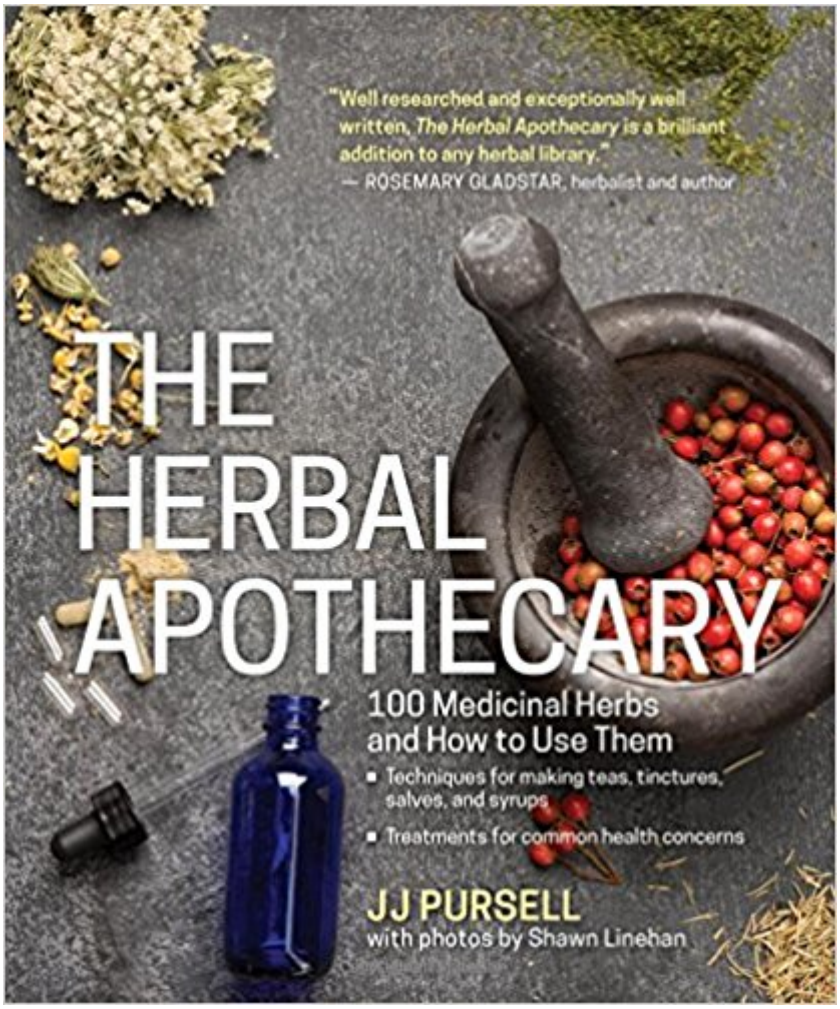
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The Herbal Apothecary: 100 Medicinal Herbs And How To Use Them



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Synopsis

Ã¢â ¬Å“AÃ Â brilliant addition to anyÃ Â library.Ã¢â ¬Â• Ã¢â ¬â •Rosemary Gladstar, herbalist and bestselling author More and more people are exploring the healing possibilities of plant-based medicines, and health shops across the country now stock their shelves with natural remedies, but treatments can easily be made at home. The Herbal Apothecary profiles 100 of the most important medicinal plants with striking photographs and step-by-step instructions for making herbal teas, tinctures, compresses, and salves to treat everything from muscle strain to the common cold or anxiety. This holistic guide also includes advice for the home gardener on growing and foraging for medicinal plants. Ã Â Incorporating traditional wisdom and scientific information, The Herbal Apothecary provides an accessible and comprehensive introduction to plant-based medicine. With the guidance of naturopath JJ Pursell, herb enthusiasts can learn how to safely create their own remedies using plants they know and love. Ã Â

Book Information

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Customer Reviews

Ã¢â ¬Å“Well researched and exceptionally well written, The Herbal Apothecary is a brilliant addition to any herbal library.Ã¢â ¬Â• Ã¢â ¬â •Rosemary Gladstar, herbalist and author Ã¢â ¬Å“One of the most thorough and comprehensive works on medicinal plants and herbal healing. Without a doubt, this fine volume has made it onto my permanent bookshelf.Ã¢â ¬Â• Ã¢â ¬â •Shawn Donnille, vice president and co-owner ofÃ Â Mountain Rose Herbs Ã¢â ¬Å“Anyone interested in alternative medicine and botanical curatives will find this handsome volume useful.Ã¢â ¬Â• Ã¢â ¬â •Country

Gardens Ã¢â ¬Å“Pursell aptly demonstrates the value in learning about these gifts from nature and understanding their use in pursuit of sustainable health. . . . will quickly become indispensible for understanding a neglected field that is ripe with great benefits.Ã¢â ¬Â• Ã¢â ¬â •Publishers Weekly Ã¢â ¬Å“Kick a winter cold by reading up on the plant-based medicines in the new book The Herbal Apothecary.Ã¢â ¬Â• Ã¢â ¬â •Sunset Ã¢â ¬Å“Required Reading. . . . Pursell describes 100 plants and herbs with medicinal properties as well asÃ Â the waysÃ Â naturopaths use them,Ã Â where to find them, or how to grow them at homeÃ¢â ¬Â¦a beginnerÃ¢â ¬â„¢s guide to making herb blends, teas, cordials, capsules, and more, with plenty of recipes.Ã¢â ¬Â• Ã¢â ¬â •Gardenista Ã¢â ¬Å“[a] lovely handbook. . . . the wealth of photographs widens its appeal to a larger community of plant lovers.Ã¢â ¬Â• Ã¢â ¬â •ChoiceÃ Â Ã¢â ¬Å“The Herbal Apothecary takes both modern science and traditional healing methods into account, providing techniques for making teas, tinctures, salves, and syrups aimed at alleviating colds, headaches, and other ailments.Ã¢â ¬Â• Ã¢â ¬â •Modern Farmer Ã¢â ¬Å“I canÃ¢â ¬â„¢t recommendÃ Â enough. But donÃ¢â ¬â„¢t take it from meÃ¢â ¬â •two of the biggest names in the medicinal herbs community, herbalist Rosemary Gladstar and Mountain Rose Herbs co-owner and vice president Shawn Donnille, have given their seals of approval to this book as a staple addition to your herbal library.Ã¢â ¬Â• Ã¢â ¬â •PowellÃ¢â ¬â„¢s Books Blog Ã¢â ¬Å“This is a fantastic bookÃ¢â ¬â •well researched, exceptionally written, and artfully compiled. In addition to all that, it is a joy for the eyes and hands! We love the beautiful, crisp photography and durable, satin pages this book offers for a delightful read.Ã¢â ¬Â• Ã¢â ¬â •Beneficial Botanicals

Achieve wellness with 100 medicinal plants!Ã Â Plant-based medicines offer many healing possibilities for the body, mind, and spirit. In this holistic guide, naturopath J. J. Pursell provides an accessible and comprehensive introduction to medicinal plants, explaining how they work and how to use them safely.Ã Â Incorporating traditional wisdom and scientific information, The Herbal Apothecary includes advice on growing and foraging for healing plants and recommendations for plant-based formulations to fight common ailments, like muscle strain, anxiety, and insomnia. Step-by-step instructions show you how to make your own teas, salves, capsules, tinctures, and other essential herbal remedies. Whether you want to treat a wound or fight the common cold, taking charge of your health and well-being begins here. Ã Â

It’s a good reference and some interesting recipes. Deducted stars for the entry on Red Root which is known as Amaranthus Retroflexus in the book but it looks like the author is talking about

Ceanothus Americanus. Amaranthus Retroflexus can be medicinal but doesn’t support the spleen. At worst, it might be laxative. Not a fatal mistake but it’s wrong nevertheless. Not acceptable in a ’herbal apothecary’ book. To author and publisher: Please note correction and vet the rest of the book!

Oh dear.I was flipping along, pretty happy with it all when I got to Red Root. Which the author specified as Amaranthus Retroflexus and then went on to say that other common names are New jersey Tea,. etc.These two things, Amaranthus and the medicinal Redroot, are not even in the same family, There is a red rooted pigweed (Amaranthus) but it is NOT the redroot of herbal medicine.While the sort of red root of Amaranth won’t hurt you - it is considered a nutraceutical, if not a medicinal - it is really very different from the proper medicinal herb redroot. Redroot is in the Buckthorn family and is often called New Jersey Tea.Errors like this are unacceptable.I want my money back.

Pros: Nice picture, some useful informationCons: Not evidence based - there’s no references or scientific data, not very in depth and I don’t like the way it’s organized.

Unless you’re very educated and knowledgable about medicinal herbs, this book is NOT for beginners. I am a beginner with a great interest in medicinal herbs but the herbs they listed in this book are some that you can’t even acquire in the states. Love the photos and how easy it is to follow along but definitely have some prior reads before purchasing this one.

Excellent very cheap kindle book, full of good information!!Also, doses informationWill not regret this for a moment, also very clear kindle book which is not always the case.Absolute magnificent that the writer even mentions rauwolfia and its responsible use.....so many herbals never mention this plant.....Tincture 2 to 5 drops (not dropperfuls) as neededPursell, JJ. The Herbal Apothecary: 100 Medicinal Herbs and How to Use Them (p. 151). Timber Press. Kindle Edition.

Get this book if you want clear-cut and a "how-to" guide to make your own herbal remedies. Wish this book had been available when I began making my herbal remedies over 25 years ago. What I learned by trial and error is expressed within the pages of The Herbal Apothecary.

This is by far the most comprehensive, and useful herbal book (medicinal) I have come across. It

compiles detailed descriptions of the plants, where to find them, which parts to use, what purposes they can be used for, along with photos. The book also includes recipes - all of those I've tried have been fantastic. I would recommend this to anyone seeking to begin an herbal or holistic lifestyle.

This is the first book i had purchased on the topic and found myself engrossed. It is extremely informative and sits on my counter as my go to for questions.

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