

Peterson Field Guides Medicinal Plants And Herbs

James A. Duke

A Field Guide to Medicinal Plants and Herbs of Eastern and Central North America Steven Foster,James A. Duke,2000 At a time when interest in herbs and natural medicine has never been higher, the second edition of this essential guide shows how to identify more than 500 healing plants. 300+ color photos.

Peterson Field Guide to Medicinal Plants and Herbs of Eastern and Central North America, Third Edition Steven Foster,James A. Duke,2015-09-03

A Field Guide to Western Medicinal Plants and Herbs Steven Foster,Christopher Hobbs,2002 Features more than five hundred plants and herbs of North America providing information on their location and medicinal uses.

Peterson Field Guide to Medicinal Plants and Herbs of Eastern and Central North America Steven Foster,James A. Duke,2014 An updated field guide to the medicinal plants and herbs found in eastern and central North America, including how to identify them and use them.

Peterson Field Guide to Medicinal Plants and Herbs of Eastern and Central North America James A. Duke Steven Foster,2014

Peterson Field Guide to Western Medicinal Plants & Herbs ,

A Field Guide to Medicinal Plants James A. Duke,National Audubon Society,National Wildlife Federation,Roger Tory Peterson Institute,1990 A guide to medicinal plants showing how to identifying 500 plants. Information on where the plants are found and detailed descriptions of all their known uses.

Duke's Handbook of Medicinal Plants of Latin America James A. Duke,2008-10-24 Finalist for 2009 The Council on Botanical & Horticultural Libraries Literature Award!A Comprehensive Guide Addressing Safety, Efficacy, and Suitability About a quarter of all the medicines we use come from rainforest plants and more than 1,400 varieties of tropical plants are being investigated as potential cures for cancer. Curare comes from

National Geographic Guide to Medicinal Herbs Rebecca L. Johnson,David Kiefer,Tieraona Low Dog,2010 A resource organized by body system lists the key herbal remedies available, their uses, and cautionary advice, in a book that includes full-color photos, a glossary and several thematic indexes.

Peterson Field Guide to Western Reptiles and Amphibians Samuel M. McGinnis,Robert Cyril Stebbins,2018 Revised

edition of: A field guide to western reptiles and amphibians / text and illustrations by Robert C. Stebbins. 3rd ed. 2003.

Handbook of Medicinal Herbs James A. Duke, 2002-06-27 Still considered the definitive work on medicinal herbs and their uses after two decades, the Handbook of Medicinal Herbs has undergone a long-anticipated revision. In the second edition, world-renowned ethnobotanist James A. Duke provides up-to-date data on over 800 of the world's most important medicinal plant species. The book contains mo

Duke's Handbook of Medicinal Plants of the Bible James A. Duke, 2007-12-26 Readers have come to depend on Jim Duke's comprehensive handbooks for their ease of use and artful presentation of scientific information. Following the successful format of his other CRC handbooks, Duke's Handbook of Medicinal Plants of the Bible contains 150 herbs listed alphabetically and by scientific name. Each entry provides illustrations of the plant, synonyms, notes, common names, activities, indications, dosages, downsides and interactions, natural history, and extracts. It includes Biblical quotes as well as comments on points of interest.

Naturalist's Guide to Observing Nature Kurt Rinehart, 2006-05-15 An innovative guide to making the most of the wilderness experience.

The Midwest Herbal First-Aid Kit Dr. Laura Jerrold, 2024-10-18 Did you know that a lot of the common health issues you face can be relieved by plants that grow in your backyard? Seem unreal? It's not. You also get to hear everything! Get the audiobook for free when you buy this book. Allow me to present The Midwest Herbal First-Aid Kit. This is your pass to a natural medicine cupboard full with cures you can readily find and create yourself; it's not simply another old book on herbs. Imagine making a natural bug repellent for your upcoming camping trip, making a soothing tea for a busy day, or applying a homemade salve to a burn. It sounds good, doesn't it? Inspired by the lost knowledge of Barbara O'Neill, this book walks you through: Recognizing common herbs in the Midwest: Find out which plants are beneficial to your health and well-being. Easy, secure, and efficient cures: Learn how to treat anything from headaches to bug bites with these recipes and procedures. assembling a homemade herbal first aid kit: Develop into an independent healer who is ready for life's minor knocks and bruises. This book will enable you to take control of your health and establish a connection with the healing power of nature, regardless of your level of experience with herbal remedies. Are you prepared to give your medicine cabinet a makeover and adopt a healthier lifestyle? Get a copy of The Midwest Herbal First-Aid Kit (with a free audiobook) right now!

The Herbal Handbook for Homesteaders Abby Artemisia, 2019-01-08 Let The Herbal Handbook for Homesteaders be your helpful compendium of herbal information and recipes for building health and tending to minor ailments out on the homestead. When you're a homesteader, you face many challenges: from a simple cold, to an earache in your child, fleas on the dog, or worms in your goat. Medicines and treatments are never cheap, and are often vague. Wouldn't it be great to grow, forage, and create natural remedies yourself? Look no further than The Herbal Handbook for Homesteaders! Abby

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Prepper's Long-Term Survival: Countdown to Preparedness Jim Cobb, 2025-07-01 Take control and survive a disaster in any season with this practical guide that provides checklists, step-by-step instructions, and more vital information on emergency preparedness. Welcome to the most important class you'll ever take. In this dangerous world, there's no place where disaster won't find you. Your only option is to get educated. Presenting a straightforward 52-week course to becoming a full-fledged prepper, this book provides a step-by-step guide to everything from simple tools for storing food and water to advanced techniques for defending your family and property. With this book, you will: Learn to stock, treat, use, and reuse the most important survival item of all—water Store enough food to feed your family for three months without breaking the bank Develop the emergency skills to respond effectively to any catastrophic event Fortify and protect your home with affordable and manageable DIY projects Create a prepper savings account to ensure your family's well-being And so much more. If you want to make it out alive, you can't rely on hope or help from others. Be ready to confidently act and survive on your own with Prepper's Long-Term Survival: Countdown to Preparedness.

Backyard Medicine Updated & Expanded Second Edition Julie Bruton-Seal, Matthew Seal, 2019-05-07 An Updated and Expanded New Edition of Backyard Medicine! Modern medicine is truly a blessing. Advances are made with astonishing speed every day, using both science and technology to make our lives longer and healthier. But if the era of modern medicine began less than two hundred years ago, how did people treat sickness and poor health before then? This book holds the answer. Researched and written by a practicing medical herbalist and natural healer, and now with even more herbs and medicinal plants, Backyard Medicine is the basis for a veritable natural pharmacy that anyone can create. Featuring more than 120 easily made herbal home remedies and fully illustrated with nearly three hundred color photographs, this book offers fascinating insights into the literary, historic, and global applications of fifty common wild plants and herbs that can be used in medicines, including: Comfrey Dandelion Honeysuckle Yarrow And so much more! Anyone who wants to improve his or her health in a completely natural way will find this book to be an absolute must-have for his or her home—and garden.

The New Healing Herbs Michael Castleman, 2017-07-11 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.

Plants for the People Erin Lovell Verinder, 2020-03-01 This ebook has a fixed layout and is best viewed on a widescreen, full-colour tablet. Plants are our past. Plants are our future. We are diminished if we can't celebrate plants, properly understand their powers and harness their energy to heal ourselves. *Plants for the People* is an exploration of the plant world through the eyes of a master herbalist, weaving ancient wisdom with a modern approach to plant medicine. This is a beginner's guide to using plants to restore vitality and a general sense of wellbeing, with recipes for easy-to-make teas, tinctures, syrups, balms and baths. Throughout there are golden tips and tonics for addressing common ailments such as bloating, bad skin, lack of energy, winter coughs and colds, jangling nerves and many other present-day complaints. An evolution of herbal-medicine books of the past, *Plants for the People* is a modern presentation of an ancient craft. This is plant medicine's time to shine.

The Herbalist's Way Nancy Phillips, Michael Phillips, 2005-08-19 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:

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