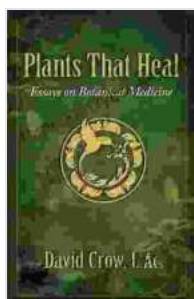


Plants That Heal: Essays On Botanical Medicine

By Rosemary Gladstar

Plants That Heal is a comprehensive guide to the medicinal uses of plants. This book covers over 100 plants, providing detailed information on their traditional uses, active compounds, and clinical applications.

Rosemary Gladstar is a renowned herbalist and author who has been practicing and teaching botanical medicine for over 40 years. In Plants That Heal, she shares her vast knowledge of plants and their healing properties.



Plants That Heal: Essays on Botanical Medicine

by David Crow

★ ★ ★ ★ ☆ 4 out of 5

Language : English
File size : 874 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
Print length : 292 pages
Lending : Enabled
Screen Reader : Supported



This book is divided into two parts. The first part provides an to botanical medicine, including a history of herbalism, the basics of plant chemistry, and how to prepare and use herbal remedies.

The second part of the book is a detailed guide to over 100 medicinal plants. Each plant profile includes information on its:

- Botanical name
- Common names
- Plant family
- Description
- Traditional uses
- Active compounds
- Clinical applications
- Dosage and safety information

Plants That Heal is a valuable resource for anyone who is interested in learning more about botanical medicine. Whether you are a novice herbalist or a seasoned practitioner, you will find this book to be a comprehensive and informative guide.

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Plants That Heal is available in both hardcover and paperback. You can Free Download your copy from the following retailers:

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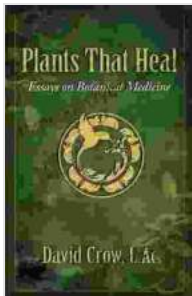
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About the Author

Rosemary Gladstar is a renowned herbalist and author who has been practicing and teaching botanical medicine for over 40 years. She is the founder of the California School of Herbal Studies and the author of over 20 books on herbal medicine, including the best-selling *Medicinal Herbs: A Beginner's Guide*.

Gladstar is a leading advocate for the use of plants for healing and has dedicated her life to teaching others about the power of plants.



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