

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

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Little Kids First Big Book of Why Amy Shields 2011 Provides answers to commonly asked questions such as "Why does my skin wrinkle in the tub?" and "Why do we see a rainbow?"

Secrets of the National Parks National Geographic Society 2013 Identifies hidden treasures and lesser-known points of interest in each of America's national parks.

Life Is Your Best Medicine Tieraona Low Dog, M.D. 2012-09-04 "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 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 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. Contentment

Healing Plants Ana Nez Heatherley 1998 Written both for beginners and seasoned herbalists, this medicinal guide to native North American plants and herbs includes a color identification section.

National Geographic Guide to Medicinal Herbs Rebecca L. Johnson 2014 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, 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.

Herbs & Spices Jill Norman 2015-05-05 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 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 seasonings and to make tantalizing food from around the world.

Strengthening Forensic Science in the United States National Research Council 2009-07-29 Scores of talented and dedicated people serve the forensic science community, performing vitally important work. However, they are often constrained by lack of adequate resources, sound policies, and national support. It is clear that change and advancements, both systematic and scientific, are needed in a number of forensic science disciplines to ensure the reliability of work, establish enforceable standards, and promote best practices with consistent application. Strengthening Forensic Science in the United States: A Path Forward provides a detailed plan for addressing these needs and suggests the creation of a new government entity, the National Institute of Forensic Science, to establish and enforce standards within the forensic science community. The benefits of improving and regulating the forensic science disciplines are clear: assisting law enforcement officials, enhancing homeland security, and reducing the risk of wrongful conviction and exoneration. Strengthening Forensic Science in the United States gives a full account of what is needed to advance the forensic science disciplines, including upgrading of systems and organizational structures, better training, widespread adoption of uniform and enforceable best practices, and mandatory certification and accreditation programs. While this book provides an essential call-to-action for congress and policy makers, it also serves as a vital tool for law enforcement agencies, criminal prosecutors and attorneys, and forensic science educators.

Nature's Best Remedies National Geographic 2019-02-05 "Explore healing properties of plants ; discover remedies to ailments ; uncover ways to stay healthy naturally"--Cover.

A Field Guide to Venomous Animals and Poisonous Plants, North America, North of Mexico Steven Foster 1994 Describes

dangerous mammals, reptiles, spiders, insects, flowers, shrubs, trees, and mushrooms

Medicinal Herbs of California Lanny Kaufer 2021-12-30 Medicinal Herbs of California is the first statewide field guide to more than 70 common medicinal plants of 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.

Healing Herbs Tina Sams 2015-01-30 Ever wondered about the benefits of dandelion, chickweed, and elder? Healing Herbs is an essential reference for the beginning 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.

Titanic National Geographic 2012-03-20 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 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.

National Geographic Guide to Medicinal Herbs Rebecca L. Johnson 2012-03-06 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.

Secret Journeys of a Lifetime National Geographic Society (U.S.) 2011 "Presents 500 off-the-beaten-path travel destinations around the world that are notable for their vistas, wildlife, and historical and cultural significance"-- Provided by publisher.

88 Natural Remedies 2013-10-01 This National Geographic health book provides portable 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 acupressure 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: · Acupressure (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 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 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)

National Geographic Pocket Guide to Wildflowers of North America Catherine Herbert Howell 2014 Profiles one hundred-sixty of the most common North American wildflowers and weeds, accompanied by a color photograph and illustration for easy identification.

Little Kids First Big Book of Animals Catherine D. Hughes 2010 Profiles several different animals from around the world that live in different habitats.

National Geographic Guide to America's Public Gardens Mary Zuazua Jenkins 1998 Describes gardens in the United States and Canada

Attainable Sustainable Kris Bordessa 2020-04-30 Packed with delicious recipes, natural remedies, gardening tips,

homemaking ideas, crafts, and more, this indispensable lifestyle reference from the popular blogger behind Attainable Sustainable makes earth-friendly living fun, real, and easy. Whether you live in a city, suburb, or the country, this essential guide for the backyard homesteader will help you achieve a homespun life--from starting your own garden and pickling the food you grow to pressing wildflowers, baking sourdough loaves, quilting, raising chickens, and creating your own natural cleaning supplies. In these beautifully illustrated pages, eco-guru Kris Bordessa offers DIY lovers an indispensable home reference for sustainability in the 21st century, using tried-and-true advice, 50 enticing recipes, and step-by-step directions for creating fun, cost-efficient projects that will bring out your inner pioneer. Filled with more than 300 four-color photographs, this relatable, comprehensive book contains time honored-wisdom and modern know-how for getting back to basics in a beautiful, accessible package.

Herbal Medicine Iris F. F. Benzie 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

Drives of a Lifetime National Geographic 2014-10-08 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 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 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 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 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 await your discovery in Drives of a Lifetime. [National Geographic Desk Reference to Nature's Medicine](#) Steven Foster 2008 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 Little Kids First Big Book of Space Catherine D. Hughes 2012 Introduces basic concepts about outer space, from the sun and the moon to the planets and space exploration.

A Field Guide to Medicinal Plants and Herbs of Eastern and Central North America Steven Foster 2000 A reference to the medicinal plants and herbs of Eastern and Central North America includes specific remedies for asthma, headaches, colds, stomachaches, depression, and many other common ailments.

The Boreal Herbal Beverley Gray 2011 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 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 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 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

Fauci: Expect the Unexpected National Geographic 2021-11-02 Compiled from hours of interviews drawn from the eponymous National Geographic documentary, this inspiring book from world-renowned infectious disease specialist Anthony Fauci shares the lessons that have shaped the celebrated doctor's life philosophy, offering an intimate view of one of the world's greatest medical minds as well as universal advice to live by. Before becoming the face of the White House Coronavirus Task Force and America's most trusted doctor, Dr. Anthony Fauci had already devoted three decades to public service. Those looking to live a more compassionate and purposeful life will find inspiration in his unique perspective on leadership, expecting the unexpected, and finding joy in difficult times. With more than three decades spent combating some of the most dangerous diseases to strike humankind-- AIDS, Ebola, COVID-19--Dr. Fauci has worked in daunting professional conditions and shouldered great responsibility. The earnest reflections in these pages offer a universal message on how to lead in times of crisis and find resilience in the face of disappointments and obstacles. Filled with inspiring words of wisdom, this profound book will offer readers a concrete path to a bright and hopeful future. Editor's Note: Dr. Anthony Fauci had no creative control over this book or the film on which it is based. He was not paid for his participation, nor does he have any financial interest in the film or book release.

National Geographic Complete Guide to Herbs and Spices Nancy J. Hajeski 2016-03 Offers everything you need to know about how herbs and spices can enhance your cooking and improve your life.

Fortify Your Life Tieraona Low Dog, M.D. 2016-02-02 Health-conscious consumers read nutritional labels, but it's nearly impossible to get the nutrients we need with diet 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 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.

A Brief History of Neoliberalism David Harvey 2007-01-04 Neoliberalism - the doctrine that market exchange is an ethic in itself, capable of acting as a guide for all human action - has become dominant in both thought and practice throughout much of the world since 1970 or so. Its spread has depended upon a reconstitution of state powers such that privatization, finance, and market processes are emphasized. State interventions in the economy are minimized, while the obligations of the state to provide for the welfare of its citizens are diminished. David Harvey, author of 'The New Imperialism' and 'The Condition of Postmodernity', here tells the political-economic story of where neoliberalization came from and how it proliferated on the world stage. While Thatcher and Reagan are often cited as primary authors of this neoliberal turn, Harvey shows how a complex of forces, from Chile to China and from New York City to Mexico City, have also played their part. In addition he explores the continuities and contrasts between neoliberalism of the Clinton sort and the recent turn towards neoconservative imperialism of George W. Bush. Finally, through critical engagement with this history, Harvey constructs a framework not only for analyzing the political and economic dangers that now surround us, but also for assessing the prospects for the more socially just alternatives being advocated by many oppositional movements.

Healthy at Home Tieraona Low Dog, M.D. 2014-01-14 Get the how, when, and why of getting better and staying well with homemade remedies that the doctor orders. 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 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.

National Geographic Illustrated Guide to Wildlife National Geographic Society (U.S.) 2014 Filled with photographs and original artwork, a resource from one of the most trusted names in field guides showcases 900 species of North America's most common birds, mammals, insects, reptiles and amphibians, along with fish and other aquatic creatures.

One Hundred and One Medicinal Herbs Steven Foster 1998 For many people who want to use herbs for good health, Stephen Foster provides the ultimate overview of how to use herbs for health and healing. 101 color photos.

A Field Guide to Western Medicinal Plants and Herbs Steven Foster 2002 Features more than five hundred plants and herbs of North America providing information on their location and medicinal uses.

36 Healing Herbs Rebecca L. Johnson 2012-05-01 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 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 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.

Women's Health in Complementary and Integrative Medicine Tieraona Low Dog 2005 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--

The Little Book of Home Remedies, Mind and Body Linda B. White, M.D. 2014-12-01 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 and advice for stress, anxiety, fatigue, depression, and more.

The Complete Medicinal Herbal Penelope Ody 1993 Describes the healing properties of more than one hundred herbs and lists useful herbal treatments for hundreds of common ailments

The Big Book of Backyard Medicine Julie Bruton-Seal 2020-03-03 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 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.

Handbook of African Medicinal Plants, Second Edition Maurice M. Iwu 2014-02-04 With over 50,000 distinct species in sub-Saharan Africa alone, the African continent is endowed with an enormous wealth of plant resources. While more than 25 percent of known species have been used for several centuries in traditional African medicine for the prevention and treatment of diseases, Africa remains a minor player in the global natural products market largely due to lack of practical information. This updated and expanded second edition of the Handbook of African Medicinal Plants provides a comprehensive review of more than 2,000 species of plants employed in indigenous African medicine, with full-color

photographs and references from over 1,100 publications. The first part of the book contains a catalog of the plants used as ingredients for the preparation of traditional remedies, including their medicinal uses and the parts of the plant used. This is followed by a pharmacognostical profile of 170 of the major herbs, with a brief description of the diagnostic features of the leaves, flowers, and fruits and monographs with botanical names, common names, synonyms, African names, habitat and distribution, ethnomedicinal uses, chemical constituents, and reported pharmacological activity. The second part of the book provides an introduction to African traditional medicine, outlining African

cosmology and beliefs as they relate to healing and the use of herbs, health foods, and medicinal plants. This book presents scientific documentation of the correlation between the observed folk use and demonstrable biological activity, as well as the characterized constituents of the plants.

The Little Book of Home Remedies, Aches and Ailments Linda B. White 2015-02-15 A giftable and handy mini guidebook with authoritative family references for quick, efficient relief of common ailments.