

Materia Medica Of Western Herbs

Rachel Lord

Materia Medica of Western Herbs Carole Fisher,2009-01-01

Materia Medica of Western Herbs for the Southern Hemisphere Carole Fisher,Gilian Painter,1996 This text aims to provide information relevant to our conditions in the Southern Hemisphere, to enable students to identify and grow the plants, to provide a comprehensive picture of all aspects of each herb, and to bring together up-to-date information on botanical nomenclature, active constituents, and actions of each herb.

Western Herbs according to Traditional Chinese Medicine Thomas Avery Garran,2008-01-22 The first book to exclusively use Chinese medical theories and terminology to guide practitioners of Chinese medicine in the use of Western herbs • Written entirely according to the theory, diagnosis, and treatment paradigm of traditional Chinese medicine (TCM) • Explains how to combine and modify the standard TCM formulas to non-Chinese herbs suitable for Western practitioners • Includes 58 monographs of common Western healing herbs, detailing how each plant is used clinically The ever-growing number of Chinese medicine practitioners in the West has brought about an amalgamation of many styles of Chinese medicine and various other forms of medicine from around the world. This book addresses the increasing demand for knowledge of how to integrate plants from outside the standard Chinese materia medica into the fold of Chinese medical practices in the West. It is the first in-depth guide to using Western herbs exclusively according to the theories, diagnoses, and treatments of traditional Chinese medicine that harmonizes the unique terminology and theories of TCM with other botanical medicines. The book contains 58 monographs, illustrated with full-color photographs, of herbs commonly used by Western herbalists. Each herb is grouped by the basic categorization for medicinals in Chinese medicine, such as Herbs that Resolve the Exterior and Herbs that Regulate Blood. The monographs detail the energetics, function and indication, channels entered, dosage and preparation, and contraindications of each plant. The author also explains how to use the herbs to modify standard formulas used in everyday Chinese herbal medicine, based on his own clinical experience. An appendix of Western Analogs for Chinese Herbs further highlights 40 Chinese medicinals that have related species growing in the West.

The Energetics of Western Herbs Peter Holmes,1993

The Humoral Herbal Stephen Taylor,2021-07-05 The Humoral Herbal explores the traditional art of restoring health by balancing the four humours of the body and explains how this healing wisdom can be used for our benefit today. This is a

beautifully illustrated book with full colour charts and photographs. The Humoral Herbal describes with clarity the key concepts of western humoral medicine, and how to diagnose imbalances in the humours. It details how to correct these imbalances through the use of herbs and changes in diet and lifestyle. The book also explores Medieval astrological symbolism, and through the use of clear charts and diagrams, explains how the different humours function and influence health. A comprehensive and practical herbal guide details the humoral and planetary characteristics of each herb and how to choose the correct remedy.

The Vegetable Materia Medica of Western India William Dymock, 1884

Combining Western Herbs and Chinese Medicine Jeremy Ross, 2010-01-01 The second book in Jeremy Ross' series on combining Western herbs and Chinese medicine, this is a clinical materia medica with 120 herbs that is designed for quick access to a wealth of clinically important data about Western use, traditional Chinese use, comparison with similar herbs, constituents and pharmacology, dosage and dispensing, and contraindications.

Energetics of Western Herbs PETER. HOLMES, 2020-02 A pathbreaking reference text detailing over 220 botanical remedies in Western herbal medicine. Comprehensive and detailed, this revised and enlarged 4th edition draws on Chinese and Greek herbal medicine to integrate traditional herbal energetics with the latest findings in plant pharmacology, using traditional vitalistic and modern scientific systems of herbal medicine as complementary paradigms, rather than irreconcilable approaches. Using both systems simultaneously will greatly enhance the efficacy of herbal formulation in clinical practice, as well as provide a deeper understanding of each system. The Energetics of Western Herbs includes detailed practical instructions for preparing and using herbal remedies for internal and topical use, including fourteen new herbs, including Schisandra, Rehmannia, Rhodiola, Eleuthero, Devil's claw, White peony, Asian ginseng, Asian buplever and Baikal skullcap. The introductions to each herb class, which explore the treatment strategies behind the various types of herbs, have been rewritten to include much new clinical material as well as to reflect current knowledge. In addition, the whole text has been re-typeset for greater user friendliness as a practical herbal medicine reference. For each herb, it includes the most useful preparation forms, along with important dosage, caution and contraindication information. For this fourth edition, the detailed dosages for tincture, infusion and decoction preparations have been fully updated, based on current Western herbal medicine practice, and the tincture strength and ethanol content information have been added for every herb.

The Herbal Dog Rita Hogan, 2025-02-04 “Even if skeptical readers don’t come away completely convinced, they’ll be enormously educated—Hogan imparts a huge amount of biological information about dogs, and does it all with an easy readability that will make quite a bit of it stick. An informative and sometimes eye-opening examination of natural remedies for helping your dog.”—Kirkus Reviews • Teaches the tenets of holistic herbalism for the individual dog • Presents safe,

clinically proven, and effective protocols for common canine conditions, from acid reflux to allergies to itching, scratching, and yeast • Lays out a comprehensive materia medica of canine-specific herbs, including what conditions they are good for, their energetics, internal and external use, safe dosages, and contraindications In this comprehensive guide to holistic care for dogs, clinical canine herbalist Rita Hogan explains that by looking at dogs as individual ecosystems with unique personalities, physiology, and needs, we can select effective and personalized herbal remedies to support their constitutions and provide relief from many different ailments. Hogan, who has spent more than two decades working with canines, uses energetic principles (cool, warm, dry, damp) to reveal how herbs are not one size fits all and how to find the root cause of chronic imbalances. She discusses in depth how a dog's main organ systems work, how they are connected to each other, and why we need to understand them when choosing specific herbs and foods. Presenting safe, clinically proven, and effective protocols for common canine conditions—from acid reflux to allergies to itching, scratching, and yeast—Hogan presents a wide variety of holistic and herbal remedies: from herbal tinctures, glycerites, and phytoembryonics to flower essences, essential oils, medicinal mushrooms, and homeopathy. Her comprehensive materia medica of canine-specific herbs that she uses in her practice details what herbs are good for which conditions and why, what types of energetics are involved, safe dosage recommendations for each herbal remedy, and when to discontinue an herb. Allowing each of us to take a hands-on approach to our canine companions' health and longevity, this herbal guide outlines how to help them live their best lives by our sides.

Herbal Medicine and Reproductive Health Marie Reilly, 2021-06-17 A comprehensive text-book for herbalists, nutritionists and other healthcare practitioners, providing detailed information on reproductive health in both men and women. This in-depth and much needed book, will enable practitioners to gain an in-depth understanding of a wide range of reproductive health problems from both an orthodox medical and an energetic/holistic perspective. It provides detailed advice on case history taking, clinical examination and orthodox investigations, together with comprehensive sections on diagnosing Ayurvedic and TCM patterns of disharmony, which may contribute to reproductive health problems. Herbal Medicine and Reproductive Health also explores in detail how to overcome reproductive health problems and improve fertility with herbal medicine, nutrition and lifestyle changes.

Asian American Herbalism Erin M. Wilkins, 2023-10-17 Japanese American herbalist and acupuncturist Erin Masako Wilkins shares accessible and comprehensive herbal wellness practices, remedies, and recipes, rooted in Asian tradition for optimal health. Erin Masako Wilkins is a California-based herbalist, acupuncturist, and the founder of Herb Folk, an online shop with an array of Asian American herbs, teas, and wellness products. In Asian American Herbalism, Wilkins shares a beautifully illustrated and photographed collection of herbal recipes, remedies, and wellness practices. Rooted in East Asian history and culture, these offerings will help the reader to prevent illness and restore health and vitality. This comprehensive

wellness guide addresses the root causes of illnesses and offers 100 easy and accessible herbal recipes to heal, uplift, and improve the quality of daily life. A central theme of this book is that food is our greatest medicine, and there is an emphasis on incorporating herbs into daily meals and drinks to address common ailments, such as allergies, anxiety and depression, digestion and gut health, menstrual disorders, and sleep difficulties. For example: Loquat cough syrup for a lingering cough Nettle soup and magnolia bud tea for seasonal allergies Okayu (Japanese rice porridge) for recovering from illness Reishi mushroom decoction for insomnia and night sweats Medicinal herb stock to increase energy and vitality Fresh mulberry sweet tea or an infusion of marshmallow leaf and rose to ease digestive woes Illustrated instructions offer guidance on how to practice gua sha for better health with a culturally mindful framework In addition, Wilkins visually walks readers through the process of preparing homemade herbal remedies with ingredients that can be found at local markets. The first contemporary book exploring the intersection of American folk herbalism and traditional Chinese medicine by an AAPI author, *Asian American Herbalism* is filled with practical remedies easy enough for even the busiest reader to implement and beautiful enough to display on a shelf or coffee table. An exploration of what it means to practice traditional Asian medicine in the context of modern-day life, it is the perfect health and wellness reference guide for our time.

Plant Medicine Christopher Hedley, Non Shaw, 2023-07-25 A comprehensive compendium on the theory and practice of herbal medicine from expert herbalists Christopher Hedley and Non Shaw. This fundamental textbook draws on the wisdom of Christopher Hedley and Non Shaw, incorporating their belief in the importance of understanding herbal medicine in the context of living plants, and providing lived examples of how this can be used in the everyday practice of herbal medicine. Through these teachings, the book also acquaints readers with the rich legacy of Christopher and Non in Western herbal medicine. Drawing on Christopher's own approach to teaching herbalism, which was abundant with the importance of storytelling in learning, *Plant Medicine* is as fascinating as it is accessible, enriched with the depth of Christopher's own knowledge and warmth. The book is comprised of four parts: 'Roots' explores the history of plant medicine, investigating physiomedicalism and Galenic humoral medicine. The second section, 'Flowers', is a thorough, alphabetically ordered materia medica of the medicinal properties of individual plants, with properties, uses, preparations, dosage, cautions, and clinical uses of ninety-two plant medicines that Non and Christopher gathered over nearly two lifetimes. 'Fruits' provides information on how particular body systems and patient groups are treated therapeutically with herbal medicines, specifically covering the digestive, cardiovascular, nervous, urinary, musculoskeletal, endocrine, skin and immune systems. Finally, 'Seeds' concludes the book by inviting readers to consider going deeper and beyond their exploration of plant medicine, shifting their preconceptions of herbs to understand them on a more intimate level. *Plant Medicine* is a foundational text for all students and practitioners of herbal medicine, but its wisdom and insight will also provide a guiding light for anyone seeking plant medicine as a way to reconnect to the abundance and beauty of nature.

A Guide to Chinese Medicine on the Internet Ka Wai Fan,2008-10-30 A Guide to Chinese Medicine on the Internet frees readers from having to sift through countless websites to find up-to-date, high quality, reliable information on all types of Chinese medicine. This handy resource provides an introduction to the terms and philosophies of Chinese medicine in addition to an extensive categorized listing of online sites related to Chinese culture and medicine, complete with a brief description of each site's content. Guidelines are provided for searching, cataloging, and evaluating websites concerned with Chinese medicine, based on the author's research and personal experience as a practitioner and user of Chinese medicines.

Ethics for Acupuncturists Various Authors,2024-08-21 Acupuncture is a nuanced vocation that requires practitioners to manage complex ethical scenarios. This much-needed international textbook is the first of its kind to provide new and experienced acupuncturists a framework for ethical decision-making. Chapters include the foundations of ethical theory, relationships and boundaries, consent and confidentiality, and integrative medicine. Acupuncture students and practitioners will also benefit from guidance in thinking through ethical dilemmas around finances, trauma, and treatment of clinically tricky conditions such as cancer, infertility, and terminal illness. This textbook strives for an inclusive approach to discussing ethical issues surrounding gender, sexuality, race, implicit bias, mandated reporting and healthcare disparities. Written with teachers in mind, this resource is supplemented with easy-to-use, practical online materials such as teaching outlines, extra case studies for in-depth class discussions, and sample quizzes.

A Celebration of Willow Kim Creswell,2024-03-26 An invitation to reconnect with nature through the art of willow sculpture. Lavishly illustrated with full colour photographs, this uniquely valuable book pays homage to the willow in many ways, providing an in depth discussion to the intricacies of willow sculpture, ranging from sourcing materials and basic techniques, to how to weave a variety of shapes and forms. Over the last three decades, Kim Creswell has dedicated her life to working with the elegant and abundant Salix; in *A Celebration of Willow*, she shares with readers the knowledge she has gathered through connecting with her plant ally, the familiar and flexible willow tree. Throughout the book, the author focuses on the importance of cultivating a deep and mutual relationship with the natural world, discussing in detail important concepts such as ecology and sustainability. She also explores working with the willow tree in herbal medicine. *A Celebration of Willow* not only provides a poignant introduction to the willow tree but acts as a pathway for readers to consider how they can connect with themselves as a part of nature.

Clinical Herbalism - E-Book Rachel Lord,2021-06-17 The only textbook of its kind, *Clinical Herbalism: Plant Wisdom from East and West* is an ideal resource for anyone interested in herbal therapy. With comprehensive, clearly written coverage of Western and Chinese herbs for each body system, this brand-new text offers case histories, along with easy-to-understand instructions for preparing tinctures, percolations, dual extractions, and much more. - *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.

Alchemy of Herbs Rosalee de la Forêt, 2017-04-04 Did you know there's a powerful herbal medicine chest in your kitchen? Imagine being prepared for that next cold, scrape, headache, digestive issue, stressful day, or sleepless night with simple ingredients from your cupboard. Instead of pills, reach for: Cinnamon Tea to soothe your throat . . . Garlic Hummus to support your immune system . . . Ginger Lemon Tea for cold and flu symptoms . . . Cayenne Salve to relieve sore muscles . . . Cardamom Chocolate Mousse Cake for heart health . . . A glass of Spiced Cold Brew Coffee as a powerful antioxidant . . . Alchemy of Herbs will show you how to transform common ingredients into foods and remedies that heal. What were once everyday flavorings will become your personal kitchen apothecary. While using herbs can often seem complicated or costly, this book offers a way to learn that's as simple and inexpensive as cooking dinner. With the guidance of herbalist Rosalee de la Forêt, you'll understand how to match the properties of each plant to your own unique needs, for a truly personalized approach to health for you and your family. In addition to offering dozens of inspiring recipes, Rosalee examines the history and modern-day use of 29 popular herbs, supporting their healing properties with both scientific studies and in-depth research into herbal energetics. Grow your knowledge of healing herbs and spices, and start using nature's pharmacy to feed, heal, and nurture your whole family!

Botanical Medicine for Women's Health E-Book Aviva Romm, 2017-01-25 Use herbal medicines to treat women at any stage of life! Botanical Medicine for Women's Health, 2nd Edition provides an evidence-based, patient-centered approach to botanical interventions for many different medical conditions. More than 150 natural products are covered, showing their benefits in gynecologic health, fertility and childbearing, and menopausal health. This edition includes new full-color photos of herbal plants along with a discussion of the role of botanicals in healthy aging. Written by Aviva Romm, an experienced herbalist, midwife, and physician, this unique guide is an essential resource for everyday practice of herbal medicine. Winner of the 2010 American Botanical Council's James A. Duke Excellence in Botanical Literature Award! - Current, evidence-based information covers more than 150 botanicals for over 35 different conditions. - Case studies provide realistic scenarios and help you apply the content to the real world. - Treatment and formula boxes summarize the most important information. -

Color illustrations and photographs of plants enable you to identify herbs visually as well as by substance make-up. - Logical chapter organization begins with the principles of herbal medicine and then covers women's health conditions organized chronologically by lifecycle, from teen and reproductive years to midlife and mature years. - Appendices include practical, at-a-glance information on common botanical names, chemical constituents of medicinal plants, and a summary table of herbs for women's health. - NEW! Updates reflect the latest research and the most current information. - NEW Full-color design and detailed, professional color photos of plants make this a unique, essential resource. - NEW! Coverage of the role of botanicals in healthy aging for women features phytoestrogens, Ayurvedic/Chinese herbs, and discussions of health promotion.

Healing with the Herbs of Life Lesley Tierra, 2013-11-26 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 Comprehensive Guide Of Western And Chinese Herbs, And Related Tcm Formulae Florian Ploberger, 2024-08-29 In recent decades, there has been a growing interest in the classical formulae of Traditional Chinese Medicine (TCM), some of which trace back centuries or even 1000 to 2000 years. The preservation of numerous traditional texts has endowed TCM doctors with the invaluable ability to tap into the extensive knowledge passed down through the generations. This practice has culminated in the development of Chinese phytotherapy, encompassing a variety of formulae tailored to treat specific syndromes. Expanding the horizons of this holistic treatment approach, typically applied in TCM, holds immense potential when implemented for Western medicinal herbs. This methodology stands poised to be just as effective for Western therapists as it has been for TCM doctors. This book incorporates both the traditional formulae of TCM as well as formulae consisting of Western herbs. Exploring 50 important formulae of TCM, the author delves into the adaptations using Western herbs, such as rosemary, thyme, sage, burdock root, buckthorn bark, etc. Some formulae also include herbs that are commonly found in most households like cardamom, caraway, fennel and aniseed.

Uncover the mysteries within Crafted by is enigmatic creation, Discover the Intrigue in **Materia Medica Of Western Herbs** . This downloadable ebook, shrouded in suspense, is available in a PDF format (*). Dive into a world of uncertainty and anticipation. Download now to unravel the secrets hidden within the pages.

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