

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

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

Herbal Healing for Women  
The Woman's Herbal  
Apothecary  
The Complete Herbal Tutor  
The Thinking Woman's Guide to a Better Birth  
Gentle Birth, Gentle Mothering  
The Herbal Lore of Wise Women and Wortcunners  
The Book of the Cailleach  
Awakening Fertility  
Floret Farm's Cut Flower Garden  
Menopausal Years  
The Roots of Healing  
Healing Wise  
Wise Woman Herbal for the Childbearing Year  
The Herbal Medicine-Maker's Handbook  
Invasive Plant Medicine  
The Wise Woman  
Hygieia  
Wisdom of the Plant Devas  
Herbal Remedies for Women  
Natural Woman  
The Natural Pregnancy Book, Third Edition  
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New Menopausal Years  
Dental Herbalism  
Women and the Practice of Medical Care in Early Modern Europe, 1400-1800  
Down There  
The Essential Herbal for Natural Health  
Organic Body Care Recipes  
Earth Magic  
Women Healers of the World  
Making Magic  
Gentle Birth Choices  
The Gift of Healing Herbs  
Blackberry Cove Herbal  
The Book of Herbal Wisdom

## **Herbal Healing for Women**

## **The Woman's Herbal Apothecary**

The first in-depth examination of the sacred underpinnings of the world of Native American medicinal herbalism • Reveals how shamans and healers “talk” with plants to discover their medicinal properties • Includes the prayers and medicine songs associated with each of the plants examined • By the author of The Secret Teachings of Plants As humans evolved on Earth they used plants for everything imaginable--food, weapons, baskets, clothes, shelter, and medicine. Indigenous peoples the world over have been able to gather knowledge of plant uses by communicating directly with plants and honoring the sacred relationship between themselves and the plant world. In Sacred Plant Medicine Stephen Harrod Buhner looks at the long-standing relationship between indigenous peoples and plants and examines the techniques and states of mind these cultures use to communicate with the plant world. He explores the sacred dimension of plant and human interactions and the territory where plants are an expression of Spirit. For each healing plant described in the book, Buhner presents medicinal uses, preparatory guidelines, and ceremonial elements such as prayers and medicine songs associated with its use.

## **The Complete Herbal Tutor**

"Patricia Evans brings you the tools you need to triumph over verbal abuse, no matter where or how you encounter it. She'll introduce you to a powerful healing process and provide: A thorough review of

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available therapies; Strategies for dealing with abusers; Positive messages of support and encouragement; Inspiring affirmations for every week of the year"--P. [4] of cover.

### **The Thinking Woman's Guide to a Better Birth**

The first book to demonstrate how plants originally considered harmful to the environment actually restore Earth's ecosystems and possess powerful healing properties • Explains how invasive plants enhance biodiversity, purify ecosystems, and revitalize the land • Provides a detailed look at the healing properties of 25 of the most common invasive plants Most of the invasive plant species under attack for disruption of local ecosystems in the United States are from Asia, where they play an important role in traditional healing. In opposition to the loud chorus of those clamoring for the eradication of all these plants that, to the casual observer, appear to be a threat to native flora, Timothy Scott shows how these opportunistic plants are restoring health to Earth's ecosystems. Far less a threat to the environment than the cocktails of toxic pesticides used to control them, these invasive plants perform an essential ecological function that serves to heal both the land on which they grow and the human beings who live upon it. These plants remove toxic residues in the soil, providing detoxification properties that can help heal individuals. Invasive Plant Medicine demonstrates how these "invasives" restore natural balance and biodiversity to the environment and examines the

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powerful healing properties offered by 25 of the most common invasive plants growing in North America and Europe. Each plant examined includes a detailed description of its physiological actions and uses in traditional healing practices; tips on harvesting, preparation, and dosage; contraindications; and any possible side effects. This is the first book to explore invasive plants not only for their profound medical benefits but also with a deep ecological perspective that reveals how plant intelligence allows them to flourish wherever they grow.

### **Gentle Birth, Gentle Mothering**

Women's health care for child bearing years.

### **The Herbal Lore of Wise Women and Wortcunners**

#1 New York Times bestselling author Philippa Gregory weaves an unforgettable tale of a young woman's sorcery and desire in Henry VIII's England, where magic, lust, and power are forever intertwined. Growing up as an abandoned outcast on the moors, young Alys' only company is her cruel foster mother, Morach, the local wise woman who is whispered to practice the dark arts. Alys joins a nunnery to escape the poverty and loneliness she has felt all her life, but all too soon her sanctuary is destroyed. King Henry VIII's followers burn the holy place to the ground, and Alys only just manages to escape with her life, haunted by the screams of her sisters as they burned to death. She finds work in a castle not far from where

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she grew up as an old lord's scribe, where she falls obsessively in love with his son Hugo. But Hugo is already married to a proud woman named Catherine. Driven to desperation by her desire, she summons the most dangerous powers Morach taught her, but quickly the passionate triangle of Alys, Hugo, and Catherine begins to explode, launching them into uncharted sexual waters. The magic Alys has conjured now has a life of its own—a life that is horrifyingly and disastrously out of control. Is she a witch? Since heresy means the stake, and witchcraft the rope, Alys is in mortal danger, treading a perilous path between her faith and her own power.

### **The Book of the Cailleach**

Consulting plant spirits for spiritual and psychological guidance and healing • Reveals how, by communing with the deva or spirit of a plant, we can call forth its medicine without even needing to ingest it • Includes wisdom from the devas of 13 herbs, such as rosemary, datura, and uva ursi • Empowers readers with the tools to develop their own inner resources for healing in relationship with the plant devas around them Each plant has a story to share with us, a healing story to guide us in trying times, a spirit medicine for the New Earth that is presently unfolding. Herbs are some of the most powerful allies we have for these transitional times--we just need to learn how to listen as they share their knowledge with us. In *Wisdom of the Plant Devas*, Thea Summer Deer reveals a new dimension of herbal medicine, one where the plant's spirit is consulted for guidance and

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healing beyond the physical. Examining the botany, modern and traditional uses, history, and folklore of 13 special herbs, such as rosemary, uva ursi, and datura, she shares divinations and messages from their devas, or plant spirits, explaining how these stories carry the herbs into our lives, letting them work their magic on us. Exploring herbal medicine from an energetic perspective, she reveals that by communing with the deva of a plant, we can call on the plant's physical, psychological, and spiritual medicine and guidance--without ingesting it or even being in its presence. Detailing the sacred space of a Medicine Wheel Garden, whether in a backyard or our imaginations, she connects us with the devas and empowers us to seek our own answers with their much-needed spiritual guidance and divinatory advice. Creating a bridge between botanical medicine and plant spirit medicine, she shows how by coming into community with the devas and co-creating with the world of nature, we can gain tremendous insights to help heal our hearts, our minds, and our spirits and consciously evolve as together we birth the New Earth.

### **Awakening Fertility**

This treasury of pagan beliefs and herbal lore tells of remedies and charms, weather signs, and the best seasons and times for carrying out projects.

### **Floret Farm's Cut Flower Garden**

From tinctures to ease tummy aches to elixirs to

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enhance energy, making your own remedies from easy-to-find herbs can be a satisfying and pleasurable way to connect with nature and your family's health. While entering the "herb world" can be intimidating—many of today's herb books are filled with cultivation tables, harvest techniques, dye charts, and aromatherapy guidelines—The Essential Herbal for Natural Health provides a welcome entry point for those wishing to experience the beauty and simplicity of natural herbal remedies safely. By focusing on just thirteen foundation herbs, you can easily jump into the world of herbs while still creating a wide range of remedies and recipes. With something for everyone in the family—men, women, and children—these simple recipes can be made to cure coughs, calm anxiety, moisturize skin, and more.

### **Menopausal Years**

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

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Dr. Romm's new credentials as a Yale-trained physician, combined with her twenty years of experience as a midwife and herbalist.

### **The Roots of Healing**

Birth as every woman would like it to be •  
Recommended by Lamaze International as one of the top ten books for pregnant women and their families •  
Includes a 45-minute DVD of six live gentle births •  
More than 32,000 copies sold of the original edition  
New parents are faced with a myriad of choices about pregnancy, labor, and birth. In *Gentle Birth Choices* Barbara Harper, renowned childbirth advocate, nurse, former midwife, and mother of three, helps to clarify these choices and shows how to plan a meaningful, family-centered birth experience. She dispels medical myths and reimagines birth without fear, pain, or violence. Harper explains the numerous gentle birth choices available, including giving birth in an independent birth center, at home, or in a hospital birthing room; finding a primary caregiver who shares your philosophy of birth; and deciding how to best use current technologies. She also provides practical advice for couples wishing to explore the option of using a doula or water during labor and birth to avoid the unwanted effects of drugs and epidurals. The *Gentle Birth Choices* DVD blends interviews with midwives and physicians and six actual births that illustrate the options of water birth, home birth, and vaginal birth after a prior Cesarean section. The DVD clearly reveals the strength of women during childbirth and the healthy and happy outcome of

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women exercising gentle birth choices. It is a powerful instructional tool, not only for expectant parents, but also for midwives, hospitals, birth centers, and doctors.

### **Healing Wise**

Herbal medicines have been used for many centuries to treat illnesses and restore health, and today herbalism still remains the most widely-practiced form of medicine around the world. Written by a leading medical herbalist, *The Complete Herbal Tutor* provides in-depth knowledge of the practice and theory of herbal medicine, including everything you need to know about its history, how it works, how to grow, gather and prepare herbs, and how to use them to create an herbal prescription. The rigorously researched and illustrated materia medica contains over 150 herbs, with clear explanations of their properties, active ingredients, and the latest scientific developments on their uses. There is also a clear explanation of how herbs can be used to treat each of the body's systems, with advice on using remedies for healing a range of specific conditions.

### **Wise Woman Herbal for the Childbearing Year**

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*.

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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 Herbal Medicine-Maker's Handbook**

Re-enchanted your life with this book of rituals, ceremonies, and practices for personal growth—anchored in the hidden power of everyday things. "We all have a deep capacity to make magic . . . . and to do it as easily as we breathe or open our eyes. This is not a matter of belief. You can discover your own capacity for magic in your own direct experience." —Briana Saussy When you think of magic, do you imagine something supernatural, extraordinary, or beyond your everyday reality? Many of us are drawn to magic because we think there's something "out there" that can bring enchantment and wonder back into our lives. Yet there's a secret to real magic: the extraordinary is much closer than you may think. With Making Magic, expert teacher Briana Saussy invites you to discover a practice of magic

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that will bring a new depth and power to each moment, act, and choice of your life. Through teaching stories, wisdom from a wide variety of world traditions, and no-nonsense practices you can easily weave into your daily routine, Briana will help you reconnect with the wild and creative force of magic that is always around and within you, waiting for you to remember. As you explore this path of transformation, you'll discover resources of magic that permeate your life, including:

- Doors and thresholds—ways we "cross between worlds"
- Communication—creating magic with your voice, body, intentions, and relationships
- Holy helpers—ancestors, angels, saints, and spirit beings who guide and support you
- Water and washing—access the revitalizing energy of water when you drink or bathe
- Textiles and threads—how to loosen, mend, or bind up supportive energies
- Candles and fire—elemental power to bring light to darkness and burn away what no longer serves you
- Kitchen magic—using food to nourish your whole self and reconnect you with nature
- Talismans—infuse your beloved objects with sacred purpose and supportive power

"Magic is the most real part of any 'real life'—the spark illuminating the authentic core of every experience," writes Briana Saussy. If you are ready to enter a world that is ripe with possibility and rediscover the electric wildness of your life, here is an essential resource for Making Magic as only you can.

### **Invasive Plant Medicine**

"This rich study of herbal lore opens up the unfamiliar

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world of herbal healers around the world, focusing on the tradition of northern European and Anglo-Saxon witches and wortcunners (knowers of healing plants)"--Provided by publisher.

### **The Wise Woman**

An herbal guide to support physical, mental, and spiritual health for women and their children at all stages of life--by a healer with over 40 years of experience. Plant medicines are a woman's ally to achieve optimal health; they bring balance and nourishment to daily life and can reduce or eliminate symptoms of physical and emotional distress. They can also provide alternatives to many pharmaceuticals. This go-to herbal sourcebook gives women the tools to thrive throughout their lives, with remedies using common herbs and plants to support a healthy body, mind, and spirit. Dr. Leslie Korn brings over forty years of experience in numerous herbal traditions and healing modalities, offering timeless wisdom in this herbal companion that can be shared with friends and passed down in the family for generations. She offers treatments using common and easy-to-obtain herbs to address sleep disorders, menstrual issues, autoimmune conditions, anxiety, headaches and migraines, stomach issues, fertility issues, postpartum recovery, skin ailments, common discomforts that affect children, and much more. Korn also offers herbal guidance for rites of passage, moments of community, psychoactive herbs, and a protocol for end-of-life care, as well as a comprehensive resources section.

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### **Hygieia**

This powerful analysis of the wise women healer from the oral traditions of Ireland's rural communities is unique in its depth and perspective. Stories, told and retold, embedded in the texture of culture and community, collected and studied for many decades, are here translated and made available to the general reader for the first time. The figure of the wise woman, the hag, the Cailleach, or the Red Woman are part of an oral tradition which has its roots in pre-Christian Ireland. In the hands of Gearoid O Cruaich, these figures are subtly explored to reveal how they offered a complex understanding of the world, of human psychology and its predicaments: the thematic structure of the book brings to the fore universal themes such as death, marriage, childbirth, and healing, and invites the reader to see the contemporary relevance of the stories for themselves.

### **Wisdom of the Plant Devas**

From the bestselling authors of *The First Forty Days* comes a gently nurturing guide for aspiring mothers. The path to motherhood is a deep and transformative process. It can also include unexpected twists and turns. *Awakening Fertility* is a loving companion to accompany you along the journey—whether your desire to become a mother burns fiercely today or is a future calling just beginning to stir. Intended for women at every stage of the preconception process, this book offers wisdom and guidance to support your body, mind, and spirit—including nearly 50 delicious

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recipes to nourish yourself deeply.

## **Herbal Remedies for Women**

More Women Choosing Herbal Alternatives Now, more than ever before, women are taking control of their own health and vitality by choosing herbal remedies as an alternative to traditional medicine. Because every year there are new research findings that women and their health providers need to know about, author Amanda McQuade Crawford, M.N.I.M.H, has used her clinical expertise to develop Herbal Remedies for Women. “[Amanda] is not afraid to speak the truth about women’s health issues and how herbs can help,” said Deb Soule, author of The Roots of Healing: A Woman’s Book of Herbs. “Her words of wisdom and capacity for caring are a gift to women everywhere.” Herbal medicine is, in fact, fast becoming the alternative medicine of choice. Included in Crawford’s book is a broad spectrum of herbal remedies for various ailments such as chasteberry seed for fibroids as well as dandelion root and leaf for endometriosis. Also included is an herbal glossary and information on herbal preparation which corrects many herbal myths. Organized into six sections, Herbal Remedies for Women is designed to offer readers natural and effective therapies for an array of women’s issues including:

- Problem of Menses
- Healthy Reproduction
- Infections
- The Change of Life

Crawford also divides each chapter into subheads which cover: definition of the syndrome, symptoms and signs, cause, conventional medical care, herbal treatment, and nutrition. Whether or not they have

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previous experience with herbal medicine, Herbal Remedies for Women provides readers with simple but effective remedies for self-healing.

### **Natural Woman**

THE HERBAL MEDICINE-MAKER'S HANDBOOK is an entertaining compilation of natural home remedies written by one of the great herbalists, James Green, author of the best-selling THE MALE HERBAL. Writing in a delightfully personal and down-home style, Green emphasizes the point that herbal medicine-making is fundamental to every culture on the planet and is accessible to everyone. So, first head into the garden and learn to harvest your own herbs, and then head into your kitchen and whip up a batch of raspberry cough syrup, or perhaps a soothing elixir to erase the daily stresses of modern life. From the Trade Paperback edition.

### **The Natural Pregnancy Book, Third Edition**

Guilt mingles with relief, leaving Drizzt 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--Drizzt finds his usual moral certainty swept away by her unconventional views. Forced to see the dark

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deeds that the common man may be driven to by circumstance, Drizzt 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, Drizzt and Dahlia quickly find themselves embroiled in battle--a state he's coming to enjoy a little too much.

### **Herbal Medicine**

The Woman's Herbal Apothecary is every woman's lifelong guide to herbal remedies for common health concerns. Novice herbalists and advanced practitioner's alike will learn how to naturally treat the complete spectrum of women's concerns, including preventative self-care, life transitions, and common feminine ailments. Learn how to prevent, soothe, and heal without resorting to medical remedies, which are often harsh, costly, and include unpleasant side effects. The Woman's Herbal Apothecary contains 200 natural remedies, covering the topics of menses, pregnancy, menopause, aging, fibroids, bladder infections, and low libido, among others. The book is conveniently divided into the major cycles of a woman's life: pre-childbirth, reproductive years, menopause, and beyond. Each section discusses specific physical complaints and how to treat them. You will learn which herbs are the most helpful for each phase of life and which are contraindicated or to be avoided. Master herbalist and naturopathic doctor JJ Pursell provides her own herbal solutions and DIY herbal remedies. The concluding section is divided by specific common health issues in women, such as

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cardiac disease, thyroid disease, and adrenal dysfunction. With The Woman's Herbal Apothecary in hand, you are on your way to healing, hormone balance, beauty, longevity, and calm—the natural way.

### **Spells from the Wise Woman's Cottage**

A comprehensive practical reference to herbal dental care for all ages • Details the use of 41 safe and effective herbs for the mouth • Explores 47 common conditions that affect the mouth, such as gingivitis, periodontitis, acid reflux, and tooth loss • Provides recipes for herbal toothpastes, mouth rinses, pain-relieving poultices, and teas for prevention and daily care • Examines infant and toddler oral care, including remedies for teething and thrush Our oral health is intimately linked with our overall health and well-being. In this practical guide to herbal dental care, medical herbalist Leslie Alexander and registered dental hygienist Linda Straub-Bruce detail how to use 41 safe and effective herbs for the mouth for optimum oral health, prevention of decay and inflammation, and relief from pain and discomfort. The authors provide recipes for herbal toothpastes and rinses, poultices for pain and inflammation, and teas and tinctures for intervention, prevention, and daily care. They explain how recent research confirms the link between poor oral health and many diseases, such as diabetes, stroke, and heart disease. They examine the risk factors, symptoms, causes, and herbal preventives and remedies for 47 common conditions that affect the mouth, such as gingivitis,

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periodontitis, bruxism, acid reflux/GERD, and tooth loss. They explore the complete anatomy of the mouth and explain proper brushing, flossing, and tongue-cleaning techniques to prevent tooth decay and gum disease and maintain bridges, implants, and braces. The authors address the importance of diet and nutrition in oral health as well as controversial topics including fluoride. They provide an in-depth chapter on pregnancy, infant, and childhood oral care, including herbal remedies for teething and thrush. Ideal for those looking to improve their own oral health, herbalists looking to address the root cause of systemic inflammation, or dental professionals searching for natural alternatives, this authoritative yet practical guide empowers each of us to reclaim the health of our mouths and sustain a full, strong set of teeth for a lifetime.

### **Baby and Toddler Basics**

Women have engaged in healing from the beginning of history, often within the context of the home. This book studies the role, contributions and challenges faced by women healers in France, Spain, Italy and England, including medical practice among women in the Jewish and Muslim communities, from the later Middle Ages to approximately 1800.

### **Breast Cancer? Breast Health!**

a lyrical monthly almanac of Appalachian medicinal plants and the traditional lore associated with them. Library Journal

## **Victory Over Verbal Abuse**

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:

## **Sacred Plant Medicine**

As an intelligent woman, you are probably used to learning as much as you can before making major decisions. But when it comes to one of the most important decisions of your life--how you will give birth—it is hard to gather accurate, unbiased information. Surprisingly, much of the research does not support common medical opinion and practice. Birth activist Henci Goer gives clear, concise information based on the latest medical studies. The Thinking Woman's Guide to a Better Birth helps you compare and contrast your various options and shows you how to avoid unnecessary procedures, drugs, restrictions, and tests. The book covers: Cesareans Breech babies Inducing labor Electronic Fetal Monitoring Rupturing Membranes Coping with slow labor Pain medication Epistiotomy Vaginal birth after a Ceasarean Doulas Deciding on a doctor or midwife Choosing where to have your baby and much more . . .

## **New Menopausal Years**

An authoritative guide to natural childbirth and

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postpartum parenting options from an MD who home-birthed her own four children. Sarah Buckley might be called a third-wave natural birth advocate. A doctor and a mother, she approaches the question of how a woman and baby might have the most fulfilling birth experience with respect for the wisdom of both medical science and the human body. Using current medical and epidemiological research plus women's experiences (including her own), she demonstrates that what she calls "undisturbed birth" is almost always healthier and safer than high-technology approaches to birth. Her wise counsel on issues like breastfeeding and sleeping during postpartum helps extend the gentle birth experience into a gentle parenting relationship.

### **Dental Herbalism**

#1 Amazon Best Seller — Welcome to the farm! The Cut Flower Garden: Erin Benzakein is a florist-farmer, leader in the locaflor farm-to-centerpiece movement, and owner of internationally renowned Floret Flower Farm in Washington's lush Skagit Valley. A stunning flower book: This beautiful guide to growing, harvesting, and arranging gorgeous blooms year-round provides readers with vital tools to nurture a stunning flower garden and use their blossoms to create show-stopping arrangements. Floret Farm's Cut Flower Garden: Cut Flower Garden is equal parts instruction and inspiration—a book overflowing with lush photography of magnificent flowers and breathtaking arrangements organized by season. Find inspiration in this lush flower book: Irresistible photos

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of Erin's flower farm that showcase exquisite blooms  
Tips for growing in a variety of spaces and climates  
Step-by-step instructions for lavish garlands, airy  
centerpieces, and romantic floral décor for every  
season If you liked Paris in Bloom, you'll love Floret  
Farm's Cut Flower Garden.

### **Women and the Practice of Medical Care in Early Modern Europe, 1400-1800**

Hailed as a “classic” by leading herbalist Rosemary Gladstar, this botanical compendium provides a wide-ranging history of herbalism and useful guidance for healing with herbs Matthew Wood is one of the United States’ most renowned herbalists and the author of Seven Herbs: Plants as Healers, a watershed book in teaching herbal healing as a part of total wellness. With The Book of Herbal Wisdom, he continues and expands this study, creating a must-read guide for anyone who works in the natural health field or is interested in self-healing with herbs. Wood creates a vast and sweeping history of herbalism, drawing on Western botanical knowledge, homeopathy, Traditional Chinese medicine, and Native American shamanic botany. 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, similar, 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

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catalog 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. An introduction to centuries of lore about healing from indigenous traditions, *The Book of Herbal Wisdom* integrates and describes North American Indian medicine, homeopathy, Traditional Chinese Medicine, and Western herbalism like no other contemporary botanical compendium.

### **Down There**

Herbalists, naturopaths, plantspeople, witches, and natural healers will love the empowering information, engaging stories, and heartfelt meditations and rituals of natural herbal medicines in this book. Nominated as a Herbal Book of the Year by the International Herb Association, *The Gift of Healing Herbs* by well-respected urban herbalist Robin Rose Bennett offers readers who want to take charge of their health an immersion into a myriad ways to use plant-based remedies to care for themselves and others on physical, emotional, and spiritual levels. With more than 180 easy-to-follow recipes informed by the wisdom that physical and spiritual healing are inextricably intertwined, *The Gift of Healing Herbs* explores herbology as the "people's medicine", freely available to all, and as a powerful yet gentle way to heal body, mind, heart, and soul. The book is divided into three parts: the first part examines health and

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the causes of illness; the second part comprises a reference of all the physical systems of the body and the common and not-so-common herbs for tonifying them; and the third part contains recipes for teas, brews, and instructions for incorporating herbs into our daily lives. The hundreds of recipes for herbal preparations in this book—accompanied by prayers, meditations, and rituals—offer spiritual and physical insights into the relationship between our body systems and the elements, Earth, Air, Fire and Water, thus helping the reader explore and experience the interconnection of all things in the web of life. Filled with personal stories, case histories, and elements of personal memoir, *The Gift of Healing Herbs* is equal parts inspiration and instruction drawn from the author's life and decades spent teaching and practicing herbal medicine in a spiritual, earth-based, nondogmatic style. The author explores how one's personal story turns into one's embodied physicality and ultimately reveals individual unique paths of healing for each reader. From the Trade Paperback edition.

### **The Essential Herbal for Natural Health**

Simple, safe, and effective herbal remedies for women of all ages. For centuries women have turned to herbs to cope with a wide variety of health problems and conditions. Comprehensive and easy-to-use, *Herbal Healing for Women* explains how to create remedies—including teas, tinctures, salves, and ointments—for the common disorders that arise in the different cycles of a woman's life. Covering

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adolescence, childbearing years, pregnancy and childbirth, and menopause, Rosemary Gladstar teaches how herbs can be used to treat the symptoms of conditions such as acne, PMS, morning sickness, and hot flashes. A complete women's health-care manual, *Herbal Healing for Women* discusses:

- common disorders and the herbs that are effective for treating them
- how to select and store herbs
- preparation of hundreds of herbal remedies
- an alphabetical listing of herbs, including a brief description of the herb, the general medicinal usage, and when necessary, warnings about potential side effects.

By explaining the properties of specific herbs and the art of preparation, Rosemary Gladstar demonstrates not only how to achieve healing through herbs but good health as well.

### **Organic Body Care Recipes**

Parents of children from birth to age three will find answers to their most-frequently asked questions about child health and wellness in this easy-to-understand volume. Tanya Altmann, MD, FAAP, practicing pediatrician and frequent contributor to NBC's "Today" show, helps parents with friendly, straightforward guidance in an easily digestible question and answer format. *Baby and Toddler Basics* focuses on parents' top 150 questions, based on Dr. Tanya's years in practice. An internet search of these questions could yield dozens of answers, many from dubious sources. Dr. Tanya addresses parents' concerns with the expertise of a pediatrician backed by the trusted authority of the American Academy of

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Pediatrics. Baby and Toddler Basics' clear Q&A layout means it's just as fast as Googling, but with answers parents can trust, based on medically-sound AAP policy. Topics covered in Baby and Toddler Basics include Breastfeeding Developmental stages Fever First Aid and injuries General baby care Poop Safe sleep and sleep challenges Stomach ache and illness Vaccines and much more! Dr. Tanya's clear answers to these frequently asked questions will help parents take the right actions at home and alert them when it would be best to call their pediatrician. With Baby and Toddler Basics parents can keep their own "portable pediatrician" in their diaper bag or on their nightstand, always ready with reassuring answers.

### **Earth Magic**

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

### **Women Healers of the World**

Suggests ways for women to use herbs to promote health, treat disease, and improve well-being.

### **Making Magic**

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

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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.

### **Gentle Birth Choices**

Discover the joys of all-natural body care. Stephanie Tourles shows you how to use fruit, flowers, herbs, and minerals to craft healthy products that promote radiant skin, strong nails, shiny hair, and an elevated mood. Pamper yourself from head to toe with products like Strawberry Cleanser, Pineapple Sunflower Scrub, and Almond Rose Body Lotion. Gentle on your skin and free of harsh chemicals found in commercial products, you'll want to indulge yourself over and over with these luxuriously aromatic bath blends, face masks, and body scrubs.

### **The Gift of Healing Herbs**

Discover a wonderful collection of traditional 19th-century charms and spells from Old Joan, the wise

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woman at Boscastle's Museum of Witchcraft and Magic. Explore the stock and trade of the working witch through the ages as well as fascinating artefacts and magical techniques that were once features of life in the small villages of Devon and Cornwall in southwest England.

### **Blackberry Cove Herbal**

A celebration of the healing traditions that made yoga, acupuncture, and aromatherapy popular. 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

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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.

### **The Book of Herbal Wisdom**

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

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