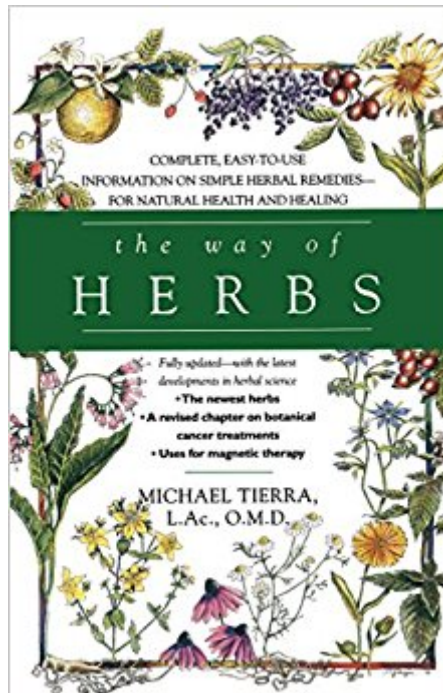


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The Way Of Herbs: Fully Updated With The Latest Developments In Herbal Science



Synopsis

Fully updated with the latest developments in herbal science, this practical and useful guide offers comprehensive descriptions of herbal treatments for cancer, arthritis, colds, and influenza. It shows how to gain and maintain health through a holistic approach, with information on simple herb remedies, and descriptions of more than 140 Western herbs and 31 Chinese herbs. *The Way of Herbs* is an essential manual for gaining and maintaining good health through a holistic approach, a natural path to well-being and is *the one book that should be in everyone's library* • (William McGarey, MD). Discover: **The three functions of herbs *Eight traditional methods of herbal therapy *The benefits of a balanced diet *Herbal treatments for cancer, herpes, acne, arthritis, back pain, weight problems, colds, and flu *Detailed descriptions, use, and dosage for more than 140 Western herbs and 31 important Chinese herbs *How to purchase, grow, and store herbs *A new, extensive directory of herbal health-care stores* *the first herb book that effectively blends Eastern, European, and American Indian healing traditions* • (Steven Foster, director of the American Center for Herb Study).

Book Information

Paperback: 416 pages

Publisher: Pocket Books; Revised edition (August 1, 1998)

Language: English

ISBN-10: 0671023276

ISBN-13: 978-0671023270

Product Dimensions: 6.1 x 1 x 9.2 inches

Shipping Weight: 15.2 ounces (View shipping rates and policies)

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Best Sellers Rank: #87,916 in Books (See Top 100 in Books) #119 in [Books > Health, Fitness & Dieting > Alternative Medicine > Holistic](#) #198 in [Books > Health, Fitness & Dieting > Alternative Medicine > Herbal Remedies](#) #9918 in [Books > Self-Help](#)

Customer Reviews

This book is an excellent staple to understanding the basic properties of herbs, their energy (cool or warm) and what systems are affected. The definitions of herbal properties were clear and concise (alteratives, diuretics, etc.) The section on diagnosis and treatment listed Yin and Yang conditions and how to apply Yin/Yang theory to herbal medicine. This was helpful in understanding the energy of a plant. Both Western and Oriental herbs are listed in separate sections and is fairly extensive.

Most dosage recommendations, however, are listed in tincture or infusion form with little information on application through "00" or "0" capsules. In the Treatments for Specific Ailments section, the ailments are generalized like menstrual cramps, colds, constipation, coughs and sore throats, etc. While a very good basic foundation it does not elaborate on the different symptoms, for example, of a cold. Do they need a respiratory relaxant or stimulant, a demulcent or an antitarrhal? Many of the remedies are in infusion or decoction form which is not practical for someone to have dry herbs in bulk to prepare this recommended blend. Also for client compliancy it is not realistic. The last chapter on magnetic therapy, while highly informative, has no place in an herbal resource book. I found this book to be in an easy to read format and a valuable basic resource book for a beginning to intermediate herbalist.

I am a midwifery student just getting into herbalism. My best friend is an herbalist, so I knew a little bit going in. This book is a fantastic introduction. The basics are laid out in a really straight-forward and helpful manner. Once you start getting comfortable with it, the reference bit is fantastic for quickly finding things. Michael Tierra does a fantastic job of walking the line between mysticism and science. He provides enough of the physical workings of the herbs to satisfy a rational mind, but doesn't lose track of the spiritual connection.

As a medicinal herbalist I find the most beneficial aspect of this book to be the section on the herbs themselves as I have found it to be the most concise and thorough out of all the books I use for my herbal studies and practice. I do have to mention that the range of herbs he includes is extensive but not complete as for some I had to find other sources. However, Tierra's herbal on western herbs is specific and includes relevant and beneficial information as he lists each herb by its most common name, scientific name, other common names, plant family, parts of the herb used, the flavor and energy of the herb, body systems and organs the herb affects, the biochemical constituents in the herb, the herbal actions and properties of the herb, the standardization and dose of the herb in its different methods of application, the specific conditions the herb is used to treat and its other uses, and furthermore some history and background data on the herb as well as its safety, contraindications, and adverse effects. In addition to my primary reason for reading and using this book, I like the included section Theory of Using herbs, which is although quite concise, very useful even as a general reminder about the simplistic but effective nature that herbs and plants have and that we can so easily utilize and attain potent earth medicine that is just as reliable as technological medicine but much more economically and environmentally sound. In conclusion The Way of Herbs

is a must read and reference book to own for anyone be them a dedicated naturopathic practitioner of herbal medicine or someone just interested in a specific alternative or remedy

This is perhaps the best book on herbal medicine I have ever read. Tierra covers not only the botanical and therapeutic properties of herbs, he shows with great clarity how they fit into the wider context of holistic healing. His integration of traditional Western herbalism with Chinese and Ayurvedic medicine--and he is a master of all three--justifies his proprietary name of "Planetary Medicine."

I bought my first copy of Dr. Michael Tierra's "The Way of Herbs" in 1990. It was a little paperback that I carried with me everywhere I went. Eventually the pages yellowed and withered and began to fall out, and I've worn out a few more copies since. This book was one of my first introductions into homeopathic medicine and it has kept me and family well, and healthy for decades now. I can't recommend it enough!

This is a great herb book! I used the older edition for a variety of conditions over the past 15 years and it has been incredibly useful! I recently bought the new revised edition and it's vastly improved over the original. The herbal formulas added to this new edition are pretty easy to follow and right on target. I can honestly say it is the best herb book I own and I'm very grateful to Mr. Tierra for his valuable work.

I have purchased 7 copies of this book for friends and family and I still do not have my own as it was loaned out to another friend. I have been sick once in 4.5 years because of what I have learned from this book. The only reason I have been sick once is I was traveling with no access to any of the herbs. This book covers all of the major herbs and health topics with solutions to problems. Skip the pharmacy and buy this book.

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