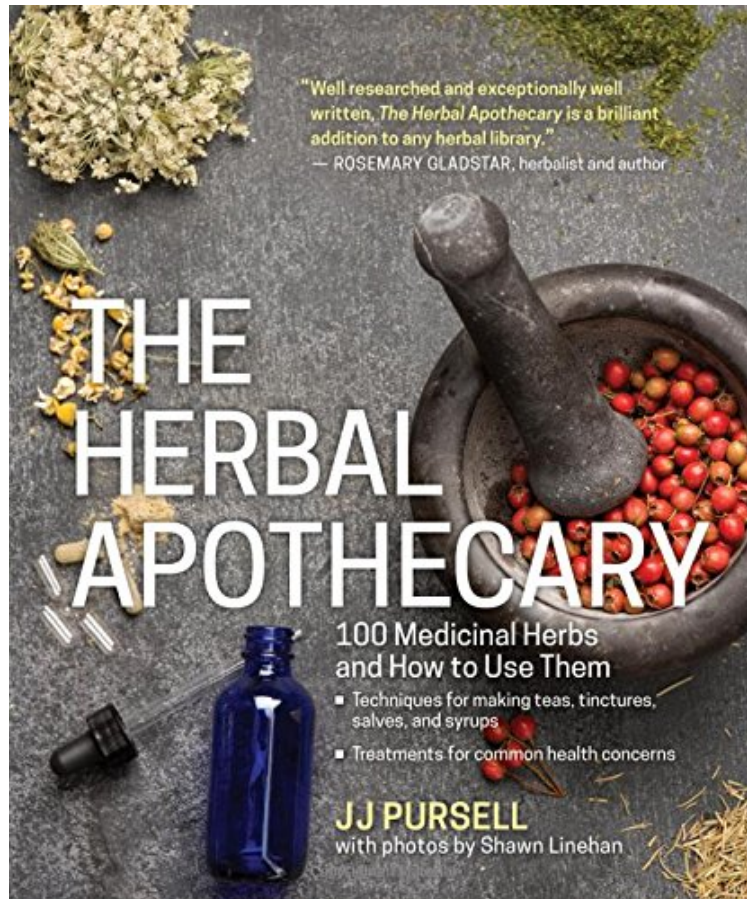


(Download pdf) The Herbal Apothecary: 100 Medicinal Herbs and How to Use Them

The Herbal Apothecary: 100 Medicinal Herbs and How to Use Them

JJ Pursell

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JJ Pursell : The Herbal Apothecary: 100 Medicinal Herbs and How to Use Them before purchasing it in order to gage whether or not it would be worth my time, and all praised The Herbal Apothecary: 100 Medicinal Herbs and How to Use Them:

163 of 177 people found the following review helpful. Good book but not sufficiently edited/researched(at least for one herb)By CustomerIt's a good reference and some interesting recipes. Deducted stars for the entry on Red Root which is known as Amaranthus Retroflexus in the book but it looks like the author is talking about Ceanothus Americanus. Amaranthus Retroflexus can be medicinal but doesn't support the spleen. At worst, it might be laxative. Not a fatal mistake but it's wrong nevertheless. Not acceptable in a 'herbal apothecary' book. To author and publisher: Please note correction and vet the rest of the book!158 of 172 people found the following review helpful. pretty happy with it all when I got to Red ...By Catherine JamiesonOh dear.I was flipping along, pretty happy with it all when I got to Red Root. Which the author specified as Amaranthus Retroflexus and then went on to say that other common names are New jersey Tea,. etc.These two things, Amaranthus and the medicinal Redroot, are not even in the same family,

There is a red rooted pigweed (Amaranthus) but it is NOT the redroot of herbal medicine. While the sort of red root of Amaranth won't hurt you - it is considered a nutraceutical, if not a medicinal - it is really very different from the proper medicinal herb redroot. Redroot is in the Buckthorn family and is often called New Jersey Tea. Errors like this are unacceptable. I want my money back. 14 of 16 people found the following review helpful. and useful herbal book (medicinal) I have come across. By Jena This is by far the most comprehensive, and useful herbal book (medicinal) I have come across. It compiles detailed descriptions of the plants, where to find them, which parts to use, what purposes they can be used for, along with photos. The book also includes recipes - all of those I've tried have been fantastic. I would recommend this to anyone seeking to begin an herbal or holistic lifestyle.

A brilliant addition to any library. Rosemary Gladstar, herbalist and bestselling author More and more people are exploring the healing possibilities of plant-based medicines, and health shops across the country now stock their shelves with natural remedies, but treatments can easily be made at home. The Herbal Apothecary profiles 100 of the most important medicinal plants with striking photographs and step-by-step instructions for making herbal teas, tinctures, compresses, and salves to treat everything from muscle strain to the common cold or anxiety. This holistic guide also includes advice for the home gardener on growing and foraging for medicinal plants. Incorporating traditional wisdom and scientific information, The Herbal Apothecary provides an accessible and comprehensive introduction to plant-based medicine. With the guidance of naturopath JJ Pursell, herb enthusiasts can learn how to safely create their own remedies using plants they know and love.

Well researched and exceptionally well written, The Herbal Apothecary is a brilliant addition to any herbal library. Rosemary Gladstar, herbalist and author One of the most thorough and comprehensive works on medicinal plants and herbal healing. Without a doubt, this fine volume has made it onto my permanent bookshelf. Shawn Donville, vice president and co-owner of Mountain Rose Herbs Anyone interested in alternative medicine and botanical curatives will find this handsome volume useful. Country Gardens Pursell aptly demonstrates the value in learning about these gifts from nature and understanding their use in pursuit of sustainable health. . . . will quickly become indispensable for understanding a neglected field that is ripe with great benefits. Publishers Weekly Kick a winter cold by reading up on the plant-based medicines in the new book The Herbal Apothecary. Sunset Required Reading. . . . Pursell describes 100 plants and herbs with medicinal properties as well as the ways naturopaths use them, where to find them, or how to grow them at home a beginners guide to making herb blends, teas, cordials, capsules, and more, with plenty of recipes. Gardenista [a] lovely handbook. . . . the wealth of photographs widens its appeal to a larger community of plant lovers. Choice The Herbal Apothecary takes both modern science and traditional healing methods into account, providing techniques for making teas, tinctures, salves, and syrups aimed at alleviating colds, headaches, and other ailments. Modern Farmer I cant recommend enough. But dont take it from two of the biggest names in the medicinal herbs community, herbalist Rosemary Gladstar and Mountain Rose Herbs co-owner and vice president Shawn Donville, have given their seals of approval to this book as a staple addition to your herbal library. Powells Books Blog This is a fantastic book well researched, exceptionally written, and artfully compiled. In addition to all that, it is a joy for the eyes and hands! We love the beautiful, crisp photography and durable, satin pages this book offers for a delightful read. Beneficial Botanicals