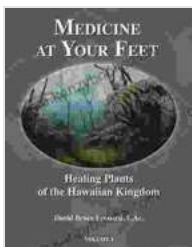


Medicine At Your Feet: Rediscovering the Lost Art of Herbal Healing

In a world increasingly dominated by synthetic drugs and invasive medical procedures, there is a growing movement towards rediscovering the ancient wisdom of herbal healing. **Medicine At Your Feet**, a groundbreaking new book by renowned herbalist and naturalist Richard Mabey, is a comprehensive guide to the medicinal plants that grow wild in our own backyards and communities.

Written in Mabey's characteristically engaging and erudite style, **Medicine At Your Feet** provides readers with a wealth of information on over 100 common medicinal plants. Each plant profile includes detailed descriptions of its appearance, habitat, medicinal properties, and traditional uses. Mabey also shares his own experiences and insights into the therapeutic power of these plants, offering readers a glimpse into the rich history and folklore that surrounds each one.



Medicine at Your Feet: Healing Plants of the Hawaiian Kingdom Vol. 1 by David Bruce Leonard

★★★★☆ 4.4 out of 5

Language : English

File size : 59853 KB

Screen Reader: Supported

Print length : 264 pages

Lending : Enabled

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Whether you are a novice herbalist or an experienced practitioner, **Medicine At Your Feet** is an invaluable resource. Mabey's clear and concise writing style makes the book accessible to readers of all levels, and his in-depth research provides a wealth of information for even the most seasoned herbalist.

In addition to the plant profiles, **Medicine At Your Feet** also includes a number of essays on the history of herbal medicine, the importance of plant conservation, and the role of medicinal plants in modern healthcare. Mabey also provides a comprehensive list of resources for further study, making the book a valuable addition to any herbalist's library.

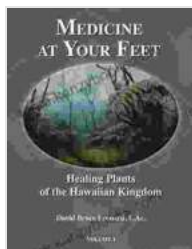
If you are looking for a comprehensive and engaging guide to the medicinal plants that grow wild around you, look no further than **Medicine At Your Feet**. This book is a must-have for anyone interested in natural healing, herbal medicine, or the wild plants that surround us.

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- Learn about the medicinal properties of over 100 common wild plants
- Discover the traditional uses of medicinal plants
- Gain insights into the history and folklore of herbal medicine
- Learn how to identify and harvest medicinal plants safely
- Develop a deeper understanding of the natural world and our place within it

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