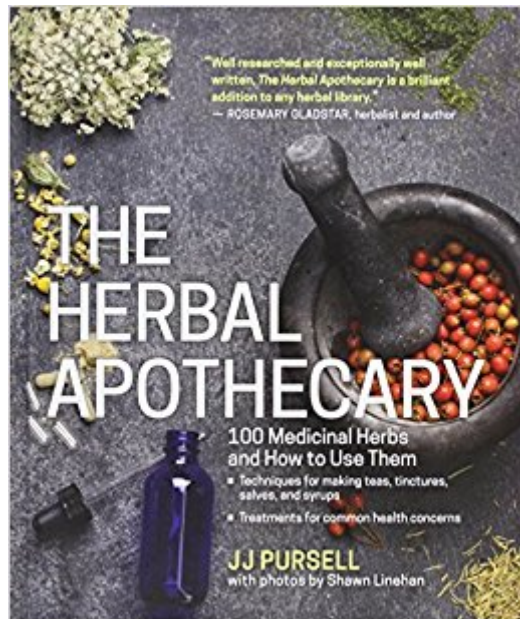


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The Herbal Apothecary: 100 Medicinal Herbs And How To Use Them



Synopsis

"A brilliant addition to any library." 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. 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.

Book Information

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Customer Reviews

I can say in one word what I thought of this book: AMAZING! If you are interested in medicinal herbs remedies you need to look at this book. The layout cover to back will hold your attention. After a short introduction of the herbalist life the author jumps the reader into the different systems of the human body such as the cardiovascular system or the endocrine system. It helps anyone interested in herbal remedies to understand how the body works so they can understand which herbs would work for an ailment. Next the reader gets a bit of botany class that is very interesting. The photos of

the plans are vibrant and show the plant to help you identify it easily. Each plant has its medicinal uses, cultivation and how to use it as a remedy explained. Some of the plants shown I have never heard of which lead to one issue I had with the listings. It would have been nice to have a reference of where these plants are considered native. The fun begins in the Herbalist Laboratory as the section was titled. Here you get to read how to apply the remedy. The application may be a tea, salve, capsule or something else. There are also recipes listed and broken down into categories for sore throat as an example. Once again photos are used to show the ingredients and possibly how to work with them. After familiarizing yourself with some recipes and how to make them, more recipes and how to administer them are outlined based upon complaint. I really believe that if you are interested in home remedies you need to check this book out. I received this ebook free in exchange for an honest review.

Bought the book on a whim since it's been something that I've been interested in for a while. This is definitely an awesome introductory book that gives a thorough introduction both to typical herbs that one might find, their effects, and the traditional methods in which they were administered (teas, tinctures, etc.). There are also a handful of typical recipes for different conditions listed in the back of the book. Unfortunately, some of these recipes include herb ingredients that aren't listed in the book which is why I give this book 4 stars instead of 5. I'm sure there was a reason and this is an introduction book, but why list a herbal recipe in your book but leave half of the herbs in the recipe out of the book? Still, this is a very good introductory book and the parts that were explained were explained very well.

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!

This is everything I've been looking for in an herb book. Complete with an alphabetical layout, color photos of each herb, medicinal uses, identification and cultivation along with preparations and dosage. It also has brief explanations of human anatomy, how to set up herbal kitchen, and many recipes. I love this treasure!

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.

JJ Pursell created a magical, informational, well laid out, concentrated book on home apothecary. Beautiful pictures, easy to read, and extreme knowledge pop from every page. I appreciate the Medicinal Uses and Medicine Cabinet portions under each herb. Flower Essence is even noted. A lot of thought and love was clearly put in this book.

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.

Beautiful photos and lots of information on using the herbs in a practical way. I have seen many books but the ease of use and clarity is well worth the price.

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