

## Wise Woman Herbal For The Childbearing Year Series 1 Susun S Weed

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### *Menopausal Years* Simon and Schuster

Called "my menopause bible" by half a million women, the best book on menopause is now better. Originally published in 1992 and still a top best-seller. Completely revised with 100 new pages. Susan S. Weed (author of the best-sellers *Breast Cancer. Breast Health! the Wise Woman Way*, *Wise Woman Herbal for the childbearing Year*, and *Healing Wise*) has completely rewritten this classic after listening to over 20,000 women talk about menopause and what works for them. All the remedies women know and trust plus hundreds of new ones. New Sections on thyroid health fibromyalgia, hairy problems, male menopause, and herbs for women taking hormones. Recommended by Susan Love MD and Christiane Northrup MD. Introduction by Juliette de Bairacli Levy. Beautifully illustrated, superbly indexed, wrapped in the healing cloak of the Ancient Ones, this is a book for owen of all ages who want strong bones, healthy hearts, and a long, joyous life without hormones.

### *The Boreal Herbal* Simon and Schuster

Much of what passes for 'witchcraft' today was everyday knowledge to our forebears, especially those who lived and worked in the countryside. Here were to be found practical household hints, remedies and family recipes that had been handed down from generation to generation, some still existing in the form of treasured journals and notebooks. There is, however, nothing fanciful or far-fetched about this information - in fact, *The Secret People* is a remembrance of times past and a preservation of 'parish-pump witchcraft, wise-women and cunning ways' adapted for use in the 21st century. It may also go a long way in helping those present-generation pagans in search of an identity and answer the questions: Who ... what am I?

### *The Natural Pregnancy Book* Ash Tree Pub

304 color pages, paperback, improved print quality, and a lot more plant identification details This unique book is written by Dr. Nicole Apelian, an herbalist with over 20 years of experience working

with plants, and Claude Davis, a wild west expert passionate about the lost remedies and wild edibles that kept previous generations alive. *The Lost Book of Herbal Remedies* has color pictures of over 181 healing plants, lichens, and mushrooms of North America (2-4 pictures/plant for easy identification). Inside, you'll also discover 550 powerful natural remedies made from them for every one of your daily needs. Many of these remedies had been used by our forefathers for hundreds of years, while others come from Dr. Nicole's extensive natural practice. This book was made for people with no prior plant knowledge who are looking for alternative ways to help themselves or their families. This lost knowledge goes against the grain of mainstream medicine and avoids just dealing with symptoms. Instead, it targets the underlying root cause and strengthens your body's natural ability to repair itself. With the medicinal herbal reference guide included, it's very easy to look up your own condition and see exactly which herbs and remedies can help. Let me just offer you a small glimpse of what you'll find inside: On page 145 learn how to make a powerful "relieving" extract using a common backyard weed. This plant acts directly on the central nervous system to help with all kinds of pain and discomfort. You'll also discover the most effective natural antibiotic that still grows in most American backyards (page 150). Turn to page 43 for the natural protocol Dr. Nicole is recommending for a wide range of auto-immune conditions, after falling prey to MS herself at age 29. I could go on and on because this book contains no less than 800+ other medicinal plants and natural remedies.

### Harvard University Press

Covering men's and women's topics, this is a "full range of integrative, alternative, and orthodox options, including herbal, homeopathic, and energy medicines."

### *Opening Our Wild Hearts to the Healing Herbs* Harmony

Promote vibrant health and radiant beauty, soothe everyday ailments, and ease persistent stress with these simple, natural cures for everything from dry skin and infant colic to cold symptoms and insomnia. Renowned herbalist Rosemary Gladstar provides 175 proven therapies and herbal remedies that are easy to prepare and safe enough for children. Offering a potent and effective alternative to commercial pharmaceuticals, Gladstar will inspire you to nurture yourself and those you love with nature's healing herbs.

### Natural Woman Ash Tree Publishing

*Women's Herbs, Women's Health* is a sourcebook of knowledge about how a woman's body works, the major health issues faced by women, and which herbal remedies can be used as a preventive measure or treatment. Includes information on why herbal treatments result in the least amount of interference in the body's natural rhythm, have the deepest effects, and produces the least amount of side effects.

### *The Lost Book of Herbal Remedies* Sounds True

Reading *The Natural Pregnancy Book* is like having your own personal herbalist and midwife at your side. Expertly written by Aviva Jill Romm, who has been providing family-centered natural health care for almost twenty years, it guides women through treating the common ills and ailments of pregnancy simply with herbs and nutrition. Aviva thoughtfully follows the woman's journey from baby's conception to birth, describing herbs that can promote and

maintain a healthy pregnancy, along with those you should avoid during your term. Her herbal remedies cover such familiar concerns as anxiety, fatigue, morning sickness, and stretch marks. She also discusses the components of a healthy diet, with an emphasis on natural foods. With its detailed information and comforting voice, *The Natural Pregnancy Book* is a complete primer for the woman who envisions a safe pregnancy as nature intended it.

#### [A Couple Cooks - Pretty Simple Cooking](#) Capital Books Incorporated

A revised and updated edition of the classic handbook for women seeking a safe, organic, eco-friendly, and natural pregnancy, featuring an integrative-based approach with new medical, herbal, and nutritional information. Over the last two decades, *The Natural Pregnancy Book* has ushered thousands of women through happy and healthy pregnancies. Addressing women's health from conception to birth, Dr. Romm describes herbs that can promote and maintain a healthy pregnancy, and allays such familiar concerns as anxiety, fatigue, morning sickness, and stretch marks. She also discusses the components of a healthy diet, with an emphasis on natural foods. New to this edition is integrative health advice based on Dr. Romm's new credentials as a Yale-trained physician, combined with her twenty years of experience as a midwife and herbalist.

#### Down There

 Aeon Books

Silver Nautilus Book Award Winner for Health & Healing An antacid or an aspirin may soothe your pain, but it doesn't cure the cause of your symptoms. Headaches, indigestion, fatigue, allergies, anxiety, eczema, high blood pressure, and other conditions are clues to a deeper imbalance in your body, and learning to read those clues is a key step in maintaining optimal health. Herbalist Maria Noë I Groves shows you how to read your body's signals and support your own wellness with herbal remedies and other natural treatments. You'll learn how each of your major body systems—respiratory, digestive, immune, nervous, memory, reproductive, circulatory, and more—optimally functions, and you'll discover how to use natural remedies to nourish and repair problem areas, restore lost vitality, support your body as a whole, and prevent future problems. Groves includes in-depth instructions, with step-by-step photographs, for making your own herbal remedies, as well as expert guidance on buying and effectively using commercial preparations.

#### Rosemary Gladstar's Medicinal Herbs: A Beginner's Guide

 North Atlantic Books

The Solution to Your Infertility May Not Be What You Think! If you're a smart and self-empowered woman who has inexplicably lacked success when it comes to getting or staying pregnant, you need to know this: You are not alone. You are not a failure. And there is hope. Within these pages, holistic fertility expert Catherine S. Gregory, CMT, CMI, shares the proven method that has a 75% pregnancy success rate and has gracefully guided hundreds of women just like you out of the infertility nightmare and into the dream-come-true of holding their healthy baby in their arms.

#### [Body into Balance](#) Breast Cancer? Breast Health!

Foods, exercises, and attitudes to keep your breasts healthy. Supportive complimentary medicines to ease side-effects of surgery, radiation, chemotherapy, or tamoxifen.

#### [Blackberry Cove Herbal](#) Ash Tree Pub

Whether you live in a mountain cabin or a city loft, plant spirits present themselves to us everywhere. Since its first printing in 1995, *Plant Spirit Medicine* has passed hand-to-hand among countless readers drawn to indigenous spirituality and all things alive and green. In this updated edition, Eliot Cowan invites us to discover the healing power of plants—not merely their physical medicinal properties, but the deeper wisdom and gifts that they offer. Enriched by many new insights, this guide unfolds as a series of chapters on how plant spirit medicine helped Cowan resolve specific challenges in his own healing journey and in his work with others. In the telling, we learn how plant spirits can directly communicate with and aid all of us, including: Plant spirit medicine's five-element view of healing Ways to

assess our own states of health and balance Receiving guidance from plants, including those found within herbal preparations New passages on community and sacred plants such as peyote, marijuana, and tobacco Additional interviews with plant shamans across diverse traditions, and more

#### Hygieia

 North Atlantic Books

Guilt mingles with relief, leaving Drizt uniquely vulnerable to the persuasions of his newest companion--Dahlia, a darkly alluring elf and the only other member of their party to survive the cataclysm at Mount Hotenow. But traveling with Dahlia is challenging in more ways than one. As the two companions seek revenge on the one responsible for leveling Neverwinter--and nearly Luskan as well--Drizt finds his usual moral certainty swept away by her unconventional views. Forced to see the dark deeds that the common man may be driven to by circumstance, Drizt begins to find himself on the wrong side of the law in an effort to protect those the law has failed. Making new enemies, as his old enemies acquire deadly allies, Drizt and Dahlia quickly find themselves embroiled in battle--a state he's coming to enjoy a little too much.

#### [New Menopausal Years](#) Storey Publishing, LLC

The recent trend toward holistic living has heightened our national fascination with herbal remedies and less conventional therapies such as acupuncture, yoga, aromatherapy, and ethnobotany. Now, this intimate and inspiring book opens up the world of herbal medicine to those interested in learning about the history of these techniques and approaches. *Women Healers of the World* shares with readers an extraordinary variety of healing plants from around the world that have inspired today's "alternative" medicine, as well as the stories, challenges, and triumphs of remarkable women healers from past and present—all of whom promote the use of medicinal herbs. Through this book, herbalist and author Holly Bellebuono aims to educate readers about sixteen plant-based world healing traditions and thirty women who have practiced them. Bellebuono also explores the geography, history, and medical heritage of twenty countries where these traditions originated. With thorough knowledge of the uses and effects of these healing traditions, readers can then move on to featured recipes for herbal remedies they can make in their home kitchens. Following Bellebuono's instructions, readers will produce remedies such as soothing lip balms, wound pastes, face masks, arthritis oils, relaxing bath salts, and revitalizing teas.

#### Abundantly Well

 John Hunt Publishing

In *Contraception and Abortion from the Ancient World to the Renaissance*, John Riddle showed, through extraordinary scholarly sleuthing, that women from ancient Egyptian times to the fifteenth century had relied on an extensive pharmacopoeia of herbal abortifacients and contraceptives to regulate fertility. In *Eve's Herbs*, Riddle explores a new question: If women once had access to effective means of birth control, why was this knowledge lost to them in modern times? Beginning with the testimony of a young woman brought before the Inquisition in France in 1320, Riddle asks what women knew about regulating fertility with herbs and shows how the new intellectual, religious, and legal climate of the early modern period tended to cast suspicion on women who employed "secret knowledge" to terminate or prevent pregnancy. Knowledge of the menstrual-regulating qualities of rue, pennyroyal, and other herbs was widespread through succeeding centuries among herbalists, apothecaries, doctors, and laywomen themselves, even as theologians and legal scholars began advancing the idea that the fetus was fully human from the moment of conception. Drawing on previously unavailable material, Riddle reaches a startling conclusion: while it did not persist in a form that was available to most women, ancient knowledge about herbs was not lost in modern times but survived in coded form. Persecuted as "witchcraft" in centuries past and prosecuted as a crime in our own time, the control of fertility by "Eve's herbs" has been practiced by Western women since ancient times.

#### [Fertile](#) Page Street Publishing

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This fine title from Last Gasp is the essential herbal reference book, a complete compendium of practical and exotic herbal lore that is guaranteed to turn you on to the fact that plants and animals have been used for thousands of years in various ways to make people healthier, and to help them to live longer and more effective lives.

Women Healers of the World Simon and Schuster

Healing Wise sets forth the foundations of the Wise Woman Tradition, contrasting them with the Heroic and Scientific views of healing. Weeds draw us into ancient wisdom in a clear and refreshing way, says herbalist Rosemary Gladstar. I see the Wise Woman. She carries a blanket of compassion. She wears a robe of wisdom. From her shoulders, a mantle of power flows. She ties the threads of our lives together. I see the Wise Woman. And she sees me. Seven herbs -- burdock, chickweed, dandelion, nettle, oatstraw, seaweed, and violet -- are explored in depth. Each monograph includes the voice of the herb, a weed walk to encounter the herb in its environment, detailed instructions for harvesting and preparation, properties and uses for every part of the herb, pertinent facts, fun folklore, and recipes for gourmet foodstuffs, wines, beers, cosmetics, and more.

Wise Woman Herbal for the Childbearing Year Canadian Circumpolar Institute

Susun Weed (author of best-seller "Wise Woman Herbal for the Childbearing Year" ) spent three years talking with more than 10,000 women about their menopause. She discovered that their experiences differ hugely from most published accounts:

The Gift of Healing Herbs Ten Speed Press

Being an Appalachian woman and herbalist, I feel committed to empowering the women of my community through their relationships with the plants around them. This includes empowering myself by researching traditional Appalachian herbalism and learning from the many teachers, grandparents, and other members of my community. These women have a very intimate connection to the land and a beautiful and poetic way of communicating through plants and herbal medicine. I want to express my gratitude for the present and future connections with these soft and quiet voices of the past. My intention is to create the images in this series in collaboration with my mentors, teachers, and elders because they have their own histories, their own stories, and a connection to the Earth that we need right now. I am digging deeply into my personal relations with flowers, medicinal plants, and the connections I have with these healers. Shauna Caldwell is an artist from Boone, NC. Her roots in Appalachia and her relationship with the environment inspire her, allowing her to create work based around themes of sacred relationships and transformation. She is also interested in using artistic processes that connect her to her home, like making paper and photographic emulsions using plants from the area.

The Backyard Herbal Apothecary Ash Tree Pub

It ' s all there: Seven Medicines to help you be abundantly well, make sense of medicine, and get the health care you need and deserve. Chapter Six, on Pharmaceutical Medicine, includes a dozen two-page spreads comparing the effects of common modern drugs to herbal remedies. It is illustrated with magical drawings, meticulously indexed, assiduously researched, and rich with recipes, lore, and startling scientific support for the Complementary Integrated Medicine Revolution.