

New Holistic Herbal By David Hoffman

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The Lyme Solution Darin Ingels 2018-03-27 A comprehensive, natural approach to treating acute and chronic Lyme disease, from a leading naturopathic physician who has managed his symptoms for more than fifteen years. Lyme disease is one of the fastest-growing infectious diseases in the United States, and millions of people worldwide suffer from its shape-shifting symptoms. Now, in *The Lyme Solution*, Dr. Darin Ingels shares his revolutionary approach to treating and healing acute and chronic Lyme. Drawing on his experience as a naturopathic physician who has treated thousands of cases, and as a patient, Ingels reveals that Lyme is an autoimmune disease as much as it is an infection. Conventional treatments too often rely on toxic doses of antibiotics that weaken your body and worsen symptoms, instead of boosting your ability to fight for your health. Including the latest research about the diagnosis and treatment of Lyme, Ingels's uniquely holistic approach provides a path to wellness by fortifying the microbiome, enhancing the immune system, and strengthening the body's ability to heal from within. *The Lyme Solution* offers a simple, five-step plan, including: * the most effective early treatment and prevention measures to avoid contracting the disease or stop it in its tracks; * an Immune Boosting Diet and list of herbal supplements that will increase immunity and reduce inflammation; * guidelines for when and how to use antibiotics as an effective part of your treatment plan; * tools to identify and eliminate conditions that mimic Lyme disease or exacerbate your symptoms. Whether you are facing acute or chronic Lyme, or undiagnosed autoimmune symptoms, the natural, whole-body approach of *The Lyme Solution* will help you permanently recover your health, and reclaim your life.

Body into Balance Maria Noel Groves 2016-03-22 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 Noël 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.

Art of Mars Mike Hoffman 2014-07-29 Mike Hoffman's adventurous Black-and-White ink drawings from the first three "Mars" novels of Edgar Rice Burroughs are all collected here. Dozens of works from "A

Princess of Mars", "Gods of Mars" and "Warlord of Mars".

The Herbal Apothecary JJ Pursell 2016-01-27 A comprehensive and practical reference to using medicinal herbs for natural healing from JJ Pursell, the founder of The Herb Shoppe and one of the leading names in the fields of herbalism and naturopathy.

Back to Eden Jethro Kloss 2011-10-01 "...set[s] forth his method of natural self healing based on herbs, a diet that used no meat, dairy products, or eggs, and a life in harmony with the laws of health and nature. He opposed the use of sugar, spices, pepper, mustard, vinegar, and fermented foods. He recommended the use of soymilk in numerous healing diets and considered it far better than cow's milk. " -- www.SoyinfoCenter.com.

Herbal Therapeutics David Winston 2003

Backyard Medicine Julie Bruton-Seal 2009-05-01 Backyard Medicine is a beautiful book, packed with nearly 300 color photographs and over 120 herbal remedies that you can make yourself. It gives a fascinating insight into the literary, historic, and world-wide application of the fifty common plants that it covers. It is the sort of book you can enjoy as an armchair reader or use to harvest and make your own herbal remedies from wild plants. Anyone who wants to improve his or her health in the same way that human-kind has done for centuries around the world, by using local wild plants and herbs, will find this book fascinating and useful.

The Way of Herbs Michael Tierra 1998-08-01

Herbs for Children's Health Rosemary Gladstar 2015-04-21 Herbal remedies can provide safe and effective treatment for common childhood ailments ranging from diaper rash and teething to sore throats and conjunctivitis. In this Storey BASICS® guide, Rosemary Gladstar shows you how to prepare soothing salves, syrups, tablets, and teas that support children's health. With simple instructions, clear dosage guidelines, and in-depth profiles of 24 medicinal herbs, you'll soon be confidently easing your child's achy flu with some hibiscus tea and using the healing properties of nettles to combat bouts of hay fever.

Alchemy of Herbs Rosalee de la Forêt 2017-04-04 Did you know there's a powerful herbal medicine chest in your kitchen? Imagine being prepared for that next cold, scrape, headache, digestive issue, stressful day, or sleepless night with simple ingredients from your cupboard. Instead of pills, reach for: Cinnamon Tea to soothe your throat . . . Garlic Hummus to support your immune system . . . Ginger Lemon Tea for cold and flu symptoms . . . Cayenne Salve to relieve sore muscles . . . Cardamom Chocolate Mousse Cake for heart health . . . A glass of Spiced Cold Brew Coffee as a powerful antioxidant . . . Alchemy of Herbs will show you how to transform common ingredients into foods and remedies that heal. What were once everyday flavorings will become your personal kitchen apothecary. While using herbs can often seem complicated or costly, this book offers a way to learn that's as simple and inexpensive as cooking dinner. With the guidance of herbalist Rosalee de la Forêt, you'll understand how to match the properties of each plant to your own unique needs, for a truly personalized approach to health for you and your family. In addition to offering dozens of inspiring recipes, Rosalee examines the history and modern-day use of 29 popular herbs, supporting their healing properties with both scientific studies and in-depth research into herbal energetics. Grow your knowledge of healing herbs and spices, and start using nature's pharmacy to feed, heal, and nurture your whole family!

Through a Shot Glass Darkly Siobhan Kelly 2012-12-01 Alex Fitzpatrick, transplanted Jersey girl, has

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recently moved to Sherman, Nebraska and opened her own pub. Sherman is on the map, but sometimes Alex feels she's living in a time warp. The little boys have crew cuts and the residents smile and say hello to strangers. No one locks their doors. Then, on a cold October night, Book Ends, a wonderful Main Street bookstore, burns down with the owner, Alex's friend Barb, inside. As Alex grieves, her initial unease about the fire deepens into a conviction that it was arson. She digs into Barb's past and finds enemies there: an abusive ex-husband-a farmer embittered by their divorce-and closer to home, God's Warriors, a secretive local men's group: think Promise Keepers meets Ku Klux Klan. Becoming a detective was not Alex's game plan and sometimes she feels like a Miss Marple impersonator. But Alex is determined to discover who set the fire. Humor helps her keep things in perspective. She's also helped by her wisecracking friend Kathy (her instructor in Nebraska 101) and Chris, a beautiful photographer to whom she is secretly, unwillingly attracted. But someone wants them to stop, and pranks escalate into threats. To discover the arsonist, Alex must decode the often mystifying culture of Sherman, Nebraska, whose sunny surface conceals more darkness than she'd bargained for. Ultimately, her investigation will force her to confront this question: does a Jersey tomato belong in Nebraska dirt? This is the first book in the Alex Fitzpatrick mystery series.

Holistic Herbal: A Safe and Practical Guide to Making and Using Herbal Remedies David Hoffmann 2013-07-25 The ebook edition of this classic herbal by internationally renowned herbalist David Hoffman. Easy to use, the herbal is hugely popular with herbalists and laypeople worldwide

Herbs for Common Ailments Rosemary Gladstar 2014-11-14 In this Storey BASICS® guide, best-selling author and master herbalist Rosemary Gladstar shows you how to use 56 common herbs to safely address a wide range of everyday ailments. Covering everything from burns, wounds, and bruises to headaches, congestion, and insomnia, Gladstar offers dozens of easy-to-make recipes for herbal remedies that will soothe your woes without the harsh ingredients found in commercial pharmaceuticals. Keep your family happy, healthy, and safe with the natural healing power of herbs.

Herbs for Stress & Anxiety Rosemary Gladstar 2014-05-06 Treat stress, anxiety, depression, and more with simple herbal remedies that calm your mind, build a healthy nervous system, and promote lasting peace. In this informative guide, renowned herbalist Rosemary Gladstar profiles 21 herbs proven to be effective at soothing common ailments like insomnia, panic attacks, skin conditions, and migraines. With simple directions for making herbal mixtures that can be used in delicious teas, tinctures, and capsules, Gladstar shows you how to harness the power of nature to achieve a more relaxed and fulfilling life.

The Herbal Handbook David Hoffmann 1998-02-01 Well-respected herbalist David Hoffmann's comprehensive and practical guide to herbal medicine. • Discusses the history and modern practice of herbalism, including Chinese, Native American, and Welsh influences. • Includes a practical reference section listing the effects of various herbs, with prescriptions on how to use them for a wide range of illnesses. • Covers the fundamentals of growing, drying, storing, and cooking with herbs. • Over 45,000 copies of previous edition sold. This compendium of medical herbalism by one of the most eminent herbalists practicing today is both comprehensive and practical. Answering basic as well as complicated questions about herbal medicine, it provides both the novice and the experienced practitioner with a reliable framework in which to develop their herbal skills. A discussion of the history and modern practice of herbalism, encompassing the influences of Welsh, Chinese, and Native American herbal medicine is followed by a practical reference section that lists the various actions herbs have on the body (carminative, anti-inflammatory, etc.), with examples of herbs and their mode of activity in each category. Herbal prescriptions for various illnesses are also organized under the main systems of the body so that information can be quickly and easily referenced. A final section covers the fundamentals of

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growing, drying storing and cooking with herbs, as well as the making of infusions, decoctions, oils, and ointments. The author also provides helpful introductions to aromatherapy and plant medicines.

History of Popular Music; from Edison to the 21st Century Frank Hoffmann 2015-01-19 A succinct survey of Western popular music since the advent of sound recordings. Exhaustive in its coverage of musical genres and styles, including chapters on jazz, the blues, country & western, the Tin Pan Alley pop tradition, R&B, 1950s rock 'n' roll (and countless offshoots such as rockabilly, doo-wop, novelty songs, instrumentals, girl groups, teen idols, et al.), the British Invasion, the American Renaissance (most notably, soul, the California Sound, and folk rock), and the seemingly infinite variety of hybrids occurring since the late 1960s: progressive rock, disco, punk/new wave, alternative rock, rap/hip-hop, and much more. Representative recordings are noted for each discussed style. The author taught a University pop music survey course over the past 20 years.

Scientific Validation of Herbal Medicine Daniel Mowrey 1998-11-01 Book cover - In this book, Dr Mowrey provides the answers on why herbal medicine is effective - possibly more effective in treatment than pharmaceutical drugs and medications.

Rosemary Gladstar's Herbal Recipes for Vibrant Health Rosemary Gladstar 2015-10-01 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.

The Complete Illustrated Holistic Herbal David Hoffman 1996

Herbs for Healthy Aging David Hoffmann 2013-12-27 A guide to herbal remedies that promote longevity, restore the body's systems, treat chronic conditions, and maintain natural health • Offers herbal remedies for many conditions associated with aging, such as prostate enlargement, hot flashes, hypertension, insomnia, and arthritis • Provides herbal treatments to restore and maintain function in each of the body's major systems • Explores more than 150 herbs and their actions on the body and mind, preparation methods, and recommended dosages In this herbal guide to healthy aging, medical herbalist David Hoffmann discusses how to maintain the body's vitality as we age and how to treat and prevent the health concerns brought about by aging. He provides herbal treatments to restore and protect each of the body's major systems--from the muscles, bones, and digestive system to the pulmonary, cardiovascular, and reproductive organs--as well as herbal remedies for specific ailments such as prostate enlargement, hot flashes, hypertension, insomnia, bronchitis, varicose veins, and arthritis. He shows how herbs can help minimize dependence on conventional medical treatments and provide a safe and welcome alternative to the unpleasant and sometimes dangerous side effects of synthetic drugs. In the materia medica, Hoffmann details more than 150 health-promoting herbs and their actions on the body and mind, preparation methods, and recommended dosages. This authoritative guide to herbal preventive medicine offers holistic treatments designed not only to promote vibrant health but also to provide a way to age with grace.

Stuck Jonathan Hoffman 2012 There are many challenges that children with Asperger's syndrome (AS) will have to overcome to reach their highest potential. In order to help them progress in constructive ways, those who care for and about these children often need to make changes too, sometimes difficult

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ones. Stuck provides a roadmap for understanding and addressing the complexities of AS, especially the presence of obsessive-compulsive behaviors (OCBs) that so frequently complicate basic functioning for both the child and others involved in their lives. The more knowledge and skills that caregivers can gain about these issues the better. Whether you are a parent, an educator, or a healthcare professional that wants to increase their awareness about Asperger's syndrome and obsessive-compulsive behaviors, you can benefit from the useful concepts and practical, action-oriented activities presented throughout this book.

Medical Herbalism David Hoffmann 2003-10-24 A foundational textbook on the scientific principles of therapeutic herbalism and their application in medicine • A complete handbook for the medical practitioner • Includes the most up-to-date information on preparations, dosage, and contraindications • By the author of *The Complete Illustrated Holistic Herbal* Medical Herbalism contains comprehensive information concerning the identification and use of medicinal plants by chemical structure and physiological effect, the art and science of making herbal medicine, the limitations and potential of viewing herbs chemically, and the challenge to current research paradigms posed by complex plant medicines. It also includes information on toxicology and contraindications, the issues involved in determining dosage and formulation types for an individual, guides to the different measurement systems and conversion tables, and the pros and cons of both industrial and traditional techniques. With additional sections devoted to the principles of green medicine, the history of Western Herbalism, the variety of other medical modalities using medicinal plants, an extensive resource directory, and a discussion of treatments organized by body system, Medical Herbalism is the comprehensive textbook all students and practitioners of clinical herbalism need to develop their healing practices.

A Modern Herbal (Volume 2) Margaret Grieve 2021-11-11T12:15:00Z "There is not one page of this enchanting book which does not contain something to interest the common reader as well as the serious student. Regarded simply as a history of flowers, it adds to the joys of the country." — B. E. Todd, *Spectator* Volume 2 of the fullest, most exact, most useful compilation of herbal material. Gigantic alphabetical encyclopedia, from aconite to zedoary, gives botanical information, medical properties, folklore, economic uses, much else. Indispensable to serious reader. 161 illustrations.

The Herbal Handbook David Hoffmann 1998-02 In this comprehensive guide, Hoffmann explains specific actions individual herbs have on the body and suggests herbal prescriptions for a variety of conditions. It includes a practical reference section listing the effects of various herbs, with prescriptions on how to use them for a wide range of illnesses.

Encyclopedia of Medicinal Plants Andrew Chevallier 2001 This definitive Australian reference guide provides a unique insight into the medicinal actions of herbs, based on the latest scientific research. It contains a comprehensive Australian and New Zealand address list of organisations and practitioners.

Veterinary Herbal Medicine Susan G. Wynn 2007 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 Big Book of Backyard Medicine Julie Bruton-Seal 2020-03-03 The Most Thorough Compilation of Home Cures and Remedies Yet! Years ago, every household practiced natural healing by using what they had. Plants grow abundantly all over our roadsides, cities, and in your own backyard, and though once

valued and widely used, they've fallen out of fashion over time as people forget the numerous medicinal uses at our fingertips. This book brings alternative medicine back to the forefront. Researched and written by a practicing medical herbalist and natural healer, and now with even more herbs and medicinal plants, *The Big Book of Backyard Medicine* is the basis for a veritable natural pharmacy that anyone can create. Featuring one hundred specific plants and their associated remedies, and fully illustrated with hundreds of color photographs, this book offers fascinating insights into the literary, historic, botanical, and global applications of common wild plants and herbs that can be used in medicines, including: Ash Chicory Dandelion Forget-me-not Gypsywort Horseradish Mint Red Poppy Thistle Wild carrot Willow And so much more! Anyone who wants to improve his or her health in a completely natural way will find this book to be an absolute must-have for his or her home—and garden.

The Complete Herbs Sourcebook David Hoffmann 2016-06-14 *The Complete Herbs Sourcebook* features more than two hundred healing herbs and clear, step-by-step advice revealing how to safely treat a wide variety of complaints from diabetes and depression to tinnitus and whooping cough—without any harmful side effects. Featured inside are herbs that benefit all parts of the body, from the circulatory, respiratory, digestive, and nervous systems to the skin, ears, nose, throat, eyes, and beyond. The herbs chosen and remedies featured were specially chosen by expert herbalist David Hoffmann, who trained with the National Institute of Medical Herbalists and has been president of the American Herbalist Guild and director of the California School of Herbal Studies, the premier school of herbal education in the United States. Also presented by Hoffmann are simple ways to diagnose ailments, gather herbs, and prepare the remedies. He reveals the parts of the herbs to be used, when and where to collect them, and the proper preparation and dosage. With *The Complete Herbs Sourcebook*, you can both create your own herbal medicine chest and find useful information for your family's wholeness and health. Designed as a charming green and white volume, fine line drawings of the herbs are featured throughout. An index for cross-referencing herbs is in the back of the book to ensure safety and reveal how to maximize health benefits. Tips and tricks and key information is offset throughout.

Healthy Bones & Joints David Hoffmann 2017-03-01 Strengthen your bones and joints naturally! David Hoffman offers expert advice on how herbal treatments can help those suffering from arthritis, rheumatism, osteoporosis, and other musculoskeletal ailments. Detailed profiles of popular medicinal herbs and their healing properties, clear preparation instructions, and dosage guidelines, will help you create custom-tailored remedies suitable to your individual needs. Learn how to incorporate herbs such as meadowsweet, mustard, bay tree, and more into your daily regimen to help prevent and treat aching bones and stiff joints.

The 7 Critical Principles of Effective Digital Marketing Kasim Aslam 2017-02-16 "A must read for anyone who wants to be successful with their digital marketing." - Greg S. Reid, bestselling author of *Three Feet from Gold* *The 7 Critical Principles of Effective Digital Marketing* is an attempt at establishing a baseline for one of the most tumultuous and change-ridden industries in existence. It takes a step back from the strategies and tactics that most digital marketing approaches start with and, instead, establishes a core and foundational structure from which all digital marketing initiatives can and should operate. The 7 Principles are simple without being simplistic and help to align digital marketers with a set of axiomatic, unchanging and foundational beliefs. In fact, these 7 principles may be the only thing about digital marketing that won't change. A note from the author: Oh, look! You're reading the synopsis. That means I've got another sentence or two before you get bored and jump ship to go roam greener pastures. I get that, I do the same thing all of the time. Here's the problem with my book: That sexy little tidbit that you're looking for...you know, that hint, tip, trick, hack, best practice, "whatever" that'll make you an instant digital marketing demigod...it ain't here. I'm not saying it doesn't exist. I'm not saying Santa

doesn't exist either. Here's what I am saying: maybe, just maybe, we're doing this wrong. I said "we" because I'm one of you! I'm a professional digital marketer (10 years and running!) and I do the same stupid thing that all of us are guilty of. I go out hunting for quick-fix content that'll give me some sort of blueprint to success as if digital marketing genius comes in a template. That's exactly why I wrote this book. Yes, strategies, tactics and best practices are important. But more important than any of that, something truly irreplaceable and a prerequisite to any lasting success: Principles. Here's the problem that I face: Principles aren't sexy! They just aren't. Tips and hacks and all of that crap, easy to sell. But principles...! Yawn! So, dear reader, I issue you a warning: if you're looking for that casual read that'll just drop a couple of little nuggets to simply make you sound smart the next time you're at a conference, I invite you to look elsewhere. (You're looking for dessert and I'm offering up that deep-dish beef stew your mom used to make on rainy days.) However, if you want the real deal, feet on the street, decade in the making, principle-centered, value driven, foundational approach to digital marketing: You found it. It's time we put down our plastic spiderman sporks and pick up the fine silver so we can sit at the big boy table with every other industry. It's time for digital marketing to have a principle-centered foundation. I hope you'll join me. Thug life, Kasim

Easy Breathing David Hoffmann 2017-05-01 Taking deep, nourishing breaths of fresh air shouldn't be a chore. This easy-to-use reference presents a holistic approach to treating chronic respiratory conditions such as asthma and allergies, as well as shorter-term ailments like bronchitis, hay fever, sinusitis, and the common cold. Noted herbal clinician David Hoffman presents an overview of common respiratory conditions, then details preventative strategies, lifestyle changes, and healing herbal formulas to address each. An A-to-Z directory of the most helpful herbs for the respiratory system includes preparation suggestions and dosage guidelines.

Healthy Digestion David Hoffmann 2017-05-01 Learn to use herbs to treat a variety of digestive ailments and liver diseases. Noted herbal clinician David Hoffman explains the causes and symptoms of 14 common digestive concerns — including constipation, diarrhea, gas, heartburn, peptic ulcers, and gallstones — then offers simple herbal treatments and lifestyle changes. A comprehensive A-to-Z directory of the 37 herbs that most effectively promote a healthy digestive system includes thorough preparation instructions and dosage information for gastrointestinal wellness.

[The Complete Illustrated Herbal](#) David Hoffmann 1996

[An Elders' Herbal](#) David Hoffmann 1992-10 A medical herbalist addresses the unique health concerns of people in later life and presents a wide variety of herbal treatments for problems associated with ageing.

The Complete Illustrated Holistic Herbal David Hoffmann 2002-02-01 This is a safe and practical guide to making and using herbal remedies. Herbal medicine is enjoying a much deserved revival with more and more people turning to its safe, natural remedies which are free from harmful side-effects. This book offers clear, step-by-step advice on the use of herbal medicine for the safe treatment of a wide range of complaints. Its unique holistic approach enables you to restore and maintain wellbeing by treating the body as a whole. The text includes: clear explanation of the body's systems; treatment of a wide range of complaints and diseases; how to gather herbs and prepare remedies; and an A-Z herbal featuring more than 200 herbs.

An Herbal Guide to Stress Relief David Hoffmann 1991-06-01 David Hoffmann, widely respected herbalist and author of *Medical Herbalism*, looks at stress and anxiety from a holistic perspective and shows how a wide variety of natural treatments can be used in alleviating the physical and mental problems caused by

the stress of modern living. He also offers advice on the use of herbs in recovery from chemical dependencies and provides a therapeutic index dealing with stress-related diseases.

The Elements of Herbalism David Hoffmann 1997

Medical Herbalism David Hoffmann 2003-10-24 A foundational textbook on the scientific principles of therapeutic herbalism and their application in medicine • A complete handbook for the medical practitioner • Includes the most up-to-date information on preparations, dosage, and contraindications • By the author of *The Complete Illustrated Holistic Herbal* *Medical Herbalism* contains comprehensive information concerning the identification and use of medicinal plants by chemical structure and physiological effect, the art and science of making herbal medicine, the limitations and potential of viewing herbs chemically, and the challenge to current research paradigms posed by complex plant medicines. It also includes information on toxicology and contraindications, the issues involved in determining dosage and formulation types for an individual, guides to the different measurement systems and conversion tables, and the pros and cons of both industrial and traditional techniques. With additional sections devoted to the principles of green medicine, the history of Western Herbalism, the variety of other medical modalities using medicinal plants, an extensive resource directory, and a discussion of treatments organized by body system, *Medical Herbalism* is the comprehensive textbook all students and practitioners of clinical herbalism need to develop their healing practices.

African American Slave Medicine Herbert C. Covey 2008-09-09 *African-American Slave Medicine* offers a critical examination of how African-American slaves medical needs were addressed during the years before and surrounding the Civil War. Drawing upon ex-slave interviews conducted during the 1930s and 1940s by the Works Project Administration (WPA), Dr. Herbert C. Covey inventories many of the herbal, plant, and non-plant remedies used by African-American folk practitioners during slavery. He demonstrates how active the slaves were in their own medical care and the important role faith played in the healing process. This book links each referenced plant or herb to modern scientific evidence to determine its actual worth and effects on the patients. Through his study, Dr. Covey unravels many of the complex social relationships found between the African-American slaves, Whites, folk practitioners, and patients. *African-American Slave Medicine* is a compelling and captivating read that will appeal to scholars of African-American history and those interested in folk medicine.

The New Holistic Herbal David Hoffmann 1990-01-01 A guide to the use of herbal remedies in healing includes information on finding and preparing herbs and instructions for treating specific health problems with herbal remedies