

Download File PDF National Geographic Guide To Medicinal Herbs The Worlds Most Effective Healing Plants

# ***National Geographic Guide To Medicinal Herbs The Worlds Most Effective Healing Plants***

In this giftable mini booklet of The Little Book of Home Remedies, Mind and Body, Barbara H. Seeber and Barbara Brownell Grogan join Dr. Linda White to draw on years of training in the area of natural healing to help you ease your stress and the effects that it has on the body. This handy guide provides remedies

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and advice for stress, anxiety, fatigue, depression, and more.

This book highlights the results from over a year of ethnobotanical research in a rural and an urban community in Jamaica, where we interviewed more than 100 people who use medicinal plants for healthcare. The goal of this research was to better understand patterns of medicinal plant knowledge, and to find out which plants are used in consensus by local people for a variety of illnesses. For this book, we selected 25 popular medicinal plant

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species mentioned during fieldwork.

Through individual interviews, we were able to rank plants according to their frequency of mention, and categorized the medicinal uses for each species as “major” (mentioned by more than 20% of people in a community) or “minor” (mentioned by more than 5%, but less than 20% of people).

Botanical identification of plant specimens collected in the wild allowed for cross-linking of common and scientific plant names. To supplement field research, we undertook a comprehensive search and

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review of the ethnobotanical and biomedical literature. Our book summarizes all this information in detail under specific sub-headings.

A giftable and handy mini guide-book with authoritative family references for quick, efficient relief of common ailments.

National Geographic's guide to 36 "super" herbs such as aloe, echinacea, ginkgo, and peppermint includes a wealth of essential information on the history, culture, folklore, and science of traditional and contemporary herbal medicine in all major

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culture areas of the world. Emphasizing current research and therapeutic uses, the volume provides an A-Z listing of 36 of the more than 80,000 known medicinal plants around the world. Information about each plant includes traditional and current medicinal uses, common and Latin names, description, habitat, cultivation and preparation, research, and caution alerts. Additional essays on the healing plants of Africa, Australia and New Zealand, Central and South America, China, Europe, India, North America, the Middle

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East, and Oceania provide insightful glimpses into the fascinating range and diversity of local health practices while also revealing the multifaceted roles that herbalists, healers, and herbal-medicine practitioners play in the lives of their patients.

The Boreal Herbal: Wild Food and Medicine Plants of the North is an indispensable guide to identifying and using northern plants for food and medicine. Whether you're hiking in remote areas or gardening in your backyard, this easy-to-use

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handbook will help you recognize and use fifty-five common wild plants that have extraordinary healing properties. With the Boreal Herbal, you will learn how to soothe pain with willow, staunch bleeding with yarrow, treat a urinary-tract infection with bearberry, and create a delicate and uplifting skin cream from sweetgrass. There are also dozens of healthy and delicious recipes, including Wild-Weed Spanakopita, Dandelion Wine, and Cranberry-Mint Muffins.\* Profiles of dozens of herbs, berries, and trees found

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in the northern boreal forest, including information on their habitat, harvest times, medicinal applications, as well as food uses, cosmetic uses, and spiritual uses.\* Full-colour photographs and botanical illustrations of each plant profiled in the book for easy identification\* Instructions on how to gather and preserve wild plants\* More than 200 recipes: teas, tinctures, powders, flower essences, topical treatments, beverages, jams and jellies, baked goods, soups, entrées, and much more\* Safety tips



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for harvesting and using edible and medicinal wild plants, including information on calculating dosage and plant-specific cautions\* A resource section for people interested in starting up a non-timber forest-products business\* Botanical and medicinal glossaries, and index, and handy reference charts  
500 Time-Tested Home Remedies and the Science Behind Them  
Women's Health in Complementary and Integrative Medicine  
Plants that Heal

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**The Little Book of Home Remedies, Mind and  
Body**

**Natural Recipes to Ease Common Ailments**

**A Field Guide to Common Healing Plants**

**National Geographic Desk Reference to  
Nature's Medicine**

An illustrated compendium of information on plants and their diverse therapeutic properties and benefits brings together folklore, scientific research, and medical theory to describe hundreds of plants, their origins and geographic distribution, cultivation, and medical applications. Reprint. 10,000 first printing.

National Geographic Guide to Medicinal HerbsThe World's

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Most Effective Healing Plants National Geographic Books

A reference to the medicinal plants and herbs of Eastern and Central North American includes specific remedies for asthma, headaches, colds, stomachaches, depression, and many other common ailments.

A beginner's field guide to North American geology identifies common rocks, minerals, gems, fossils, and land formations.

Herbs & Spices is the essential cook's companion, now redesigned and updated with all new recipes. A classic reference, the best-selling Herbs & Spices is a trusted resource in the kitchen, with more than 200 unique herbs and spices from around the world showcased alongside gorgeous, full-color photography, flavor notes, and pairings. This new, updated edition includes the newest herbs, spices, and

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flavorings influencing global cuisine today, plus more than 180 recipes for main dishes, marinades, pastas, pickles, and sauces. Part spice cookbook, part kitchen encyclopedia, Herbs & Spices offers handy seasoning how-tos: How to identify and choose the best herbs, spices, and other flavorings. How to prepare and cook with them to ensure you are making the most of their flavors. How to make your own blends, spice rubs, sauces, and more - then customize them for your family's palate. Herbs & Spices is perfect for beginning cooks just setting up a kitchen, foodies exploring the deliciously exotic mash-ups of today's modern cooking, and experts looking for ways to experiment with new flavor combinations. This practical illustrated reference book gives you all the guidance you need to become a master of

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seasonings and to make tantalizing food from around the world.

Healing Plants

A Clinical Guide

Secret Journeys of a Lifetime

Exploring the Human Side of War

Your Guide to Vitamins, Minerals, and More

Remedies, Seasonings, and Ingredients to Improve Your Health and Enhance Your Life

A True Story

**Offers everything you need to know about how herbs and spices can enhance your cooking and improve your life.**

**Ever wondered about the benefits of dandelion, chickweed, and elder? Healing Herbs is an essential reference for the beginning**

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**herbalist, featuring 20 common herbs, many of which are considered weeds, that can often be found in hedgerows, meadows, and wild places. Along with medicinal information, this book includes traditional folklore and fortifying recipes for each edible or medicinal plant, and plenty of easy-to-follow instructions to help fill a backyard herbalist's medicine chest with remedies to keep the whole family happy and healthy. Healing Herbs is conveniently organized by plant, making it easier for the home herbalist to find, identify, and use healing plants from the backyard. Herbalist Tina Sams identifies the 20 most common and healthful herbs and over 100 natural remedies that are easy, inexpensive, and effective. This illustrated guide is fundamental for any nature-lover's library. This National Geographic health book provides portable**

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**answers to treating common ailments using proven natural therapies. Runny nose, watery eyes, sinus headache? Don't reach for the Claritin. Instead, learn how to treat seasonal allergies with nasal lavage, a time-honored practice. Upset stomach? Forget chalky antacids; instead wear an acupuncture wrist band or chew on a teaspoon of fennel, favored by Indians for combating the effects of spicy food. Fight insomnia with valerian root, the leading natural herb to promote quality sleep with no side effects. Sections include:**

- Acupuncture (use a wrist band to relieve motion sickness, soothe sore feet, treat constipation, relieve wrist tension, alleviate headaches and neck tension, and more)**
- Aromatherapy (De-stress in the tub, relieve a headache, scent a room to create a mood, mix a body oil, make a compress, and more)**
- Ayurvedic Medicine (learn the Sanskrit**

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history of "the science of life and longevity," how to evaluate practitioners, about ayurvedic "energy prints," and more) · **Breath Therapy (Relax with Wu, Do the 4-7-8 relaxation breath, strengthen diaphragm muscles, use the 20-Cycle Breath to improve concentration, and more) · Herbs (Fennel, Peppermint, Valerian Root, Chamomile) · Hydrotherapy (drink the correct amount of water for your body, fight a cold, treat a bruise, rub away fatigue, soothe a sunburn, and more) · Massage Therapy (learn quickie massages to do on yourself to: release facial tension, relax your shoulders, help your hands, and release your lower back) · Meditation (specific exercises designed to focus on your breath, chant, focus on touch, be mindful) · Nasal Lavage and Steam Therapy (clears sinuses, relieves congestion) · Qigong (a five-minute meditation to focus your qi energy, learn**



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**and practice the simple eight postures of qigong) · Reflexology (follow instructions to perform a simple reflexology treatment that can be done anywhere to relax and invigorate your hands) · Shiatsu (learn how to choose a good shiatsu practitioner, follow instructions to perform a full body shiatsu routine on yourself) · Traditional Chinese Medicine (learn about herbs, heat, and cupping) · Yoga (learn or perfect your chair pose, tree pose, and cobra)**

**"The division between conventional and traditional medicine is as artificial as the division between science and nature. They can be woven together in a fashion that meets our physical, emotional, and spiritual needs. This is the foundation upon which integrative medicine is built." -- Tieraona Low Dog, M.D. In Life Is Your Best Medicine, Dr. Low Dog weaves together**

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**the wisdom of traditional medicine and the knowledge of modern-day medicine into an elegant message of health and self-affirmation for women of every age. This is a book that can be read cover to cover but also dipped into for inspiration or insight about a particular physical or mental health issue or remedy. We learn that, despite the widespread availability of pharmaceutical medications, advanced surgical care, and state-of-the-art medical technology, chronic illness now affects more than 50% of the American population. The evidence is overwhelmingly clear that much of the chronic disease we are confronting in the United States has its roots in the way we live our lives. Research shows that if Americans embraced a healthier lifestyle, which includes a balance between rest and exercise; wholesome nutrition; healthy weight; positive social**

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**interactions; stress management; not smoking; limited alcohol use; and no or limited exposure to toxic chemicals; then 93% of diabetes, 81% of heart attacks, 50% of strokes, and 36% of all cancers could be prevented! This means that each one of us has the power to shift the odds of being healthy in our favor. And if you do get sick, being fit gives you a much better chance for getting well. Your health has a great deal more to do with your lifestyle and a lot less to do with taking prescription drugs than most people realize. Part I. The Medicine of My Life is a personal and passionate introduction to the book Part II. Honoring the Body includes Food, Supplements, Illness, Wholeness Part III. Awakening the Senses includes Nature, Garden, Music Part IV. Listening to Spirit includes Humor, Relationships, Play, Meditation, Animals Epilogue.**

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## **Contentment**

**Written both for beginners and seasoned herbalists, this medicinal guide to native North American plants and herbs includes a color identification section.**

**Your Guide to Medicinal Herbs, Foods, and Essential Oils for Health and Well-Being**

**Edible Wild Plants**

**Uncovering the Secrets of the World's Greatest Shipwreck**

**A Woman's Guide to Health, Healing, and Wholeness at Every Age**

**A Field Guide to Medicinal Plants and Herbs of Eastern and Central North America**

**A North American Field Guide to Over 200 Natural Foods**

**A Beginner's Guide to Identifying, Foraging, and Using**

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## **Medicinal Plants / More than 100 Remedies from 20 of the Most Healing Plants**

"This comprehensive, authoritative family reference provides quick, efficient relief for hundreds of common ailments. From insect bites, insomnia, and upset stomach to nasal congestion, stress-reducing tips, and hints for heart health, 500 Time-Tested Home Remedies and the Science Behind Them offers accessible and effective recipes (many using three ingredients or less) for DIYers who want to bolster their immune defenses, and treat aches and pains and manageable ailments naturally. A cost-effective alternative to expensive prescriptions and over-the-counter products, these home treatments are easy to prepare. This important reference is both browseable and

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easy to use a moment's notice. Read it from cover to cover or simply pull it out when you need it. It includes "How it Works" sidebars that explain the science behind proven alternative treatments, a "Spotlight on Superfoods" feature, healthy lifestyle tips, "Myth vs Fact" boxes, and a "Time to Call the Doctor" feature for spotting true emergencies. When the need arises, you can trust that 500 Time-Tested Home Remedies and the Science Behind Them will provide you with the information you need to make practical decisions to keep you and your family safe and healthy. "--

Features more than five hundred plants and herbs of North America providing information on their location and medicinal uses.

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The Most Thorough Compilation of Home Cures and Remedies Yet! Years ago, every household practiced natural healing by using what they had. Plants grow abundantly all over our roadsides, cities, and in your own backyard, and though once valued and widely used, they've fallen out of fashion over time as people forget the numerous medicinal uses at our fingertips. This book brings alternative medicine back to the forefront.

Researched and written by a practicing medical herbalist and natural healer, and now with even more herbs and medicinal plants, The Big Book of Backyard Medicine is the basis for a veritable natural pharmacy that anyone can create. Featuring one hundred specific plants and their associated remedies, and fully illustrated with hundreds of

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color photographs, this book offers fascinating insights into the literary, historic, botanical, and global applications of common wild plants and herbs that can be used in medicines, including: Ash Chicory Dandelion Forget-me-not Gypsywort Horseradish Mint Red Poppy Thistle Wild carrot Willow And so much more! Anyone who wants to improve his or her health in a completely natural way will find this book to be an absolute must-have for his or her home—and garden.

A Swedish doctor shares the secrets of Nordic health and happiness in this short guide to living a longer life. The Nordic Guide to Living 10 Years Longer is a pragmatic little book that channels the simple, healthy lifestyle of Scandinavia. Swedish doctor Bertil Marklund covers broad



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ground in just over one-hundred pages, providing a comprehensive guide to lifestyle choices, including sleep, diet, exercise, and the negative impact of stress; he also introduces the concept of lagom, a Swedish take on moderation. We can all adopt the ten tips outlined in the book without completely rethinking the way we live. With his practical advice, Dr. Marklund gives you the power to make a difference in your own life—today, and in the future.

On the 100th anniversary of Titanic's sinking, National Geographic revisits the romance, glory, and tragedy of this tremendous ship and presents an insider's look at the new findings about the passengers and scientific study of the wreck site. For 100 years the great ship Titanic has rested

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in its final grave on the ocean floor, lost to deep ocean darkness until its 1985 discovery by National Geographic's Bob Ballard. Relive the spell-binding tragic final hours of the ship in a detailed retelling of the famous story and learn the personal stories of lesser-known passengers, including the "guarantees." For the first time since its discovery, Ballard travels to Belfast to interview descendants of the ship builders and the "guarantee group"—the ill-fated men who traveled on the ship's first voyage to assure its seaworthiness. Understand underwater mapping techniques that have brought Titanic's debris field into high resolution, and get a glimpse of current deep ocean scientific research on the wreckage and the future of underwater exploration.

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The World's Best Medicinal Plants

Healing Herbs

Nature's Best Remedies

The Little Book of Home Remedies, Aches and Ailments

Healthy at Home

Get Well and Stay Well Without Prescriptions

500 of the World's Most Spectacular Trips

Providing practical guidance and hope,

Stephen Harrod Buhner offers a thorough

examination of the most effective

herbal remedies for hepatitis C. While

promoting a protocol of cleansing the

liver and strengthening the immune

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system through a combination of diet, herbal medicines, and lifestyle changes, this guide will help you choose the best remedies for your individual needs. Clear descriptions of how common herbal treatments work to combat hepatitis C will empower you to make informed choices that can successfully mitigate your suffering. Get the how, when, and why of getting better and staying well with homemade remedies that the doctor orders.

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National Geographic helps you take charge of health care guided by a physician expert in natural healing, herbal medicine, and home remedies. Never have we needed this advice more than now, as worries about hospital-borne infections, antibiotic resistance, and pandemic threats make us yearn for the days of doctor home visits and mother's chicken soup. We need to rediscover the special care and comfort that comes from caring for

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health at home, says Dr. Low Dog. In this book she guides us in identifying, responding to, and caring for all the most common ailments, so that when it's time to take care at home, you have a doctor's advice on how. Learn how to make herbal remedies and why you and your family will be healthier for doing so--and get advice on when it's best to consult a health care professional instead.

"Presents 500 off-the-beaten-path

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travel destinations around the world that are notable for their vistas, wildlife, and historical and cultural significance"--Provided by publisher. A valuable guide to the healing power of nature retraces humankind's long history of using curative plants and includes an illustrated, annotated listing of one hundred of the most effective medicinal plants. Brought to you by the writers and editors that created Pojo's Unofficial

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Ultimate Pokemon, Pojo's Unofficial Big Book of Pokemon features more of everything— more characters, more tv shows, more movie reviews, more video game history, and more tips for building the very best Pokemon team! Up to date for the 2016 holiday season, this collector's edition is packed with collector's information, toy history, puzzles pages, and more! It is the ultimate guide, touching on everything Pokemon enthusiasts could ever ask for.



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Titanic

Pojo's Unofficial Big Book of Pokemon

Nature's Medicine

The World's Most Effective Healing Plants

88 Natural Remedies

500 of the World's Best Hidden Travel Gems

National Geographic Guide to Medicinal Herbs

Health-conscious consumers read nutritional labels, but it's nearly impossible to get the nutrients we need with diet

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alone. To get the USDA-recommended daily quota of vitamin D, for example, you need to eat 15 eggs or 26 sardines; of iron, 414 almonds or 15 cups of broccoli. So we rely on nutritional supplements—vitamins and minerals, probiotics and enzymes—but the variety of pills, products, and elixirs on the market today is overwhelming. And, as we have seen in recent news, some of these products are downright fakes. Trusted natural health physician and bestselling author Tieraona Low Dog, M.D. provides a personalized approach to using nutritional supplements for your specific health needs, helping you navigate the complex and often confusing landscape of vitamins, minerals, and more. Dr. Low Dog explains the basics about every essential nutritional supplement and guides the

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reader in creating a personalized supplement plan, tailored to individual genetics, age, gender, and lifestyle. Low Dog evaluates current research, explains the relationship between food and supplements, describes how medications cause chemical imbalances in the body, and advises on how to judge brands and read labels. Low Dog engages and encourages readers to take charge of their own health and provides guidance to find the right combination of nutritional supplements to improve mood, strength, energy, and well-being.

Identifies hidden treasures and lesser-known points of interest in each of America's national parks.

Medicinal Herbs of California is the first statewide field guide to more than 70 common medicinal plants of

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California. This vital addition to the California naturalist's shelf will introduce readers to the principles of herbal remedies, history and roots in native cultures, scientific information, and how to find and incorporate medicinal plants into daily life. Inside you'll find: Photos and descriptions to help with positive identification Common and scientific names and the plant families Conservation status Modern and traditional uses The science behind natural phytochemicals that have earned these plants a place in Native American medicine for thousands of years.

NAMED A NEW YORK TIMES NOTABLE BOOK OF 2017 #1 New York Times and #1 Wall Street Journal bestseller! A five-hundred-year-old legend. An ancient curse. A stunning medical mystery. And a pioneering journey into the

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unknown heart of the world's densest jungle. Since the days of conquistador Hernán Cortés, rumors have circulated about a lost city of immense wealth hidden somewhere in the Honduran interior, called the White City or the Lost City of the Monkey God. Indigenous tribes speak of ancestors who fled there to escape the Spanish invaders, and they warn that anyone who enters this sacred city will fall ill and die. In 1940, swashbuckling journalist Theodore Morde returned from the rainforest with hundreds of artifacts and an electrifying story of having found the Lost City of the Monkey God-but then committed suicide without revealing its location. Three quarters of a century later, bestselling author Doug Preston joined a team of scientists on a groundbreaking new quest. In 2012 he climbed aboard a

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rickety, single-engine plane carrying the machine that would change everything: lidar, a highly advanced, classified technology that could map the terrain under the densest rainforest canopy. In an unexplored valley ringed by steep mountains, that flight revealed the unmistakable image of a sprawling metropolis, tantalizing evidence of not just an undiscovered city but an enigmatic, lost civilization. Venturing into this raw, treacherous, but breathtakingly beautiful wilderness to confirm the discovery, Preston and the team battled torrential rains, quickmud, disease-carrying insects, jaguars, and deadly snakes. But it wasn't until they returned that tragedy struck: Preston and others found they had contracted in the ruins a horrifying, sometimes lethal-and incurable-disease. Suspenseful and

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shocking, filled with colorful history, hair-raising adventure, and dramatic twists of fortune, THE LOST CITY OF THE MONKEY GOD is the absolutely true, eyewitness account of one of the great discoveries of the twenty-first century. An invaluable resource for all those interested in herbal medicine, Aboriginal culture and Australian flora. Australia's varied flora provided Aborigines with their medicines for thousands of years. In this book hundreds of species are described and their uses as painkillers, antiseptics, etc are explained.

A Handbook of Native American Herbs

Herbs for Hepatitis C and the Liver

Herbs & Spices

The Untold Civil War

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The Lost City of the Monkey God

The Big Book of Backyard Medicine

Wild Food and Medicine Plants of the North

*Dramatically illustrated with archival images and objects and compelling contemporary photography, this book delivers a surprise on every page: from precious personal mementos to forgotten battle sites; from newly recovered glass-plate negatives that reveal long-obscured photographic details to long-lost documents*  
*From headaches to sore feet, muscle cramps to melancholy: the remedies to many ailments can be found in the world of plants. In this guide,*



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*both botanists and medical experts explore the healing properties of herbs and other plants to reveal how they have been used in the past and how they can be used today. A resource organized by body system lists the key herbal remedies available, their uses, and cautionary advice, also includes full-color photos, a glossary and several thematic indexes.*

*A resource organized by body system lists the key herbal remedies available, their uses and cautionary advice, in a book that includes full-color photos, a glossary and several thematic indexes.*

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*"Explore healing properties of plants ; discover remedies to ailments ; uncover ways to stay healthy naturally"--Cover.*

*The author of the bible on herbalism returns with a portable guide for the professional and amateur herbalist alike Based on the now-classic reference text Indian Herbalogy of North America, this illustrated pocket guide is the perfect companion for those eager to expand their knowledge of herbal healing. Through detailed descriptions and illustrations, Alma R. Hutchens walks readers through: · 125 of the most useful medicinal herbs found in North*

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*America, and their uses · How to create herbal remedies for common ailments · The herbal traditions of North America and other lands*  
*Entries include staples of folk medicine such as echinacea and slippery elm as well as common kitchen herbs—from parsley to thyme to pepper—whose tonic and healing properties are less widely known.*

*National Geographic Pocket Guide to Rocks and Minerals of North America*

*The Boreal Herbal*

*A Field Guide to Western Medicinal Plants and Herbs*

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*Australian Medicinal Plants*

*Ease Aches, Pains, Ailments, and More with  
Hundreds of Simple and Effective At-Home  
Treatments*

*Desk Reference to Nature's Medicine*

*Life Is Your Best Medicine*

*Presents a season-by-season guide to the  
identification, harvest, and preparation of more  
than two hundred common edible plants to be  
found in the wild.*

*Describes the healing properties of more than one  
hundred herbs and lists useful herbal treatments*

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*for hundreds of common ailments*

*A giftable and handy mini guidebook with authoritative family references for quick, efficient relief of common ailments.*

*Takes an evidence-based approach to complementary and integrative medicine in women's health, examining when, how, and for whom these therapies can be effective--*

*An illustrated compendium of information on plants and their diverse therapeutic properties and benefits brings together folklore, scientific research, and medical theory to describe hundreds*

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*of plants, their origins and geographic distribution,  
cultivation, and medical applications.*

*Medicinal Herbs of California*

*The Experts' Guide to the Best Experiences Beyond  
the Tourist Trail*

*A Medicinal Guide to Native North American Plants  
and Herbs*

*Natural Recipes for Peace of Mind*

*36 Healing Herbs*

*The Pocket Guide to 125 Medicinal Plants and Their  
Uses*

*The Complete Medicinal Herbal*

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*National Geographic presents the great outdoors through the world's best auto trips, for nature lovers, hikers, and adventurers. Pack your suitcase, load up the car, and head for the open road! This lavishly illustrated, hardcover travel planner and gift book gives you every bit of information you'll need to navigate 400 amazing driving routes in some of the world's most fascinating locales. This practical travel planner provides specific, in-depth*

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*descriptions of the sights each drive offers. A clear, detailed, easy-to-read map of each route. Useful information on the best time to travel. And insider tips to help you get the most out of every fabulous trip. Abundant sidebars call your attention to standout sights along the drive or entertaining background information on the region and its culture. While handy indeed as a planner, Drives of a Lifetime doubles as a full-color gift book with more*



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*than 200 dazzling, large-format photos and crisp, evocative text that will enchant armchair travelers. The book immerses you in the unique appeal and beauty of hundreds of inviting locales. Sample entries include the road to the spectacular ancient ruins in and around Angkor Wat in Cambodia; the Natchez Trace Parkway, along an ancient Native American trail through Mississippi; the scenic old coastal route from Dublin to Wexford in Ireland; an off-road dune*

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*drive in Dubai; the famous ocean views along the Cabot Trail in Nova Scotia, Canada; the Winelands Route through South Africa's Western Cape; a drive among the incredible land formations in South Dakota's Badlands; and an archaeological tour through Syria. In addition, you'll find several fun Top Ten lists: skyscraping drives, Mediterranean island roads, African wildlife excursions, and more. Chapters organized by theme include Ultimate*

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*Road Trips, featuring famous drives such as Highway One down the California coast; Over Hill and Mountains; By Sea and Shore; The Road Less Traveled, highlighting unpaved and untamed routes and safaris; Village Byways through some of the world's most picturesque hamlets; and Historic Trails, tracing the paths of history's great builders and explorers. Whether you travel these storied routes by car or through the pages of the book--countless wonders*

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*await your discovery in Drives of a Lifetime.*

*Popular Medicinal Plants in Portland and Kingston, Jamaica*

*10 Easy Tips for a Happier, Healthier Life*

*National Geographic Complete Guide to Herbs and Spices*

*The Ultimate Guide to Home-Grown Herbal Remedies*

*Over 200 Herbs and Spices, with Recipes*

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*for Marinades, Spice Rubs, Oils, and  
More*

*The Nordic Guide to Living 10 Years  
Longer*