

Commission E Monographs

Over a thousand years ago the Anglo-Saxons used willow bark to treat headaches; modern pharmaceutical companies use the same basic ingredient - salicin. They boiled the bark in holy water and added a few other unnecessary ingredients, but they had a basic treatment that worked a millennia ago And they called this the Dark Ages? Northern Plant Lore explores the plants and herbs used by the Anglo Saxons for medicinal purposes, and compares them to the list of plant and herbs proven effective by modern medical science. Not every plant they used worked, but Northern Plant Lore will show you which ones did, and how you can use them today. In Northern Plant Lore you will: Take control of your families Health and well being Discover Ancient Viking & Anglo-Saxon Remedies Supported by Modern Science Unlock The Wisdom of our ancestors expressed in cures still used today Grow your own medicinal herbs and plants Create remedies at home with the same basis as modern pharmaceuticals Know exactly whats going into your body when you take an herbal remedy Cross reference ancient cures to modern science Browse ailments cross referenced to plants and treatments Re-connect with the earth, start living more holistically, and take control of your families health. Northern Plant Lore gives you the tools to do just that Take control of your families health today

This volume assists practicing mental health professionals in expanding their

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knowledge about nutritional and herbal interventions that can be attempted as alternatives to prescription medications. Designed to provide guidance for non-medical caregivers treating children and adolescents who present with emotional and/or behavioral difficulties such as depression, anxiety, ADHD, sleep difficulties, impulsivity, distractibility, and other psychological and psychiatric disorders, the volume provides a comprehensive discussion of naturopathic solutions based on existing research. In areas where research is not extensive, conclusions are provided about potentially beneficial effects based on the specific pharmacologic action of the compounds. Dosage for specific age groups, schedules of administration, dietary considerations (i.e., whether or not to take the supplement with food), monitoring for response and adverse effects, signs of dangerous reactions, and the need to control interactions with other compounds (i.e., prescription medications) are thoroughly reviewed with regard to each supplement discussed in the book. Reviews specific psychological disorders (i.e. ADHD, depression, mania, anxiety, sleep difficulties, tic behaviors and autism) and the available data about their treatment with the use of nutritional and herbal supplements. Provides rationale for the use of every specific compound with detailed recommendations tailored for each age group with regard to the dosage, frequency of administration, possible dangers and monitoring for side effects. Discusses claims of efficacy used to market various products and ground those claims within fully vetted scientific research. Discusses neurobiology,

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pharmacodynamics and pharmacokinetics in detailed but accessible language *Non-medical clinicians with limited knowledge of medicine and pharmacology come away with understanding of key issues involved in Fully covers assessment, diagnosis & treatment of children and adolescents, focusing on evidence-based practices *Consolidates broadly distributed literature into single source and specifically relates evidence-based tools to practical treatment, saving clinicians time in obtaining and translating information and improving the level of care they can provide Detailed how-to explanation of practical evidence-based treatment techniques *Gives reader firm grasp of how to more effectively treat patients Material related to diversity (including race, ethnicity, gender and social class) integrated into each chapter *Prepares readers for treating the wide range of youth they will encounter in practice

In 1978, the German government established an expert committee, the Commission E, to evaluate the safety and efficacy of over 300 herbs and herb combinations sold in Germany. The results of the Commission E were published as official monographs that give the approved uses, contraindications, side effects, dosage, drug interactions and other therapeutic information essential for the responsible use of herbs and phyto-medicines.

There is an herbal remedy for most ailments - and you will find the most important ones in this concise pocket guide. Co-authored by Karin Kraft, one of the members of the German Commission E, and Christopher Hobbs, a renowned North-American herbalist,

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this handy pocket guide gives you the decisive facts about important medicinal herbs, taking into consideration both major European monographs (Commission E and ESCOP) and up-to-date clinical trials. The book goes on to inform the reader on the usage of herbal remedies for a number of common indications. The book gives first-hand, easy to access information on the administration of herbal remedies for the medical practitioner and herbal therapist alike. Profit from the wealth of German tradition, extended by North American experience in the usage of herbal medicines. The definitive guide to medicinal plant knowledge of Ashkenazi herbal healers, from the Middle Ages to the 20th century. Until now, the herbal traditions of the Ashkenazi people have remained unexplored and shrouded in mystery. Ashkenazi Herbalism rediscovers the forgotten legacy of the Jewish medicinal plant healers who thrived in eastern Europe's Pale of Settlement, from their beginnings in the Middle Ages through the modern era. Including the first materia medica of 25 plants and herbs essential to Ashkenazi folk medicine, this essential guide sheds light on the preparations, medicinal profiles, and applications of a rich but previously unknown herbal tradition--one hidden by language barriers, obscured by cultural misunderstandings, and nearly lost to history. Written for new and established practitioners, it offers illustrations, provides information on comparative medicinal practices, and illuminates the important historical and cultural contexts that gave rise to eastern European Jewish herbalism. Part I introduces a brief history of the Ashkenazim and provides an overview of traditional

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eastern European medicine. Part II offers descriptions of predominantly Jewish towns in the Pale, their many native plants, and the remedies applied by indigenous healers to treat a range of illnesses. This materia medica names each plant in Yiddish, English, Latin, and other relevant languages. Ashkenazi Herbalism also details a brief history of medicine; the roles of the Ba'alei shem, Feldshers, Opshprekherins, midwives, and brewers; and the seferot.

This full-color text and practical clinical reference provides comprehensive information on herbal remedies for both large and small animal species. Key coverage includes clinical uses of medicinal plants, specific information on how to formulate herbal remedies, a systems-based review of plant-based medicine, and in-depth information on the different animal species--dog, cat, avian and exotic, equine, food animal, and poultry.

The ABC Clinical Guide to Herbs is a unique reference book and nationally accredited continuing education course for physicians, pharmacists, nurses, dietitians and other healthcare professionals, and will be of great interest to herbalists and consumers. This book contains extensive information on 29 of the most popular herbs sold in the U.S. market today, including which products have shown safe and effective activity in published clinical trials. Each chapter contains a well-referenced, comprehensive therapeutic Monograph, a 2-page Clinical Overview for quick reference, and a 1-page Patient Information Sheet for the health professional to photocopy and give to patients.

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The ABC Clinical Guide to Herbs also reviews 13 proprietary products used in clinical studies.

Here is the fourth edition of Tyler's *Honest Herbal: A Sensible Guide to the Use of Herbs and Related Remedies*, providing essential botanical information as well as folkloric background of herbal remedies in a clear, accessible style. Unlike other herb books, this book gives you a serious evaluation of both the positive and negative features of the use of the most important herbs for therapeutic purposes. This new edition features additional scientific data on herbs that will enable you to make wise, informed choices about the benefits and risks of herbs currently on the market. Viewing herbs from a scientific standpoint, the authors assess herbs based on available scientific information and include the latest details on advocacy literature and the new regulatory environment. Each write-up includes descriptive information on the source of the plant, its traditional uses, and an evaluation of the relevant and current literature which helps support or disprove intended use of the plant. This new edition of Tyler's classic *Honest Herbal* provides you with all of the following features not found in any of the previous editions, such as: the voice and experience of medicinal plant specialist Steven Foster, one of the most respected authorities in herbal medicine research and information about cat's claw, celery, garcinia, grape seed, kava, pygeum, and wild yam what you need to know about the latest clinical trials on many best-selling herbs, including black cohosh, echinacea, garlic, ginkgo, ginseng, St. John's wort, and saw

palmetto hundreds of new, supporting references from scientific studies on herbs and other dietary supplements. Containing candid evaluations and insight into the current and thriving herbal market, this guide also provides you with a complete summary chart that allows you to quickly access the risks and benefits of the herbs discussed. Tyler's Honest Herbal will help you distinguish fact from fiction in the world of herbal therapies and remedies and lead you to safe and effectiveness of these natural resources.

Disease-related malnutrition is a global public health problem. The consequences of disease-related malnutrition are numerous, and include shorter survival rates, lower functional capacity, longer hospital stays, greater complication rates, and higher prescription rates. Nutritional support, in the form of oral nutritional supplements or tube feeding, has proven to lead to an improvement in patient outcome. This book is unique in that it draws together the results of numerous different studies that demonstrate the benefits of nutritional support and provides an evidence base for it. It also discusses the causes, consequences, and prevalence of disease-related malnutrition, and provides insights into the best possible use of enteral nutritional support.

Provides an invaluable reference text for all healthcare professionals who require evidence-based information on the interactions of conventional medicines with herbal medicines, dietary supplements and nutraceuticals. Stockley's Herbal Medicines Interactions is a unique collaboration between a team of experts in the fields of drug interaction, clinical herbal medicines, phytopharmacovigilance and regulation of herbal medicinal products. Stockley's Herbal Medicines Interactions brings together available data on over 150 of the most

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commonly used herbal medicines dietary supplements and nutraceuticals in highly structured, rigorously researched and fully referenced monographs.

This report is structured in five parts: national framework for traditional and complementary medicine (T&CM); product regulation; practices and practitioners; the challenges faced by countries; and, finally, the country profiles. Apart from the section on practices and practitioners, the report is consistent with the format of the report of the first global survey in order to provide a useful comparison. The section on practices and practitioners, which covers providers, education and health insurance, is a new section incorporated to reflect the emerging trends in T&CM and to gather new information regarding these topics at a national level. All new information received has been incorporated into individual country profiles and data graphs. The report captures the three phases of progress made by Member States; that is, before and after the first WHO Traditional Medicine Strategy (1999-2005), from the first global survey to the second global survey (2005-2012) and from the second survey to the most recent timeline (2012-2018).

Sixty ESCOP monographs were published during the late 1990s. All have been updated and expanded, and this second edition includes a further twenty monographs. The text constitutes an up-to-date review of scientific information on the therapeutic uses of herbal medicines. The Homesteader's Herbal Companion is a beautiful guide for the modern day homesteader. From learning how to incorporate herbs and essential oils around your home, to learning how to enhance your family's health and well-being, this book is the go-to resource for those wishing to live a more natural homesteading lifestyle. This book takes readers through the basics of herbalism, including the different types of herbs and their uses. It also breaks down

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how herbs are used in tinctures, salves, essential oils, and infused oils. You'll learn how to efficiently incorporate herbs into your lifestyle, creating your own herbal remedy cabinet for yourself and for your livestock as well. And through encouragement and evidence-based information, you'll be confident using herbs, cooking with herbs, and sharing your herbal products with your friends and family. With an array of beautiful photos and easy to read terminology, just about any homesteader, new or seasoned, can learn from *The Homesteader's Herbal Companion*, and finally feel comfortable incorporating the many wonderful qualities of herbs around their homes and homesteads.

This volume of the "IARC Monographs" provides an assessment of the carcinogenicity of 14 drugs and herbal products. The IARC Monographs Working Group relied mainly on epidemiological studies to evaluate the carcinogenic hazard to humans exposed to the drugs digoxin (widely prescribed for the treatment of chronic heart failure), pioglitazone (used for the treatment of type 2 diabetes mellitus), and hydrochlorothiazide (used to treat hypertension). Other agents evaluated included the drugs primidone, sulfasalazine, pentosan polysulfate sodium, and triamterene, and five herbal products (or their components): Aloe vera whole leaf extract, goldenseal root powder, Ginkgo biloba leaf extract, kava extract, and pulegone. In view of the limited agent-specific information available from epidemiological studies, assessments of these agents relied mainly on carcinogenicity bioassays to reach conclusions as to the carcinogenic hazard to exposed humans.

Drugs from plants are a major contribution to world health. Their production involves machinery, workers, quality control, standards, and legislation. *Phytopharmaceutical Technology* is a practical reference volume that provides the basic information necessary to

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select and operate machinery and to process plant products through to the desired liquid, solid, or powdered drug form. As a result, much of the book is devoted to the production process. Topics discussed include plants and plant parts; converting plants to medicinal forms; tips on handling incoming plant materials, including quality, pests, residues, analytical techniques and legislation; solvents for extraction, chemical data and notes regarding selection and use; and production processes, including grading (sorting), size reduction (comminution), extraction, concentration, purification, and drying. The book also contains details regarding the dozens of types of machinery that can be used, as well as drawings, including cross-sections and schematics of the working action. Quality assurance, standardization, and regulation is also discussed. *Phytopharmaceutical Technology* is a handy reference tool for engineers and industrial chemists in the plant drug processing industry, as well as excellent reading for university students.

In 1978 the German government established an expert committee, the Commission E, to evaluate the safety and efficacy of over 300 herbs and herb combinations sold in Germany. The results were published as official monographs that give the approved uses, contraindications, side effects, dosage, drug interactions and other therapeutic information essential for the responsible use of herbs and phyto-medicines. For the first time, the complete set of all Commission E monographs has been compiled, translated into English and edited for use by physicians, pharmacists, health professionals, researchers, regulatory agencies, consumers and the herb industry.

This fully updated Third Edition provides the latest worldwide research on every

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herbal agent in common use today. Monographs are based on the results of clinical studies, examining the existing evidence and comparing it with manufacturer's claims. Each monograph covers the most commonly known generic name, synonyms, common trade names, common forms, source, chemical components, actions, reported uses, dosage, adverse reactions broken down by body system, interactions, contraindications and precautions, special considerations, analysis, and references. New to this edition are 15 new herbal monographs and Patient Counseling Tips in a quick-reference format.

Appendices include potential drug-herb interactions, potentially unsafe plants, herbal agents resource list, and an herbal agent information sheet.

For over one thousand years, Japan has developed and refined an effective herbal system of healing based upon the observation of symptoms. This system is known as Kampo. While the roots of Kampo were originally grounded in the ancient Chinese theories of medicine, the Japanese incorporated their own unique perspective, simplifying complex procedures into an elegant healing art. Now, for the first time ever in Japanese Herbal Medicine: The Healing Art of Kampo, herbal expert Robert Rister has created a comprehensive and understandable Kampo resource, allowing us all access to this important information. The ancient art of Kampo can truly help you live a healthier life

today. Japanese Herbal Medicine will provide you and your family with the practical knowledge needed to enjoy better health through this well-researched system of herbal healing.

This well referenced, instructive, and clinically accurate guide provides everything you need to know about the safe and effective use of medicinal herbs. Published by the American Botanical Council (ABC), the book contains comprehensive, scientifically based information on 29 herbs and 13 proprietary herbal products. The reference is also the first of its kind to include a continuing education module for a wide variety of healthcare professionals. Each herb analysis includes an extensively referenced therapeutic Monograph, a 2-page Clinical Overview for quick reference, and a 1-page Patient Information Sheet for the health professional to copy and give to patients. Pharmacological activity, herb-drug interactions, adverse effects, preparations, dosage, name brands, regulations, and detailed tables of clinical studies, are all accurately presented in this important educational guidebook. Key features of the ABC Guide: In depth data - thorough and detailed information for the most popular herbs and herbal products sold in the US market today More than 40 tables of clinical studies, including 180 commercial products Incorporation of science-based and traditional information Standardized and regimented layout ensures quick and easy access to

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information National continuing education credit - 10 to 13.5 credit hours available to health professionals in five disciplines Message to customers: The University of Texas Medical Branch at Galveston (UTMB) has extended CME credit for physicians for The ABC Clinical Guide to Herbs. The current \$20 fee will no longer be charged. This will now be offered at no cost with purchase of the book. In addition, CE credit has been extended for nurses, pharmacists, and dietitians. THE ABC CLINICAL GUIDE to HERBS provides healthcare professionals with what they want: factual, current, scientifically based information and guidance on the top selling herbs in the United States. A must have reference for every practice Published by the American Botanical Council. Thieme is proud to be the exclusive worldwide distributor for this book. In 1978, the German government established an expert committee, the Commission E, to evaluate the safety and efficacy of over 300 herbs and herb combinations sold in Germany. The results were published as official monographs that gave the approved uses, contraindications, side effects, dosage, drug interactions and other therapeutic information essential for the responsible use of herbs and phyto-medicines, For the first time, the complete set of all Commission E monographs has been compiled, translated into English and edited for use by physicians, pharmacists, health professionals, researchers,

regulatory agencies, consumers and the herb industry.

As CAM becomes widely accepted, rehabilitation professionals are incorporating CAM concepts and techniques into their own practice. This book will help them to gain an understanding of the field, and to acquire specific knowledge and skills which they can apply to the treatment of movement related disorders.

This safe and practical guide brings herbalism into the 21st century-an authoritative handbook to using herbs in your life, from the kitchen to the medicine cabinet to the dressing table. Popular interest in herbs is growing at a fast pace as scientists confirm what herb users have known for centuries: Herbs can play a significant role in healing and preventing disease. Long used as flavorful condiments in our favorite dishes, leading herbalist Kathi Keville uncovers the power of herbs as health and beauty aids. With recommendations from a variety of specialists in natural healing, Herbs for Health and Healing is a comprehensive and authoritative health care guide filled with remedies that have a proven track record.

A handbook of practical, objective, and clinically oriented information on the use of herbalism in health care. Potentially useful herbal medicines are differentiated from the many popular herbs of dubious value. A report card format allows quick reading and easy access to relevant information. Herbs are graded, with grades

determined by usefulness, effectiveness, availability, and safety Handbook size- can be carried in lab coat Analyses-based on controlled studies, or meta- analyses or systematic reviews of the primary literature Sections of each report card include: Uses; Pharmacology; Clinical Trials; Adverse Effects; Preparations and Dose; Contraindications, Interactions, and Warnings; Conclusion and Recommendations; References An appendix lists and reviews other herbal medicine information resources Nonherbal dietary supplements also are addressed in a separate section.

All practitioners and pharmacists interested in treatment with herbal remedies should have this book at their disposal. It is the definitive practice-oriented introduction - now in its fifth edition - to phytotherapy. Methodically classified by organic systems and fields of application, the text provides a quick insight into dosage, form of application and effects of the most important herbal remedies. Only those herbal remedies that are of pharmacological and clinical efficiency have been considered. The authors are highly experienced in the field of postgraduate medical education, and, with this work, present an indispensable reference book for the medical practice.

Lists over one hundred herbs, spices, and condiments, providing information on their nutritional profile, benefits, possible side effects, chemical makeup, and various uses.

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This is the second volume in a series of monographs which are intended to promote information exchange and international harmonised standards for the quality control and use of herbal medicines. It contains scientific information on 30 selected plants, and each entry includes a pharmacopoeial summary for quality assurance purposes, information on its clinical application and sections on contraindications, pharmacology, safety issues, and dosage forms. It provides two cumulative indexes with entries in alphabetical order by plant name and according to the plant material of interest.

List of Substances of the Competent Federal Government and Federal State Authorities Plants and plant preparations are an important part of a balanced diet. Apart from using them as fruit, vegetables or cereals we can also enjoy them as ingredients in the form of herbs or spices or enjoy them in teas. More and more exotic plants are also available whose use as food in Germany was not known up to now. Supermarkets and drugstores also sell an increasing number of products which supposedly benefit health and contain preparations which were previously used in Germany above all in pharmaceutical products. The present category "Plants and plant parts" of the List of Substances of the Competent Federal Government and Federal State Authorities was provided to facilitate the classification and evaluation of plants and plant parts regarding their use as food or food ingredients. In addition to classification under formal legal aspects the list also provides information on the possible risks involved with certain uses. The list of substances is intended as a guideline for authorities and those placing products on the market.

"Western Medicine", "Alternative Medicine", "Complementary Medicine", "Holistic Medicine", and "Natural Medicine." There is really only one "medicine" that heals and puts the whole

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patient, not the disease, at the center of care: Integrated Medicine. This practice integrates all modalities of healing to produce not merely a medical cure, but a deeper healing of the patient on his or her own terms. The Clinical Practice of Complementary, Alternative, and Western Medicine is a scientifically based text that informs and leads the practitioner easily through the maze of alternative therapies. Unlike other books that address the different alternative modalities, this text integrates homeopathy, acupuncture, chinese herbology, western herbology, and clinical nutrition, then combines them with traditional medicine. The author explains the new paradigm of patient-centered and Integrated Medicine and includes an extensive section on the physical underpinnings of this new paradigm, a paradigm that employs thermodynamics, non linear dynamics, chaos theory, and fractal geometry in an easy to understand discourse. The book incorporates the author's fundamental training in the alternative modalities and his ten years of clinical practice, a practice in which multiple integrated modalities of healing were utilized in the healing of over 10,000 patients. The Clinical Practice of Complementary, Alternative, and Western Medicine is a tremendously valuable reference for practitioners who want to learn about and practice alternative therapies and those who want to be more informed about what their patients may be doing and taking, and the influences those self-administered therapies may be having on their care.

Presents the latest research on the health benefits of herbs by categorizing each medicinal plant with an effectiveness rating system and offering guidelines for choosing and using herbal products.

The Complete German Commission E Monographs
Therapeutic Guide to Herbal Medicines
Thieme Medical Pub

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*National Continuing Education Credit for Physicians, Physician Assistants, Osteopaths, Pharmacists, Nurses, Nurse Practitioners, Dietitians, and Naturopaths *400+ page self-paced course/reference including comprehensive clinical monographs, clinical overviews, patient information sheets, and references for 29 widely used herbs and additional information on numerous proprietary multi-herb products. *Comprehensive clinical studies table for each herb including brand names of the products studied *Important information on safety and drug interactions Each in-depth clinical monograph covers: Overview, Description, Primary Uses, Dosage, Duration of Administration, Chemistry, Pharmacological Actions, Mechanism of Action, Contraindications, Adverse Effects, Drug Interactions, Safety Rating, International Regulatory Status (broken down by country), Clinical Review, and a Clinical Studies table, including the most up-to-date clinical research on each herb. The Clinical Studies Table covers: author/year, subject, study design, duration of study, dosage administered in study, preparation used, and a summary of the results and conclusions made from the study. A study that reconciles herbal lore with modern medicine includes an introduction to the history and philosophy of herbalism, a list of herbs that shows how they work and answers questions about their safety, and an index-by-ailment.

This monograph evaluates the carcinogenic risks to humans posed by the use of some traditional herbal medicines, fumonisin B1, and the industrial organic chemicals naphthalene and styrene, and provides an update of the data on the carcinogenicity of aflatoxin.

This richly illustrated reference guide treats the subject of herbal medicines in an

integrated fashion with reference to pharmacognosy, pharmacology and toxicology. It will help to enable internists, phytotherapists, physicians, healthcare practitioners as well as students to understand why, when and how herbal medicines can be used in the treatment of diseases. A great deal of pathology and therapeutic information is also included. Numerous tables as well as figures clarify complex mechanisms and other information. The most important medicinal plants and drugs are illustrated with exceptional color plates.

This superbly illustrated A-Z guide to modern and traditional Indian herbal remedies brings together information from numerous authoritative sources in the form of a highly structured and well-written reference work. Entries for each medicinal plant describe classical Ayurvedic and Unani uses, compare modern findings and applications, together with their pharmacology and therapeutic principles in an evidence-based approach. Information sources include: German Commission E, US Pharmacopoeia/National Formulary, and the WHO. The resulting work highlights the potential of Indian herbs for Western medicine by placing findings on a scientific platform. Over 200 full-colour photographs and 50 drawings illustrate the plants. Includes ayurvedic herbal drugs More than 150 general and more than 500 plant species are covered Easy-to-use and highly structured entries Detailed information on traditional use and modern evidence-

based medical application

This exquisitely detailed full-color field guide, by biologist and herbal and medical plant expert Jim Meuninck, provides identification, practical information, and skills for the location of and use of medicinal plants. The pages of this book re-connect us to our roots and the knowledge that medicinal plants and wild plant foods provide the chemicals every body needs to obtain optimum health and prevent disease. Meuninck moves the user from simple and familiar plants toward less common plants more difficult to identify. Each of the 122 plants has a color photograph, plant description, and location. Identification of plants are grouped from common to rare in the environment and where they are found: prairies, woodlands, mountains, deserts, and wetlands. Relevant facts about each plant such as toxicity, historical uses, modern uses, as well as wildlife/veterinary uses are also listed. Additional information included in this extraordinary field guide: explanations of how each plant affects the human body; cultural and ethnic uses of medicinal herbs and cooking spices; others creatures who consume the plants; a list of most recommended garden herbs; web site resources, and much more. The Author's Notes provide personal experiences and novel skills honed from over forty years of experience. They include: gardening tips, recipes, formulations, humor, successful experiences, and more. There is no field guide

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as all-encompassing and detailed as this one, yet it's portable and easy to understand.

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