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## **The Way of Chinese Herbs by Michael Tierra**

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Discusses the practice and theory of Chinese medicine while exploring the use and preparation of herbs for common health problems and food therapies to raise or lower body metabolism

Popular medicine.

A major work integrating the herbal traditions of the East with those of the West by the bestselling author of *The Way of Herbs*. This practical handbook and reference guide is a landmark publication in this field. For unprecedented usefulness in practical applications, the author provides a comprehensive listing of the more than 400 medicinal herbs available in the west, classified according to their chemical constituents, properties and actions, indicated uses and suggested dosages.

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.

A complete systematic approach to treating cancer from a holistic perspective.

A creative blend of information, projects, activities, preparations, colour-in artwork, stories, songs, lore and interesting herbal tidbits. This book will help parents and their children learn about

herbs.

Straight from nature's medicine cabinet, the latest herbal discoveries that cure hundreds of health concerns without the dangerous side effects or high cost of prescription drugs. When compared to prescription drugs, herbal healing is both safer and more cost effective. In the fourth edition of *The New Healing Herbs*, you get access to the latest, most up-to-date information about herbal remedies for cures to nausea, the common cold, diabetes, cancer, allergies, back pain, and more. This new edition includes five new herbs, the result of author Michael Castleman's endless research and dedication to holistic healing. Taking a folklore-meets-science approach, you'll also explore the rich history of herbal medicine traditions. Featuring 135 of the most widely used medicinal herbs, including cannabis, *The New Healing Herbs* shows you which herbal remedy to take for each condition, how it's taken, what interactions to watch for, and where to buy the featured herb. The easy-to-use Cure Finder organizes herbs by health condition, healing actions, and alternative uses, guiding you to the right herbal remedy for your ailment. With *The New Healing Herbs*, you'll find nature's remedy for health, vibrancy, and happiness.

- Explains how to work with baneful herbs through rituals and spells, as plant spirit familiars, as potent medicines, and as visionary substances
- Details the spiritual, alchemical, astrological, and symbolic associations of each plant, its active alkaloids, how to safely cultivate and harvest it, and rituals and spells suited to its individual nature and powers
- Shares plant alchemy methods, magical techniques, and recipes featuring the plants, including a modern witches' flying ointment Part grimoire and part herbal formulary, this guide to the Poison Path of occult herbalism shares history, lore, and practical information regarding the use of poisonous, consciousness-altering, and magical plants. Author Coby Michael explains how, despite their poisonous nature, when approached with respect and reverence, baneful herbs can become powerful plant allies, offering potent medicine, magical wisdom, and access to altered states and the spirit realm. Detailing the spiritual, alchemical, astrological, and symbolic associations of each plant, the author explores their magical uses in spells and rituals throughout history as well as their active alkaloids. He focuses primarily on the Nightshade family, or Solanaceae, such as Mandrake, Henbane, and Thornapple, yet also explores baneful plants from other families such as Wolfsbane, Hemlock, and Hellebore. He also examines plants in the witch's pharmacopoeia that are safer to work with but just as chemically active, such as Wormwood, Mugwort, and Yarrow. The author shares rituals suited to the individual nature and powers of each plant and explains how to attract and work with plant spirit familiars. He offers plant alchemy methods for crafting spagyric tinctures and magical techniques to facilitate working with these plants as allies and teachers. He shares magical recipes featuring the plants,

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including a modern witches' flying ointment. He also explores safely cultivating baneful herbs in a poison garden. Revealing the magical secrets of the Poison Path, Coby Michael shows that although these plants can be deadly in nature, they are also wise spiritual teachers who can provide us with profound healing and bring us closer to the natural world.

This updated edition of *The Village Herbalist* provides a complete guide to the art and practice of herbalism, as well as an introduction to the herbalist's role in family and community life. Inspirational profiles of practicing herbalists from across the country add a human touch to the authors' wealth of practical herbal knowledge. *The Herbalist's Way* includes time-honored healing wisdom from many cultures, as well as information on:

- Roles and responsibilities of herbalists in their communities
- Herbal workshops, conferences, and education centers
- Growing, drying, and preparing medicinal herbs
- Learning to listen to clients and recommend holistic treatments for healing and continued wellness
- Licensing, marketing, and other legal and business issues facing modern herbalists
- Comprehensive resources and suggestions for building your herbal library

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