

A Field Guide To Medicinal Plants And Herbs Steven Foster

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Healing with Medicinal Plants of the West - Cultural and Scientific Basis for Their Use Interweave Press
This Handbook contains the brief information on medicinal plants mainly used in Indian Systems of Medicine. Nearly 1000 plant species belonging to 164 families either used as main sources of the drugs or as their substitutes and adulterants are given in it. The drug plants have been given familywise following the Bentham and Hooker's system of classification. The brief information about the drug plants i.e. Names (Sanskrit & Botanical) habit of the plants, part(s) used in medicine, main properties/uses and broadly the name of area(s) where the plants naturally occur has been given in tabular form. The names of common substitutes and adulterants of important drug plants have also been provided. Indexes of botanical and Sanskrit names have also been given at the end. The book has been written in a very easy and simple manner, so that an average reader can follow it. The specific features of this small reference book are: (a) The information, including the names of substitutes and adulterants are given in tabular form, so that one can see it at a glance. (b) The book can be kept easily is hand in field and other places. (c) Important medicinal plants of the families have been indicated. (d) The book contains nearly all those plants which are prescribed in various courses of Ayurveda, pharmacy, Medico-botany etc. The book is useful to the students, teachers, researchers on medicinal plants, herbal based pharmaceutical concerned, N.G.O's and other those who are interested in medicinal plants.

Field Guide to Medicinal Plants Stackpole Books
The present book titled "A Comprehensive Field Guide to Medicinal Plant Biodiversity of Myanmar and Mauritius" is based on the preliminary survey of medicinal plants of Myanmar and Mauritius under the Indian Technical and Economic Cooperation (ITEC) Programme of Govt. of India. The present study and survey tours reveal the identification of more than six hundred medicinal plants found in the forest areas, nearby population areas and also in the botanical gardens. In addition to the compilation of the plants species, the information about their medicinal values and other important uses has also been obtained from locals. The information gathered during the survey included Ayurvedic plants found in these areas, possibility of propagation of the plants in the gardens, indigenous remedies and the traditional claims, guidelines for pharmaceutical assessment, product information for drug standardization, classification and preparation of drugs, manufacturing of drugs in Pharmacies and Drugs and Cosmetics Act, etc. The present text book is divided into five chapters, in which the first chapter is based on the background of Myanmar including its people, tradition, agriculture, and other useful information. The second chapter covered general information about Mauritius Island with major emphasis on the traditional medicinal system of the country and its trade. The details of about 500 plants are given in chapters 3-5. Chapter 3 covers medicinal plants found in Myanmar but not in Mauritius whereas Chapter 4 is comprised of the medicinal plants of Mauritius, which are not found in Myanmar. All the common plants, which are often found in both the countries, have been described in Chapter 5. The vernacular name, taxonomy, occurrence, phytochemistry, traditional and biological importance of each plant is described in a concise way. In addition, photographs of selected plants are also given in a separate section. This text book can be used as a field guide during the survey of medicinal plants. We hope that this information in the form of a book will certainly be beneficial to readers, especially to students of plant science and other relevant subjects.

Medicinal Plants, Trees & Shrubs of Appalachia Houghton Mifflin Harcourt
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.

A Field Guide to Edible Wild Plants of Eastern and Central North America Rowman & Littlefield
Medicinal Herbs of the Rocky Mountains introduces the principles of herbal remedies and guides readers through finding, harvesting, cultivating and incorporating more 66 locally abundant medicinal plants into daily life. Complete with color photos and detailed descriptions of each medicinal herb, conservation status, and recipes to put their botanical healing power to work, this guide is a vital addition to the Rocky Mountain naturalists' bookshelf. Look inside to find: Modern and traditional uses of medicinal plants Guidance on ethically harvesting, preparing and storing medicinal plants Tips for cultivation in the garden Plants found throughout the Dakotas, Montana, Wyoming, Colorado, Utah, and New Mexico.

Medicinal Herbs of the Rocky Mountains Storey Books
A new approach to identifying mushrooms based on five key features that can be observed while in the field. Toadstools, truffles, boletes and morels, witches' butter, conks, corals, puffballs and earthstars: mushrooms are both mysterious and ecologically essential. They can also be either delicious or deadly. Thousands of different species of mushrooms appear across North America in the woods, backyards, and in unexpected corners. Learning to distinguish them is a rewarding challenge for a naturalist or chef. Covering most of the common edible and poisonous species readers are likely to encounter, this portable-sized field guide takes a new, simple approach to the method of mushroom identification based on key features that do not require a microscope or technical vocabulary. In addition to the watercolors from the original edition, hundreds more illustrations have been added. These paintings make use of the limited space available in a field guide and focus on the distinguishing details of each species, thereby serving as an ideal tool for beginner and intermediate

mycologists alike.
Field Guide to Wilderness Medicine E-Book Feline Press (Gainesville, FL)
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.

Foraging and Feasting Bloomsbury Wildlife
A new approach to growing local medicine, including information on geo-authenticity, wildcrafting, and developing a good business plan Both a business guide and a farming manual, The Organic Medicinal Herb Farmer will teach readers how to successfully grow and market organic medicinal Western herbs. Whether you ' re trying to farm medicinal plants, culinary herbs, or at-risk native herbs exclusively or simply add herbal crops to what you ' re already growing, successful small-scale herb farmers Jeff and Melanie Carpenter will guide you through the entire process—from cultivation to creating value-added products. Using their Zack Woods Herb Farm in Vermont as a backdrop, the Carpenters cover all the basic practical information farmers need to know to get an organic herb farm up and running, including: • Size and scale considerations; • Layout and design of the farm and facilities; • Growing and cultivation information, including types of tools; • Field and bed prep; • Plant propagation; • Weed control, and pests and diseases; • Harvesting, as well as wild harvesting and the concept of geo-authentic botanicals; • Postharvest processing; and, • Value-added products and marketing. The authors also provide fifty detailed plant profiles, going deeper into the herbs every farmer should consider growing. In an easy-to-understand, practical, and comprehensive manner, readers will learn how to focus on quality over quantity, and keep costs down by innovating with existing equipment, rather than expensive technology.Market farmers who have never before considered growing medicinal herbs will learn why it ' s more important to produce these herbs domestically. The Organic Medicinal Herb Farmer makes a convincing case that producing organic medicinal herbs can be a viable, profitable, farming enterprise. The Carpenters also make the case for incorporating medicinal herbs into existing operations, as it can help increase revenue in the form of value-added products, not to mention improve the ecological health of farmland by encouraging biodiversity as a path toward greater soil health.

National Geographic Guide to Medicinal Herbs Peterson Field Guides
A fun, modern, and irreverent introduction to healing herbs, this field guide to feeling good includes more than 20 plant profiles. Here is an invitation to the wild world of healing plants growing right outside your door. Highlighting herbs from catnip and plantain to nettles and rosemary, this book provides the information you need to assemble an herbal arsenal for combatting any ailment—everything from brewing up a slick lube tea for sexual health to fashioning a simple summer band-aid from backyard “ weeds ” to crafting an herbal smoking blend to quiet a busy mind. This accessible guide covers questions like: What is plant medicine? What can I put in my mouth and where do I find it? Can I still go to my doctor? We ' ve got you covered.

A Comprehensive Field Guide to Medicinal Plant Biodiversity of Myanmar and Mauritius Shambhala Publications
Describes dangerous mammals, reptiles, spiders, insects, flowers, shrubs, trees, and mushrooms.

Plant Magic HarperCollins
Features more than five hundred plants and herbs of North America providing information on their location and medicinal uses.

Medicinal Plants of North America Stackpole Books
An encyclopedia of North American medicinal plants, this classic herbalist ' s guide goes inside Native American herbalism and other natural healing traditions around the world For more than twenty years, this pioneering work had served as a bible for herbalists throughout the world. It is an illustrated encyclopedic guide to more than two hundred medicinal plants found in North America, with descriptions of each plant ' s appearance and uses, and directions for methods of use and dosage. Native American traditions are compared with traditional uses of the same plants among other cultures where the science of herbs has flourished, particularly in Russia and China. Included is an annotated bibliography of pertinent books and periodicals.

Field Guide to Medicinal Wild Plants Indus Publishing
A completely updated edition, including 122 newly recognized or recently established non-native species of reptiles and amphibians. The new edition of this definitive guide reflects 25 years ' worth of changes in our knowledge of reptiles and amphibians. It includes descriptions of 122 newly recognized or recently established non-native species, updated maps, and new figures and photos. Color illustrations and drawings show key details for accurate identification. More than 100 color photographs and 322 color distribution maps accompany the species descriptions. Clear and concise species accounts provide key characteristics, similar species, habitats, and ranges, as well as subspecies, voice descriptions, and conservation status. This edition will be a crucial resource for professional and amateur herpetologists, naturalists, outdoor enthusiasts, and students.

Hand Book of Indian Medicinal Plants Houghton Mifflin Harcourt
Nature heals! This compact field guide introduces readers to 26 common Canadian wild plants with extraordinary healing properties. Use arnica blossoms to heal muscle inflammation, improve digestion with chickweed and soothe a toothache with yarrow root—learning to identify and use wild medicinal plants is both fascinating and useful. Each plant profile includes a color photograph, identification and habitat information, as well as medicinal, cosmetic and culinary uses. Skilled herbalist Beverley Gray also includes tips on how to sustainably gather and safely use beneficial wild plants.

Peterson Field Guide to Medicinal Plants and Herbs of Eastern and Central North America, Third Edition Elsevier Health Sciences

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

Peterson Field Guide to Medicinal Plants and Herbs of Eastern and Central North America Mariner Books

This popular handbook, ideal for hikers and those who love the lore of the wilderness, describes some well-known plants used medicinally by native American peoples.

A Field Guide to Medicinal Wild Plants of Canada Houghton Mifflin Harcourt

A guidebook to identify the plants and wildflowers of the Santa Barbara foothills and Southern California.

Medicinal and Aromatic Plants of Himachal Pradesh Rowman & Littlefield

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.

101 Medicinal Herbs Houghton Mifflin Harcourt

More than 370 edible wild plants, plus 37 poisonous lookalikes, are described here, with 400 drawings and 78 color photographs showing precisely how to recognize each species. Also included are habitat descriptions, lists of plants by season, and preparation instructions for 22 different food uses.

Medicinal Plants of Britain and Europe Shambhala Publications

No Marketing Blurb

The Standing People Rowman & Littlefield

Medicinal Herbs of California is the first statewide field guide to more than 70 common medicinal plants of California. This vital addition to the California naturalist ' s shelf will introduce readers to the principles of herbal remedies, history and roots in native cultures, scientific information, and how to find and incorporate medicinal plants into daily life. Inside you ' ll find: Photos and descriptions to help with positive identification Common and scientific names and the plant families Conservation status Modern and traditional uses The science behind natural phytochemicals that have earned these plants a place in Native American medicine for thousands of years.