

Indian Herbalogy Of North America The Definitive Guide To Native Medicinal Plants And Their Uses

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Indian herbalogy of North America: A study of Anglo-American, Russian and Oriental literature on Indian medical botanics of North America with illustrations, glossary, index and annotated bibliography.

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About Indian Herbalogy of North America For more than twenty years this pioneering work had served as a bible for herbalists throughout the world. It is an illustrated encyclopedic guide to more than two hundred medicinal plants found in North America, with descriptions of each plant's appearance and uses, and directions for methods of use and dosage.

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Indian Herbalogy of North America by Alma R. Hutchens is a helpful reference book for those desiring a greater understanding of cross-cultural applications of herbs. The title is somewhat misleading because though there is an emphasis on Native American herbalism there is also a great deal of information regarding Russian herbology and folklore.

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The subject of our work is Indian Heibalogy of North America, which includes the U.S.A. and Canada, to help us visualize and express the meaning of our Indian Herbalogy-as a study of plants in their economic use. Herbalogy comes from the Greek-Herba, grass, and Logos, description.

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The book, Indian Herbalogy of North America by Alma Hutchens is a plagiary. It is a copy taken from older herbals. Most of the plagiarized material comes from two older books in particular. One of...

For more than twenty years this pioneering work had served as a bible for herbalists throughout the world. It is an illustrated encyclopedic guide to more than two hundred medicinal plants found in North America, with descriptions of each plant's appearance and uses, and directions for methods of use and dosage. Native American traditions are compared with traditional uses of the same plants among other cultures where the science of herbs has flourished, particularly in Russia and China. Included is an annotated bibliography of pertinent books and periodicals.

"The definitive guide to native medicinal plants and their uses." Includes information on "more than two hundred medicinal plants ... with descriptions of each plant's appearance and uses, and directions for methods of use and dosage."

The author of the bible on herbalism returns with a portable guide for the professional and amateur herbalist alike Based on the now-classic reference text Indian Herbalogy of North America, this illustrated pocket guide is the perfect companion for those eager to expand their knowledge of herbal healing. Through detailed descriptions and illustrations, Alma R. Hutchens walks readers through: · 125 of the most useful medicinal herbs found in North America, and their uses · How to create herbal remedies for common ailments · The herbal traditions of North America and other lands Entries include staples of folk medicine such as echinacea and slippery elm as well as common kitchen herbs—from parsley to thyme to pepper—whose tonic and healing properties are less widely known.

Describing the medicinal uses of over 2,700 plants by 218 Native American tribes, the author organizes his extensive research into eighty-two categories—including contraceptives, gastrointestinal aids, sedatives, toothache remedies, and more—and provides indexes arranged by tribe, usage, and common name, as well as 150 line drawings.

A study of Anglo-American, Russian and Oriental literature on Indian medical botanics of North America.

Edible wild plants have one or more parts that can be used for food if gathered at the appropriate stage of growth and properly prepared. Edible Wild Plants includes extensive information and recipes on plants from the four categories. Foundation greens: wild spinach, chickweed, mallow, purslane; tart greens: curlydock, sheep sorrel, wood sorrel; pungent greens: wild mustard, wintercress, garlic mustard, shepherd's purse; and bitter greens: dandelion, cat's ear, sow thistle, nipplewort. Dr. John Kallas has investigated and taught about edible wild plants since 1970. He founded WildFood Adventures (www.wildfoodadventures.com) in 1993 and is the publisher and editor of Wild Food Adventurer. He lives in Portland, Oregon. The definitive work on growing, harvesting, and eating wild greens.

If you have been daunted by complicated, esoteric herbal books in the past, Healing with the Herbs of Life offers clear and concise explanations of how and why herbs heal. It also provides step-by-step instructions for creating your own herbal remedies, therapeutic approaches you can use at home, and easy-to-follow guidelines for gathering, preparing, purchasing, and storing herbs. Previously published as The Herbs of Life, this completely revised and updated edition synthesizes the great herbal traditions of China and India with Western herbology to form a new kind of planetary herbal. · Features a new chapter on treating specific conditions, expanded chapters in Materia Medica and the energy of food, and revised chapters on living with the seasons and home therapies · With new information on herbal safety and drug/herb interactions. · The previous edition, The Herbs of Life, sold 45,000 copies.

An exuberant, hands-on fly-on-the-wall account that combines the thrill of canyoneering and rock climbing with the intellectual sleuthing of archaeology to explore the Anasazi. David Roberts describes the culture of the Anasazi—the name means “enemy ancestors” in Navajo—who once inhabited the Colorado Plateau and whose modern descendants are the Hopi Indians of Arizona. Archaeologists, Roberts writes, have been puzzling over the Anasazi for more than a century, trying to determine the environmental and cultural stresses that caused their society to collapse 700 years ago. He guides us through controversies in the historical record, among them the haunting question of whether the Anasazi committed acts of cannibalism. Roberts’s book is full of up-to-date thinking on the culture of the ancient people who lived in the harsh desert country of the Southwest.

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