your herb garden, providing details such as when and where to plant, how hardy each plant is, how to nurture and care for your herbs and what each herb is best used for in the kitchen. Jekka's own photography of the herbs complements the text, providing a quick and colourful reference.

## The Lost Book of Herbal Remedies

Join the journey to natural wellness and treat yourself with this handy book of herbs and homemade remedies. Introducing Neal's Yard Remedies Healing Herbs - a one-stop gardening guide with everything you need to know about herbs, featuring a detailed layout of 100 medicinal herbs and over 70 recipes for effective herbal treatments. A must-have volume for green-fingered gardeners, Neal's Yard Remedies Healing Herbs features tonnes of tips and tricks on planting and propagating a diverse range of herbs with the core focus on improving your health and treating your ailments with a little help from nature! This herbal medicine book offers expert advice you can trust, with an in-depth directory of a plethora of plants and herbs, including hemp, lavender, thyme, aloe vera, and lemongrass. With passion in every page, this handy herbalism book includes: -An illustrated directory of 100 medicinal herbs with instructions on how to use each one -At-a-glance guides to help reader quickly find the right herbs for their health needs -Over 70 recipes featuring medicinal herbs to use in soups, salads, face masks and more. Alongside the directory, the book features more than 70 recipes designed to heal the body from the inside out, all of which can be prepared in the comfort of your own kitchen! Try a fennel and chamomile tea to aid digestion, a cranberry and apricot power bar to boost energy levels, or a beeswax and calendula balm to combat stretch marks. Whatever your ache or ailment, you can discover the treatment potential for each plant, and how you can prepare and use them to best effect. A recent study suggests 38% of British adults use their gardens to grow herbs and vegetables. However, the

ever-growing pressure of balancing family life with a career leaves a lot of room for aches and ailments, including stress and anxiety, not to mention a lot of today's green-fingered gardeners simply lack time for growing herbs! We believe it's time to change that! Dive deep into the pages of this handy herb book and discover easy-to-follow guides to exploring a plethora of plants and herbs that will change your life for the better! The ideal gift for the green-fingered gardener in your life with a niche for natural remedies, or those who prefer complementary therapies over conventional medicines. This easy reference book is well-suited to herbal medicine practitioners and students alike. From researching how medicinal plants work, to making your own herbal remedies and nurturing natural skincare, from aloe vera to avocado, this one-stop herbal handbook has it all and will leave you feeling healthier and more energized than ever before. A newly-updated book with a fresh design and easy-to-use treatment guides to help you find the herbs you need at a glance, Neal's Yard Remedies Healing Herbs is a comprehensive guide to staying healthy the natural way. At DK, we believe in the power of discovery. So why not explore other books in the Neal's Yard Remedies collection, craftily curated to suit your natural needs! Revolutionise your beauty regimen with Neal's Yard Remedies Natural Beauty and explore the awe-inspiring aromas within best-selling book Neal's Yard Remedies Essential Oils.

#### A Pocketful of Herbs

A distillation of thirty-five years of experience and experimentation, A Herbal Book of Making and Taking is a collection of essential wisdom for the aspiring herbalist. Put together by one of the most loved and respected teams in modern herbal medicine, the book is filled with clear, concise instructions and detailed recipes trialled over decades of practice. Originally intended as a teaching aid for herbal students, this is a comprehensive guide to the craft of medicine making for the modern herbalist. Including exercises and tasks for the interested student, the book covers everything from growing and harvesting herbs to using them in internal and external medicines. From infusions and tinctures to syrups, soups, and suppositories, this is a gift to future herbalists drawing on a lifetime of study.

#### Neal's Yard Remedies Healing Herbs

The global popularity of herbal supplements and the promise they hold in treating various disease states has caused an unprecedented interest in understanding the molecular basis of the biological activity of traditional remedies. Herbal Medicine: Biomolecular and Clinical Aspects focuses on presenting current scientific evidence of biomolecular ef

#### A Herbal Book of Making and Taking

More than 2,000 complete and concise descriptions of herbs, illustrated by more than 275 line drawings, offer natural aids to health and happiness. Includes tips on growing, botanical medicine, seasoning, and much more.

#### Herbal Medicine

This beautifully illustrated, complete guide to herbs unlocks the secrets of these wonder plants-from planting and harvesting to cooking and storing- including their health benefits. This guide unravels the mysteries of these versatile plants, with savvy tips and simple formulas for maximizing their powers. Did you know? \* Mint can repel ants, flies, mice, and moths \* Garlic can seriously lower cholesterol \* Chives, fennel, tarragon, thyme, oregano, and winter savory are perennials \* Rosemary was used in the Middle Ages for its tranquilizing effects, and it is still a digestion aid Known for alleviating common ailments, herbs are an ancient natural wonder-herbs are hotter than ever. Extremely informative and fascinating, this book will help you find which herb can treat various complaints. Throughout the guide are instructions for bursting-with-flavor recipes, health-care products, decorative craft ideas, insect repellents, cosmetics, cleaning agents, and much more.

#### The Herb Book

"All you need to know for growing, preserving and cooking"--Jacket subtitle.

#### Traditional Home Book of Herbs

Here is a reflection of the continuing trend towards a more natural lifestyle -- aromatherapy, natural remedies, and natural cosmetics. Well-known expert Barbara Hey covers these popular topics as well as essential information on the cultivation and use of over 100 different kinds of herbs. It also contains

a directory of common herbs and the medicinal benefits to be derived from each. Beautifully illustrated in full color throughout.

### The Complete Illustrated Book of Herbs

A unique and innovative combination of cookbook, gardening guide, and organic reference, "New Book of Herbs" illustrates how growing and using fresh herbs can enhance one's home, health, and garden.

### The Book of Herbs

Herbal medicine has been used for centuries, and in this thoughtful and inspiring guide, Rebecca Sullivan shares a combination of traditional wisdom and modern ideas for anyone who wants to improve their health with herbs. The Treatment section includes Ginger and Peppermint Travel Sickness Pastilles and Herby Chest Rub, while the Drinks & Tonics chapter offers Sage and Lavender Kefir and Tarragon Tincture. There is also a selection of foods using herbs for health, including Herby Ice Lollies and Lemon Balm Bliss Balls. The book is also full of Rebecca's brilliant tips and advice - from soaking your feet in cool black tea to fix smelly feet to making ginger-infused ice cubes to combat nausea. With a detailed herb glossary and plenty of information about essential oils, this is an essential volume for every would-be modern apothecary.

### The Illustrated Book of Herbs

Derived from the author's Flora Britannica, this book takes a broad definition of herbs and includes 100 wild plants of England, Scotland and Wales. As well as describing them, the author gives an account of the role of wild herbs in social life, arts, custom and landscape.

### New Book of Herbs

Guild of Food Writer's Awards, Highly Commended in 'Specialist Subject Cookbook' category (2022) André Simon Awards shortlisted (2022) "A beautiful book, and one which makes me want to cultivate my garden just as much as scurry to the kitchen." — Nigella Lawson "At its core this book is about cooking, but it's an essential and valuable resource for folk who love to grow their own herbs and cook. Sorted by individual herbs with detailed notes on how to grow and use them, it's going to be a book I will turn to a lot over the years." — Nik Sharma Herb is a plot-to-plate exploration of herbs that majors on the kitchen, with just enough of the simple art of growing to allow the reader to welcome a wealth of home-grown flavours into their kitchen. Author Mark Diacono is a gardener as well as a cook. Packed with ideas for enjoying and using herbs, Herb is much more than your average recipe book. Mark shares the techniques at the heart of sourcing, preparing and using herbs well, enabling you to make delicious food that is as rewarding in the process as it is in the end result. The book explores how to use herbs, when to deploy them, and how to capture those flavours to use when they might not be seasonally available. The reader will become familiar with the differences in flavour intensity, provenance, nutritional benefits and more. Focusing on the familiars including thyme, rosemary, basil, chives and bay, Herb also opens the door to a few lesser-known flavours. The recipes build on bringing your herbs alive – whether that's a quickly swizzed parsley pesto when short of time on a weekday evening, or in wrapping a crumbly Lancashire cheese in lovage for a few weeks to infuse it with bitter earthiness. With a guide to sowing, planting, feeding and propagating herbs, there are also full plant descriptions and their main culinary affinities. Mark then looks at various ways to preserve herbs including making oils, drying, vinegars, syrups and freezing, before offering over 100 innovative recipes that make the most of your new herb knowledge.

### The Art of Herbs for Health

Discover the meanings, powers, facts, and folklore for over 500 herbs and spices in The Complete Language of Herbs—now in a pocket-size edition for easy, on-the-go reference. Along with a beautiful visual depiction, each entry provides the herb or spice's scientific and common names, characteristics, and historic meanings and powers from mythology, medieval legends, folklore, and flower poetry. Did you know that allspice can be added to herbal mixtures to attract money or luck? Or that sprinkling arrowroot at the doors of your home will keep guests' negative energy from entering? Reaching the height of popularity during the Victorian era, floriographies—dictionaries of symbolic flower meanings—were an amusing pastime and art to subtly communicate unspoken emotions. To complement the success of The Complete Language of Flowers, author S. Theresa Dietz has scoured

historic sources and compiled an equally beautiful compendium in *The Complete Language of Herbs*, revealing the secrets and powers of hundreds of common and forgotten herbs and spices from around the world. Together with stunning full-color illustrations and two indexes, one for searching by common herb and spice name and the other organized by meaning, this beautiful reference is a must-have for gardeners, chefs, party planners, and food enthusiasts.

#### A Little Book of Healing Herbs

Bursting with definitive information on a range of herbs, *A Woman's Book of Herbs* is an extensive guide to their use in healing the mind, body, and spirit:- where, when, and how to collect herbs, and how to dry, store, and prepare them- how to use them: their physical, emotional, and ritual uses- their mythological history and astrological significance- their main chemical components- recipes for food, drinks, and medicines. Infused with the author's empowering holistic approach to healing and her keen sense of importance for women of having understanding and control over the causes of ill-health and the variety of healing processes, *A Woman's Book of Herbs* is a unique and indispensable work. This is a reissue of the much-loved classic, first published in 1992.

#### Flora Britannica Book of Wild Herbs

*A Garden of Herbs* by Eleanour Sinclair Rohde. This book is primarily intended for those who are going to create an old fashioned herb garden, and who want to know how to use these herbs as our great grandmothers did: but even if you buy your herbs at the store, this practical handbook will show you how to make hundreds of teas, syrups, conserves, pies, candied flowers and leaves, wines, sweet waters and perfumes from well known wild and garden herbs that are readily available. Most of the recipes are taken from old English herbals (Gerard's herbal, John Evelyn's *Acetaria*, Coles *Art of Simpling* and many others) and the author one of the two or three most outstanding herbalists of this century adds many more of her own. Miss Rohde first provides a brief historical description of the herb garden, discussing some of the major books on herbs that have been written in England since the Anglo-Saxon Bald's leech book. Then in a long chapter entitled "Sundry of herbs" she lists the common herbs in alphabetical order, giving descriptions, recipes, hints on preservation, etc, for each one. There are recipes in this chapter for such dishes as artichoke pie, chervil broth, pickled cow slips, dill pickles, marigold pudding, nettle spinach, sauce eglantine (from roses), tarragon vinegar, violet cakes and wormwood brandy. There is an entire chapter on salads made with all kinds of herbs, which includes recipes for vinegar and mustard. The chapters cover herb pottages and puddings, drinks and homemade wines (from mint, currants, lemons, dandelions, blackberries, sage, apples, gooseberries, apricots, turnips, etc) and some additional recipes- almond milk, beet-root biscuits, parsnip cakes, potato pie, and many more unusual herb foods. A practical chapter on the picking and drying of herbs and a final chapter on the use of herbs for scents (in pomanders, ointments, bath waters, eau de cologne and other perfumes) complete the volume. Miss Rohde's charming presentation and the ease with which her herbal lends itself to hours of browsing, will make this book a source of delight for anyone interested in plants or their lore.

#### Herb

Together with its companion volume, *Handbook of herbs and spices: Volume 2* provides a comprehensive and authoritative coverage of key herbs and spices. Chapters on individual plants cover such issues as description and classification, production, chemical structure and properties, potential health benefits, uses in food processing and quality issues. Authoritative coverage of more than 50 major herbs and spices. Provides detailed information on chemical structure, cultivation and definition. Incorporates safety issues, production, main uses, health issues and regulations.

#### The Complete Language of Herbs

Know which botanical medicines are effective—and which to avoid—in an instant *Medicinal Herbs: A Compendium* contains the profiles of about 200 important and commonly used medicinal herbs. This short, concise resource is translated, complete revised, and updated from the German compendium *Arzneidrogenprofile* (2000) and was largely edited by the late Varro E. Tyler before his death in 2001. With this guide, pharmacists and health practitioners will be able to quickly find information on medicinal plants and directions for their use. This compendium incorporates important botanicals from both European pharmacognosy and the North American medicinal herb market. Designed originally for pharmacists who need a succinct, easy-to-use manual for every day use, *Medicinal Herbs* can also

benefit pharmacognosists, physicians specializing in natural treatments, midwives, physiotherapists, herbalists, and students of these disciplines. Included in the text are two tables for the medicinal plants—an English-to-Latin binomial list and a Latin binomial-to-English list—allowing readers who are not as familiar with English to more easily find what they need. Each herb's profile in *Medicinal Herbs* has its own page which lists: its English name and Latin binomial the parts of the plant used for treatment areas of applications—what ailments are indicated and how the herb is to be used dosage for using herbal teas, tinctures, poultices, and more instructions for the duration of application and when to contact a medical practitioner comments on the use of the herb, its efficiency and safety, and any traditions or folklore on that herb contraindications—when not to use the herb adverse effects interactions with other drugs

#### Little Book of Herbs

**A Practical, Authoritative Compendium** This handbook catalogs 365 species of herbs having medicinal or folk medicinal uses, presenting whatever useful information has been documented on their toxicity and utility in humans and animals. Plants from all over the world - from common cultivars to rare species - are included in these 700 pages. The toxicity of these species varies, but the safety of each has been formally or informally questioned by the Food and Drug Administration, National Cancer Institute, Department of Agriculture, Drug Enforcement Administration, or Herb Trade Association. **Easy-to-Locate Facts and Figures** Designed to enable fast access to important information, this hand-book presents information in both catalog and tabular forms. In the catalog section, plants are presented alphabetically by scientific name. (The index permits you to locate an herb by its common name.) A detailed sketch of the chief identifying features accompanies most catalog entries. For each species the following information, as available, is presented and referenced: Family and colloquial names Chemical content Uses and applications - present and historical Processing, distribution, and economic potential Toxicological agents and degree of toxicity Poison symptoms in humans and animals Treatment and antidotes References to original literature **Five Tables of Accessible Data** Given a plant species, you can easily determine its toxins; or, given a toxin, you can discover which plants contain it. These and other data are presented in convenient tabular formats as appendixes to the handbook. Other information contained in these tables include toxicity ranking and other toxicity data (as applicable), such as mode of contact, organs affected, and lethal dose; and proximate analyses of selected foods. These tables are titled: Medicinal Herbs: Toxicity Ranking and Pricelist Toxins: Their Toxicity and Distribution in Plant Genera High Plant Genera and Their Toxins Pharmacologically Active Phytochemicals Proximate Analyses of Conventional Plant Foods

#### A Woman's Book of Herbs

**Self Sufficient Herbalism** is the first ever practical guide to the growing, gathering, and preserving of medicinal herbs for a working dispensary. Written by a practising herbalist with a high street clinic, it covers everything you need to know to become truly self sufficient in creating and dispensing your own herbal medicine. Relying on only a small allotment and access to the fields and woodlands of rural England, Lucy Jones provides a masterclass in the wild crafting, growing, harvesting, drying, storage, and processing of medicinal herbs. Her passion for the plants and traditional ways of preserving them for medicine shines through as she explores the deeper implications of self-sufficiency and the transformative impact it has had on her practice. The guide includes a glossary of detailed notes on the cultivation, harvesting, and processing of 108 individual herbs arranged by the seasons. It is a must read for practising herbalists, herbal students, herb gardeners, and all those who love herbs.

#### A Garden of Herbs

"Take borage for courage. Send a bouquet of yarrow to declare war. Hang a sprig of rue at the door to keep witches at bay." Like flowers, herbs are steeped in myth and magic, secrets and lore. For centuries, their powers have been called upon to seduce lovers and dispel witches, send hidden messages and brew potent elixirs, entice the palate and soothe the mind. Illustrated with enchanting collages by acclaimed artist Ann Field, this delightful tribute to the meaning and magic of herbs offers a contemporary introduction to an age-old tradition. The text draws on botanical, mythological, and historical sources worldwide, from ancient Rome to Victorian England, from Asia to the Americas, presenting profiles of over 50 herbs favored through the ages. Blending fact, folktale, natural history, and original art, *The Meaning of Herbs* explores the language and lore of nature's most versatile and powerful gifts.

#### Handbook of Herbs and Spices

This work offers remedies for all the ills known to 17th century society. Together with an alphabetical section on herbs, their provenance and properties, it includes "The English Physician and Family Dispensary\

## Medicinal Herbs

"There is not one page of this enchanting book which does not contain something to interest the common reader as well as the serious student. Regarded simply as a history of flowers, it adds to the joys of the country." — B. E. Todd, *Spectator*. If you want to know how pleurisy root, lungwort, and abscess root got their names, how poison ivy used to treat rheumatism, or how garlic guarded against the Bubonic Plague, consult *A Modern Herbal*. This 20th-century version of the medieval Herbal is as rich in scientific fact and folklore as its predecessors and is equally encyclopedic in coverage. From aconite to zedoary, not an herb, grass, fungus, shrub or tree is overlooked; and strange and wonderful discoveries about even the most common of plants await the reader. Traditionally, an herbal combined the folk beliefs and tales about plants, the medicinal properties (and parts used) of the herbs, and their botanical classification. But Mrs. Grieve has extended and enlarged the tradition; her coverage of asafetida, bearberry, broom, chamomile, chickweed, dandelion, dock, elecampane, almond, eyebright, fenugreek, moss, fern, figwort, gentian, Hart's tongue, indigo, acacia, jaborandi, kava kava, lavender, pimpernel, rhubarb, squill, sage, thyme, sarsaparilla, unicorn root, valerian, woundwort, yew, etc. — more than 800 varieties in all — includes in addition methods of cultivation; the chemical constituents, dosages, and preparations of extracts and tinctures, unknown to earlier herbalists; possible economic and cosmetic properties, and detailed illustrations, from root to bud, of 161 plants. Of the many exceptional plants covered in *Herbal*, perhaps the most fascinating are the poisonous varieties — hemlock, poison oak, aconite, etc. — whose poisons, in certain cases, serve medical purposes and whose antidotes (if known) are given in detail. And of the many unique features, perhaps the most interesting are the hundreds of recipes and instructions for making ointments, lotions, sauces, wines, and fruit brandies like bilberry and carrot jam, elderberry and mint vinegar, sagina sauce, and cucumber lotion for sunburn; and the hundreds of prescriptions for tonics and liniments for bronchitis, arthritis, dropsy, jaundice, nervous tension, skin disease, and other ailments. 96 plates, 161 illustrations.

## Handbook of Medicinal Herbs

### Self-Sufficient Herbalism