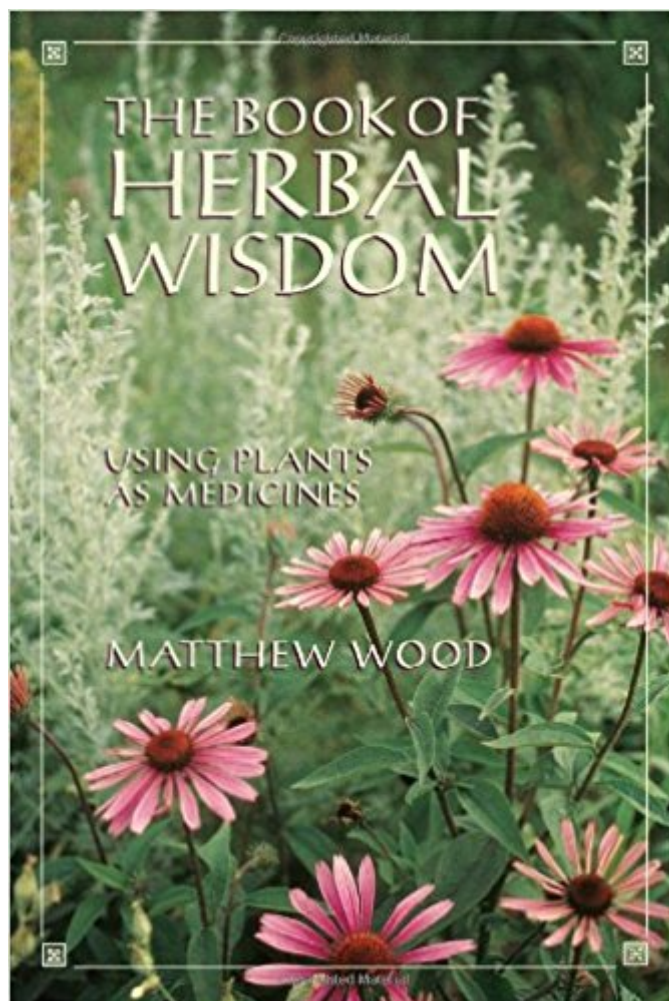


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The Book Of Herbal Wisdom: Using Plants As Medicines



Synopsis

Matthew Wood is recognized world wide as one of the United States' most reknown herbalists. His previous book, *Seven Herbs: Plants as Healers*, was a watershed in teaching herbal healing as a part of total wellness. In *The Book of Herbal Wisdom*, this is continued and enlarged in wonderful detail. This is a must-read for anyone working in the natural health field or interested in self healing with herbs. For those of us who consider not only our physical relationships to the herbs, but also the metaphysical ones, this book is invaluable. It affirms that when we work closely with nature, and the energies of the herbs and herbal medicine, we all are much better off. This is a work that empowers the reader and gives them a very deep knowledge of the herbs discussed.

Book Information

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Customer Reviews

"There are many fine herb books written by our country's great herbalists gracing the shelves these days. But only once in a while does a classic arise. *The Book of Herbal Wisdom* is surely that. Written with grace, intelligence, and warmth, this book is richly infused with the gift of wisdom and earns its title at every turn."- Rosemary Gladstar

In *The Book of Herbal Wisdom* Matthew Wood creates a vast and sweeping history of herbalism, drawing on Western botanical knowledge, homeopathy, Traditional Chinese Medicine, and Native American shamanic botony. Detailing the history and use of more than forty plants, he shows how each tradition views a plant, as well as its use in cases drawn from his own herbal and homeopathic

practice. An initial section describes signatures, similars, and patterns in these traditions, and elements, temperaments, and constitutions. Wood has two objectives: to demonstrate how herbal medicines are agents of healing and wisdom, and to give the reader a useful catalogue of plants for medicinal uses. His clinical observations of his patients bear the wry wisdom of the country doctor; his love of plants is evident in lush botanical descriptions, which show the connection between remedies - whether homeopathic, Chinese, or Native American - and the plants from which they are derived. The Book of Herbal Wisdom brings to readers centuries of lore about healing from indigenous traditions, at a time when people are exploring empirical enthosciences with a seriousness unparalleled in history. In no other contemporary botanical compendium have North American Indian medicine, homeopathy, Traditional Chinese Medicine, and Western herbalism been so thoroughly integrated, and so engagingly described.

This is such a beautiful book. The cover and even the paper feel nice and have such a quality feel. I miss books after Kindle! But it's wonderfully written and weaves such a great story about medicinal use of plants and "weeds". A nice addition to the library I'm glad I got a paper copy.

THE MOST PRECISE AND HELPFUL BOOK ON SO MANY MIRACULOUS HERBS THAT GOD HAS GIVEN US FOR HEALING! ORDER IT; YOU WILL LOVVVVE IT!!SELLER VERY EFFICIENT AND SPEEDY IN SHIPPING, AND THE PRICE WAS RIGHT!

GREAT book! Wisdom of the ages about herbal history, herbal materia medica, fabulous case studies, herbal energetics.

One of a kind author combined with knowledge that might have otherwise been lost.

Great book !

No body comes close to Matthew Wood.

Matthew Wood brings a variety of his gifts together as writer, historian, herbalist and a man of prodigious memory and herbal storytelling. This book stands out as my favorite herbal reference because it treats each herb to a whole chapter. Any lover of plants knows that there is much more to describe an herb than the usual sort of important lists of information most commonly shared in

herbal reference books. This book helps one to get to know these 41 herbs much as you would know a friend or relative in their habits and ways of helping. I pick up this book over and over simply because it is such good reading and I don't remember everything. If you like to learn through story and beautiful prose, this just may be your book! It fills a very unique niche of herbal literature. The 41 herbs are quite available in the Midwest habitat and many overlap into other areas. My only disappointment is that there is not a second volume to cover the many other herbs that didn't fit into the first volume.

I LOVE this book!!

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