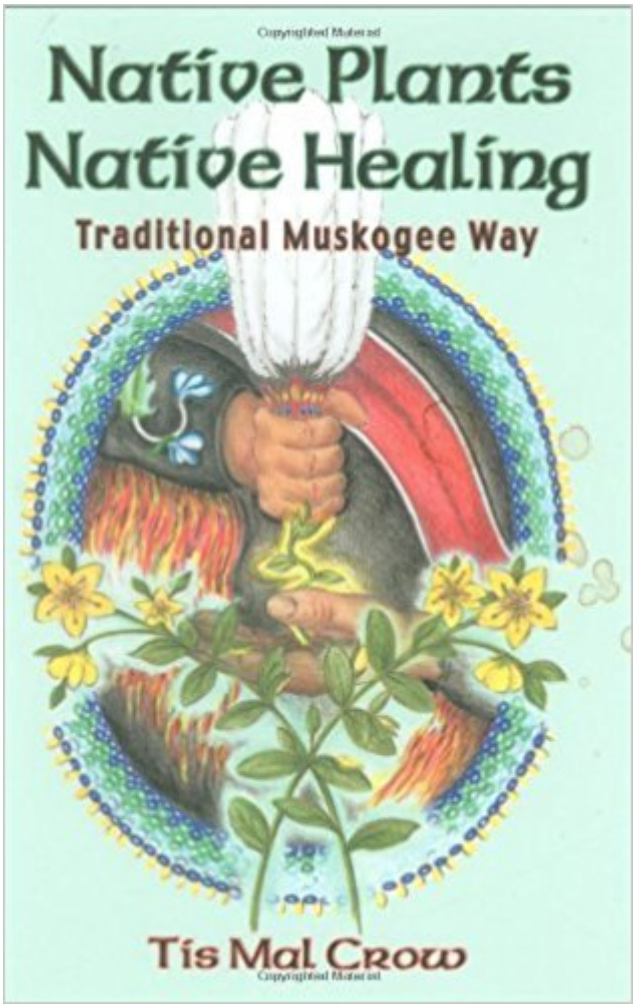
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Native Plants, Native Healing: Traditional Muskagee Way



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Synopsis

Traditional Muskogee Way. The Cherokee and Hitchiti author shares his knowledge of medicinal uses of plants and traditional Native root-doctoring techniques. Readers learn how to identify, honor, and select common wild plants and are given information about responsible harvesting versus cultivation. The author explains how to prepare liniments, lotions, oils, salves, teas, and tinctures, and recommends specific remedies for numerous ailments. A must for beginners as well as serious students of herbology. Indexed and illustrated and indexed by both plant name and medical topic. Tis Mal Crow had also worked internationally with indigenous healers and herbal groups to promote the medicinal uses of herbs and the conservation of the wild habitat needed to sustain the growth of medicinal herbs.

Book Information

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Customer Reviews

I am very pleased with this book the history offered up and the way of gathering herbs while still respecting mother earth. Makes for a great read. It also lists many herbs and uses that are new to me.

A useful materia medica from the hands of an actual Native practitioner, full of interesting insights and personal observations. He was herbalism when herbalism wasn't cool.

Concise, yet thorough.

What a wonderful book! Easy to read with practical uses and stories of native plants that are all found in Alabama. It inudes the doctrine of signatures and drawings of the plant. Glad to own this wonderful read!

This is an excellent basic herb book, with lot of important things one should know about herbs, long with many usages and such. How to make tinture, soaps, tea, podwer, etc of certain herbs. For those new to herbalsim, one should read this book.

I love this book

Very in lightning Wish i had gotten them years ago . But knowledge is satifing , Thurst is never quinched .

I was very happy with the purchase and condition of the book. thanks

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