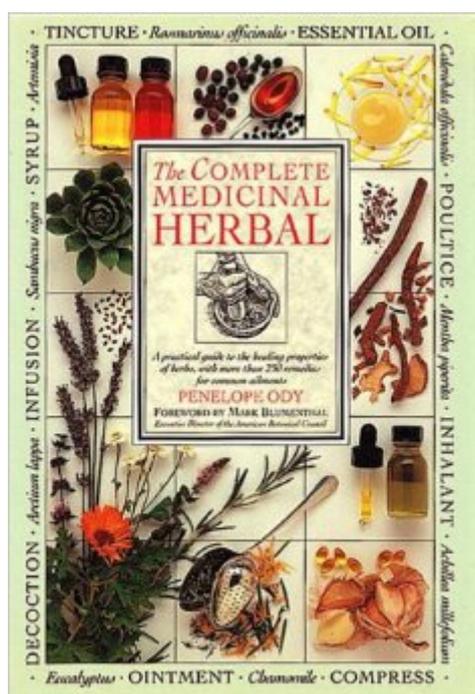


The book was found

The Complete Medicinal Herbal: A Practical Guide To The Healing Properties Of Herbs, With More Than 250 Remedies For Common Ailments



Synopsis

Elaborating on the healing powers of herbs, this guide demonstrates the best methods to extract healing properties and includes an A-to-Z portfolio of more than 120 medicinal herbs. 35,000 first printing.

Book Information

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Best Sellers Rank: #8,829 in Books (See Top 100 in Books) #22 in [Books > Health, Fitness & Dieting > Alternative Medicine > Herbal Remedies](#)

Customer Reviews

This is a nice book, and a pretty book and a good place to start if you want to know more about "herbal" remedies for various maladies and ailments. Penelope Ody, the author, is an herbalist who lives and practices her craft in England. Ms Ody provides a brief overview of the history of herbal medicine -- citing males like Pliny who had the advantage of education (ability to write) and the presence of mind to write about the herbal medical practices he witnessed in his age. Herbal remedies have come from around the world and Ms Ody includes some information about Chinese, European, Greek & Roman, American Indian, and other traditional practices. It would seem the availability of plant material determined what was used in herbal healing. For example, North American Indians used Joe Pye Weed while Europeans did not, simply because the plant is native to North America and did not exist in Europe until the 17th Century. However, Plantain was native to Europe, and was imported to America by the European settlers, as were a variety of other plants now considered pests. "Old Wives" and other hands-on practitioners such as Shamans, medicine men, etc. actually discovered the efficacy of various plant parts -- many of them at the dawn of prehistory. This knowledge was eventually recorded, and the record keeper acquired the notariety of the discovery. My favorite example is William Withering who discovered the medicinal properties of Foxglove when family members of one of his heart patients prepared a brew from the plant and

administered it to the patient behind the doctor's back. Withering had been unable to help the fellow (can't you hear the family calling Withering a quack?).

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