

# **47 Simple Herbal Remedies 10**

**Meredith Hale**

## **The Art of Herbal Healing** Green Hopex,Ava

Green,2021-03-16 Mother Nature provides us with all the remedies we need. So, why are these gifts often overlooked? Most ailments can be prevented and remedied with affordable, often free, herbal remedies, which were once common knowledge. Some may have been blessed with herbalist parents, but it's ok if not. It is never too late to start learning. Our bodies give us signs to heal imbalances. If we ignore these signs and ONLY rely on conventional medicine to treat the symptoms instead of searching for and healing the root cause, it can be a recipe for disaster. To me, sacrificing our health and happiness is NOT an option when learning to make and use herbal medicine the people's medicine, has never been easier. Expect to save much of your well-earned money. Feel the EXCITEMENT of creating your own herbal medicine with The Art of Herbal healing. This book guides you through each step of your herbal journey with well-organized and easy-to-follow knowledge. Here are some ways this book can be your herbal best friend: To remind you, when you're hiking and a swarm of mosquitoes attacks you that you can harvest some of that Plantain you see literally everywhere and apply it to your itchy, burning skin To help you see Nettle-those stinging plants that pop up EVERYWHERE as the gift they are and to show you how to make a super nutritive and healing tea To introduce you to 40 herbs, how to work with them safely and how to grow and harvest them with beautiful illustrations to guide you To show you how to make and enjoy practical herbal recipes that are really simple to make including natural salves, lotions, teas, tonics, tinctures, herbal remedies, poultices, syrups, herbal pills, and more To advise you on 71 common ailments and their natural remedies Thousands of happy herbalists have discovered their natural inner healing potential with this book, and so can you! And you can order right now!

**Herbal Medicine** Joseph Bosner,2020-10-11 Unlock the

Healing Power of Herbs and Help Your Body Heal and Recover from Common Ailments with this Comprehensive Guide to Herbal Medicine Are you curious to explore natural, non-allopathic methods of curing common illnesses such as colds and flu without having to pop a pill every time? Do you want to learn how to whip up powerful herbal recipes without the stress of looking for hard-to-find herbs? If yes, then keep reading... In this definitive guide to herbal medicine, Joseph Bosner provides easy-to-follow instructions for making herbal medicines, broths, stews, soups, essences and more, including practical tips to help you select the right herbs for the purposes you require. Inside the insightful pages of Herbal Medicine, you're going to discover: Stop doing herbs wrong: How to use medicinal herbs in a way that ensures maximum efficacy The simple 5-step method to prepare an herbal tea infusion A foolproof method to prepare a root tea decoction Failsafe tips to help you select the best herbs for curing minor ailments 30 essential herbs you need to have to tap into the power of herbal medicines as well as 11 problematic herbs you should avoid 8 effective recipes to help you treat common illnesses from colds and flu to bowel discomfort ...and much more! Whether you're a greenhorn in herbal medicine or a certified dab hand, Herbal Medicine: Simple and Effective Natural Remedies to Heal Common Ailments will quickly become your reference guide to herbal medicine that absolutely works!

**Homemade Herbal Medicine** Carmen Reeves, 2015-12-04  
Homemade Herbal Medicine Interested in using plants and herbal healing? Learn the basics of herbalism today! Herbs are miraculous saviors for a long list of issues you can easily handle at home: colds and flus, inflammation, even health maladies as complex as gut health and adrenal fatigue. But do herbs really work? Can they really help you feel empowered, and take control over at least some of your health? The resounding answer you will find in this book: Yes! Depending on the culture, country, or region, there are hundreds of traditions of herbal practice that

existed long before the advent of modern-day medicine. In fact, while conventional medicine may seem like the more dominant form of healing, the World Health Organization marks traditional and herbal medicine the most prevalent form of healing in the world. In the pages ahead, you will find all the basics-and ultimately the TRUTH-of today's front-line herbal remedies, supported by a combination of ancient knowledge and modern research. Learn how to harvest, store, and make herbal preparations; use a reference guide to immediately know what herbs to use for which ailments-and learn all about the author's Top 5 Herbs most safe and useful for home medicine, plus 25 more studied and traditionally respected herbs for you to branch out for further learning! Perhaps you are a beginning herbalist just starting out on your own path to education, learning, and healing practice. Or, you are a passionate lover of herbs already, wanting to hone their techniques to the top-rated herbs of today. Either way, with this book you will have both the research and traditional knowledge right here at your fingertips-all so you can effortlessly dig into and navigate the complex world of herbalism, and all the myriad plants you can possibly master. Why you must have this book: \* A succinct, compact, and easy-to-read guide that primes the beginner-and informs the expert \* Multiple angles on herbal healing: from traditional and modern perspectives together \* Over 50 pages that fully prepare you for becoming your own at-home, kitchen herbalist \* Outlines only the safest, easy-to-use herbs-with safety recommendations where needed \* Learn how to make your own very basic home preparations for your personal health \* Understand when and why homemade medicine is better than store-bought supplements \* Essential oils, their safety and correct use, as well as the best herbs choices for oils out there \* This book will give you the confidence to ultimately take your own health in your own hands, save money, and feel empowered in your own wellness and healing! The benefits you'll receive from 'Homemade Herbal Medicine:' \* How

to prepare very basic teas, infusions, salves, oils, tinctures, and herbal vinegars \* The benefits of the author's 30 favorite herbs, all of which are the most studied and esteemed by traditional folklore, ancient practice, science, and research combined \* A wonderful guide of the Most Common Maladies, and the different ways herbs can be used to restore health for each issue \* Learn how to handle colds, flus, headaches, anxiety, arthritis pain, skin problems, minor infections, cuts, stomach ailments, fibromyalgia pain, and so much more \* The importance of what specific herbs and herbal preparations to use for certain issues-when infusions are better than essential oils, and when tinctures are better than supplements \* Learn, most of all, how plants can change your life! Equip yourself with basics, knowledge, and all the how-to's on beginning herbalism. Interested in learning more? Let this book be the guide that changes the way you think and handle health at home!

### **Herbal Remedies For Dummies** Christopher

Hobbs,1998-11-16 People have been using herbs to fight disease and promote wellness since prehistoric times. In recent years, science has gotten into the act and amassed quite a respectable body of evidence to support what healers the world over have been saying for centuries – herbal remedies work. Experiencing the heartbreak of psoriasis? A little dandelion root can clear it up. Grandpa's sciatica acting up again? St. John's Wort ought to put the spring back in his step. Got a bad case of poison ivy? Stop the itch with echinacea. Ginger tames the morning sickness beast – lavender and peppermint leaf also work well. Use licorice, chamomile, and wild yam root to pacify an irritable bowel. If you're one of the millions of people who feel let down by conventional health care, or who've experienced unpleasant or harmful side effects from modern medicines, *Herbal Remedies For Dummies* is a book you'll want to have. Written by fourth-generation herbalist Christopher Hobbs, it gets you up to speed on what you need to know to: Choose safe and effective herbal

products Treat scores of common ailments and conditions Find specific herbal remedies for women, men, and kids Grow and harvest herbs Create herbal products at home Chris clears up much of the confusion surrounding herbal medicines. He anticipates just about every question you're likely to have about herbal medicine, and he provides concise, interesting answers laced with fascinating details from history and folklore. From alfalfa to yerba santa, he describes an array of best natural remedies, and he supplies: Easy-to-follow instructions on how to select the best herbal products A Symptom Guide - simple and easy herbal remedies for more than 80 common conditions, listed alphabetically by symptom An Aroma Guide - an A-to-Z guide to 100 easy-to-find medicinal herbs More than fifty recipes for healing teas, oils, tonics, and more This friendly, caring, and accessible introduction to the world of herbal medicine is an important resource for anyone looking for a safe, easy-to-use alternative, or supplement, to conventional medicine.

*Herbal Medicine for Beginners* Autumn Hubert, 2020-06-19  
Harness the Amazing Power of Nature And Discover How To Use Natural Plants And Herbs To Get Rid of Common Illnesses Without Relying Only On Medication! If you've always wanted to learn natural ways to cure common ailments but don't know how to begin, then keep reading... Are you sick and tired of having to take pills to get rid of minor ailments? Have you noticed you're gradually becoming more resistant to antibiotics and other drugs and have to take larger doses to achieve the healing your body needs? Do you want to finally say goodbye to endless bottles of medicine and discover a natural, holistic approach to safely create your own remedies using plants you're familiar with? If you answered yes to any of these questions, you've come to the right place. You see, learning how to use herbal medicine doesn't have to be complicated. In fact, it's much easier than you think. A study published in the Molecules Journal has shown that new drugs relying on modern technology appear to be reaching its glass

ceiling, with natural products being the alternative. Which means you can get rid of your ailments and nurse yourself or loved one back to health without being totally dependent on conventional medicine that is often overpriced and comes packed with horrific side effects. Here's a tiny fraction of what you're going to discover in Herbal Medicine for Beginners: 7 amazing facts about herbal medicine and how to start your Herbal Medicine journey (page 7) 3 powerful benefits of herbal medicine over pharma-backed conventional medicine (page 10) 3 crucial warnings you MUST know before trying herbal medicine (page 12) A proven way to source for herbs locally from trustworthy sources (Unfortunately there's a LOT of scammers out there...) (page 18) The simple, yet wildly effective, 6-step method to ensure you're purchasing high-quality herbs and avoiding counterfeits (page 19) A quick step by step guide to growing, harvesting and storing your own herbs (page 21) The ultimate tools, equipment and ingredients you'll need to craft your own herbal remedies (page 24) How to create your own herbal medicine with step-by-step instructions, from teas and infusions to ointments and creams (page 25) 5 easy safety tips and the best practices to ensure your herbal medicine remains safe and effective (page 41) Essential Dosage recommendations for people of all ages, from toddlers to adults (page 44) ...and tons more! Take a moment to imagine how much more in control of your health you will be once you're able to use the power of natural plants, and how your family and friends will marvel at your new-found healing abilities. (and probably ask why you're doing so well!) So even if you've never made, bought or used herbal medicine before, this guide will equip you with everything you need to get started with herbal medicine. So if you have a burning desire to master Mother Nature's healing secrets and use Herbal Medicine to heal yourself, scroll to the top and click the Add to Cart

**Herbal Medicine** Iris F. F. Benzie, Sissi Wachtel-Galor, 2011-03-28 The global popularity of herbal supplements

and the promise they hold in treating various disease states has caused an unprecedented interest in understanding the molecular basis of the biological activity of traditional remedies. Herbal Medicine: Biomolecular and Clinical Aspects focuses on presenting current scientific evidence of biomolecular ef

### **The Good Living Guide to Natural and Herbal Remedies**

,2016-07-19 This back-to-nature reference guide details effective herbal medicines and natural remedies for digestive complaints, sore muscles, wound healing, teenage acne, allergic reactions, and much more. This book is packed with herbal wisdom, traditional use, and just the right amount of science. Gain confidence and understand how to use plant medicine in your home. Dive into the alchemy and art of herbal medicine preparations, receive safety tips, and perfect the techniques to create your own elixirs at home using the numerous recipes provided for delicious foods, herbal teas, tinctures, poultices, liniments, fomentations, herbal vinegars, salves, and oils. Scattered throughout are reflections on how bodies heal and the natural world's role in facilitating healing through connection to spirit and building community. Author Katolen Yardley has more than twenty years of experience as a Medical Herbalist and teaches courses in herbal medicine and naturopathy. Here she offers a simple, straightforward, and beautiful guide to natural remedies that will help you take charge of your health using nature's own medicine.

*The Lost Book of Herbal Remedies* Nicole Apelian, Claude Davis, Sr.,2019-07-07 304 color pages, paperback, improved print quality, and a lot more plant identification details This unique book is written by Dr. Nicole Apelian, an herbalist with over 20 years of experience working with plants, and Claude Davis, a wild west expert passionate about the lost remedies and wild edibles that kept previous generations alive. The Lost Book of Herbal Remedies has color pictures of over 181 healing plants, lichens, and mushrooms of North America (2-4 pictures/plant for easy



identification). Inside, you'll also discover 550 powerful natural remedies made from them for every one of your daily needs. Many of these remedies had been used by our forefathers for hundreds of years, while others come from Dr. Nicole's extensive natural practice. This book was made for people with no prior plant knowledge who are looking for alternative ways to help themselves or their families. This lost knowledge goes against the grain of mainstream medicine and avoids just dealing with symptoms. Instead, it targets the underlying root cause and strengthens your body's natural ability to repair itself. With the medicinal herbal reference guide included, it's very easy to look up your own condition and see exactly which herbs and remedies can help. Let me just offer you a small glimpse of what you'll find inside: On page 145 learn how to make a powerful relieving extract using a common backyard weed. This plant acts directly on the central nervous system to help with all kinds of pain and discomfort. You'll also discover the most effective natural antibiotic that still grows in most American backyards (page 150). Turn to page 43 for the natural protocol Dr. Nicole is recommending for a wide range of auto-immune conditions, after falling prey to MS herself at age 29. I could go on and on because this book contains no less than 800+ other medicinal plants and natural remedies.

**Herbal Healing for Women** Rosemary Gladstar, 2017-04-18  
Simple, safe, and effective herbal home remedies for women of all ages! From menstruation to menopause, learn how to prepare natural treatments for acne, PMS, morning sickness, hot flashes, yeast infections, and more. 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 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.

### **Herbal Medicine Natural Remedies Anne**

Kennedy,2021-09-28 You don't have to be a doctor to make effective herbal medicine. With hundreds of different herbs and remedies out there, making herbal medicine can be overwhelming. Thankfully, *Herbal Medicine Natural Remedies* acts as the perfect salve, making things simple with 150 easy-to-follow recipes for highly effective herbal medicines. Discover natural ways to treat headaches, coughs, colds, hangovers, and more that don't carry the same risk of side effects that many pharmaceuticals do. Never made your own herbal medicine? Start things off right with helpful lists of must-have tools, plus important safety tips. *Herbal Medicine Natural Remedies* includes: Herbal medicine for common ailments--Learn to make 150 different herbal remedies designed to help treat 75 different health issues. Herb profiles--From agrimony and chamomile to licorice and skullcap, 50 of the most common, useful, and healing herbs are detailed. Herbalism 101--Complete guides to collecting the right cookware, herb safety, and more help you jump straight in regardless of your experience level. Herbal medicines made easy--what a relief!

### **Herbal Medicine for Beginners Katja Swift,Ryn**

Midura,2018-05-15 Show herbalists-in-training how to use a

limited number of versatile, medicinal herbs to craft herbal remedies for common ailments, from allergies to fevers to headaches--Publisher marketing.

**Herbal Remedies for Women** Amanda McQuade Crawford, 2011-02-02 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 previous experience with herbal medicine, *Herbal Remedies for Women* provides readers with simple but effective remedies for self-healing.

**10 Essential Herbs** Lalitha Thomas, 2012-01-24 This book has become a CLASSIC in its field because of the high quality of the information that's presented and the clarity in the way it's

presented. o Accessible Information o Concise Presentation o Humorous Stories o Intelligently Written THIS IS THE HERB BOOK THAT YOU CAN TRUST! From the introduction: Lalitha's extensive knowledge relative to the botanicals she has elected to write about is quite impressive to say the least. She is someone who gives plants personality and feeling! It shows in how as well as what she writes about. These various herbs come alive on the pages, colored not only by her own sensitivities, but also fully endowed with the dynamic energy of her very capable expertise. She has graduated from the hills and dales, forests and mountains, and meadows and prairies of Mother Nature U. These were the classrooms in which she studied ardently and diligently, applying herself well to the tasks at hand. In clear and concise terms she takes the guesswork out of herbs. Under her reliable tutelage even the most novice of users of botanicals will soon become qualified enough to use those she covers in a safe and effective way. That is saying a lot considering just how many other herb books are out there at present. It's a true winner in every sense of the word. A reliable gem for consumers to place confidence in. Botanical medicine in this country will benefit from your book for years to come. JUST READ WHAT PEOPLE ARE SAYING ABOUT THIS BOOK.. My Right Hand Man... I have a large library of natural healing and nutritional books and this book is ALWAYS the one that works for me, our family and even our pets. This is a great book for anyone that wants to take responsibility for maintaining good health with herbs. Excellent material, easy to follow and very informative. I use this book constantly. The herbs are easy to access, the material gives easy to follow information on how to incorporate the herbs into your life. It is excellent. I read herbal books constantly, and have quite a library. when I need information, or I need a remedy....this is the book I run to... I use this book everyday and love it. I am a mother of five and this book is the first book I grab for everyday ailments in our household. 10 Essentials has a down-to-earth

quality that is lacking in medicinal herb field. This is the only book I have come across that covers the whole family from Grandparents to Infants.

The Modern Herbal Dispensary Thomas Easley, Steven Horne, 2016-11-29 The definitive, full-color guide to making and using approximately 250 herbal medicines at home, with instructions for everything from harvesting to administering low-cost, DIY remedies. This comprehensive, full-color guide provides detailed, easy-to-follow instructions for making and using approximately 250 herbal medicines at home, including practical tips and numerous effective formulas developed and tested by the authors, both expert herbalists with years of experience. Readers who appreciate the health-giving properties of herbal medicines but are discouraged by the high price of commercial products can now make their own preparations for a fraction of the cost. The authors tell you everything you need to know about harvesting, preparing, and administering herbs in many different forms, including fresh, bulk dried herbs, capsules, extracts in water, alcohol, glycerin, vinegar and oil, and even preparations like essential oils and flower essences. The book also covers topical applications of herbs as salves, lotions, poultices, tooth powders, ear drops, and more, and includes an extensive chapter on herbal hydrotherapy. The Modern Herbal Dispensary explains why different preparations of the same herb will obtain better results, demonstrating how capsules, teas, tinctures, or glycerites of the same plant will not have exactly the same effect on the body. Leading herbalists Thomas Easley and Steven Horne have tested and proven the herbal formulas they offer, along with suggestions for treating more than one hundred illnesses. They lay out the principles of herbal formulation and also provide instructions on how to prepare single herbs, a procedure that has been largely ignored in other references. More comprehensive than any other guide, thoroughly researched, beautifully illustrated, and presented with ease of use in mind, this book will take its place as

the premier reference for those who want to produce all the herbal remedies they need, and to save money in the process.

*Home Remedies* Meredith Hale, 2015-09-30 A handy guide, *Home Remedies* provides families with ordinary household remedies to treat over 100 common ailments safely, effectively, and inexpensively in an easy-to-use A-to-Z format. Discover easy remedies to help care for everyday health problems with cures from a wide range of sources. Get time-tested, natural easements for coughs, cold and flu viruses, aches and pains, digestive complaints, sleep disorders, skin conditions, and even get some tips to help babies and women's health.

*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.

**Herbal Biomolecules in Healthcare Applications** Subhash C. Mandal, Amit Kumar Nayak, Amal Kumar Dhara, 2021-10-05 *Herbal Biomolecules in Healthcare Applications* presents extensive detailed information on all the vital principles, basics and fundamental aspects of multiple herbal biomolecules in the healthcare industry. This book examines important herbal biomolecules including alkaloids, glycosides, flavonoids, anthraquinones, steroids, polysaccharides, tannins and polyphenolic compounds, terpenes, fats and waxes, proteins and peptides, and vitamins. These herbal biomacromolecules are responsible for different bioactivities as well as pharmacological potentials. A systematic understanding of the extraction, purification, characterization, applications of these herbal

biomolecules and their derivatives in healthcare fields is developed in this comprehensive book. Chapters explore the key topics along with an emphasis on recent research and developments in healthcare fields by leading experts. They include updated literature review of the relevant key topics, good quality illustrations, chemical structures, flow charts, well-organized tables and case studies. Herbal Biomolecules in Healthcare Applications will be useful for researchers working on natural products and biomolecules with bioactivity and nutraceutical properties. Professionals specializing in scientific areas such as biochemistry, pharmacology, analytical chemistry, organic chemistry, clinics, or engineering focused on bioactive natural products will find this book useful. Provides a study of different type of biomolecules from herbal extracts and their bioactivities as well as their application in the healthcare industry Contributions by global leaders and experts from academia, industry and regulatory agencies, who have been considered as pioneers in the application of herbal biomolecules in the diverse healthcare fields Includes updated literature review along with practical examples and research case studies

*Model Rules of Professional Conduct* American Bar Association. House of Delegates, Center for Professional Responsibility (American Bar Association), 2007 The Model Rules of Professional Conduct provides an up-to-date resource for information on legal ethics. Federal, state and local courts in all jurisdictions look to the Rules for guidance in solving lawyer malpractice cases, disciplinary actions, disqualification issues, sanctions questions and much more. In this volume, black-letter Rules of Professional Conduct are followed by numbered Comments that explain each Rule's purpose and provide suggestions for its practical application. The Rules will help you identify proper conduct in a variety of given situations, review those instances where discretionary action is possible, and define the nature of the relationship between you and your clients,

colleagues and the courts.

*Midwest Medicinal Plants* Lisa M. Rose, 2017-06-28 "This comprehensive, accessible, full-color guide includes plant profiles, step-by-step instructions for essential herbal remedies and seasonal foraging tips." —Natural Awakenings Chicago In *Midwest Medicinal Plants*, Lisa Rose is your trusted guide to finding, identifying, harvesting, and using 120 of the region's most powerful wild plants. You'll learn how to safely and ethically forage and how to use wild plants in herbal medicines including teas, tinctures, and salves. Plant profiles include clear, color photographs, identification tips, medicinal uses and herbal preparations, and harvesting suggestions. Lists of what to forage for each season makes the guide useful year-round. Thorough, comprehensive, and safe, this is a must-have for foragers, naturalists, and herbalists in Illinois, Indiana, Iowa, Kansas, Michigan, Minnesota, Missouri, Nebraska, North Dakota, South Dakota, Ohio, and Wisconsin.

A-Z of Herbal Remedies Emeritus Professor of Prenatal Medicine and Child Health Peter Dunn, (Wr, Peter Dunn, 2015-07-06 This book will provide you with herbal remedies that have been used successfully for generations to treat numerous common ailments. Remedies for 170 Health problems How to prepare Herbal Infusions and Decoctions Home and Holiday First-Aid The ailments are listed alphabetically; this book investigates each of the ailments and their causes, describes symptoms and provides herbal treatments that are cheap, safe and effective. There is a rich age-old tradition of healing human ailments with wild plants, a tradition that has not died over thousands of years. The uses of healing plants have not varied, though today, with increasing knowledge of the origins of disease and of the pharmacology of plants, their uses have become better defined and understood. Herbs are a natural medicine, part of our inheritance. An interest in plants may begin in childhood when we learn quickly to distinguish garden plants from weeds and may



return from a walk in the country clutching a handful of wild flowers. Enlightened education may open our eyes to the profound wonder of plant life, and if we are more fortunate we may incorporate in this wonder an understanding of the medicinal uses of plants. We should make a study of plant remedies, although it must be said that the use of herbs is a skill and an art, and the most successful herbalist, in addition to studying intensively, must surely have some inherited gift of healing. Plants draw sustenance from the soil and manufacture chlorophyll from sunlight. They contain many constituents: essential oils which give the plant its perfume and have medicinal properties (i.e., to aid digestion, to stimulate the nervous system, or if used as liniments, to increase the flow of blood to a given area); tannins, which have an astringent action on the mucosa; glycosides, some of which are anti-inflammatory, while some have a regulating influence on heart action; mucilage's, which are used to soothe irritation and inflammation in the digestive tract; bitter principles which stimulate the secretion of digestive juices and improve the appetite. Numerous other constituents include resins, gums, minerals (notably sodium, potassium and silica), acids, vitamins and hormone precursors.

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