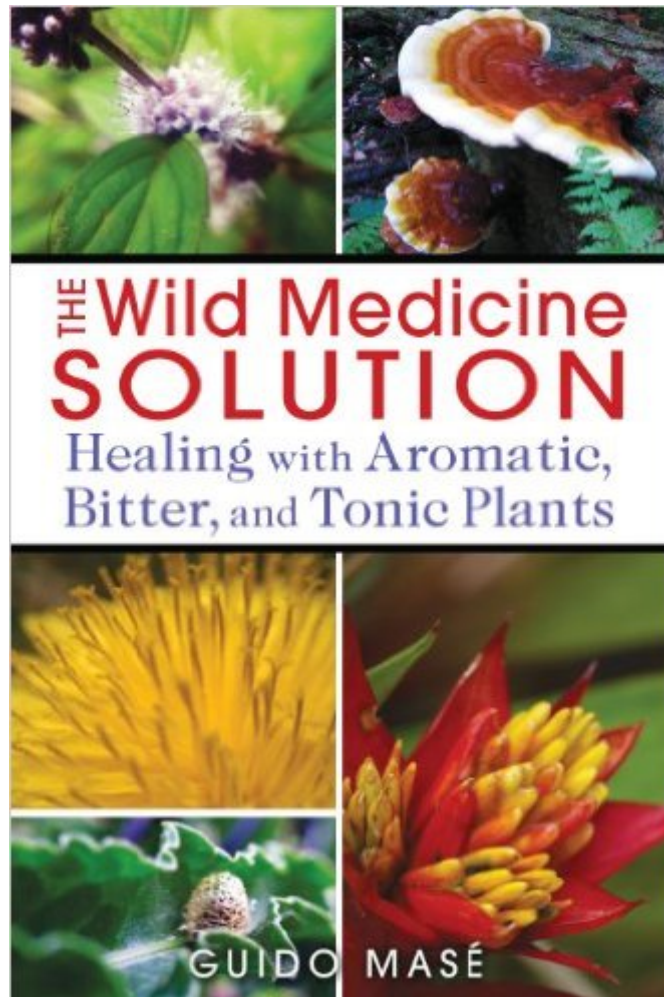


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# The Wild Medicine Solution: Healing With Aromatic, Bitter, And Tonic Plants



## Synopsis

Restoring the use of wild plants in daily life for vibrant physical, mental, and spiritual health

- Explains how 3 classes of wild plants--aromatics, bitters, and tonics--are uniquely adapted to work with our physiology because we coevolved with them
- Provides simple recipes to easily integrate these plants into meals as well as formulas for teas, spirits, and tinctures
- Offers practical examples of plants in each of the 3 classes, from aromatic peppermint to bitter dandelion to tonic chocolate

As people moved into cities and suburbs and embraced modern medicine and industrialized food, they lost their connection to nature, in particular to the plants with which humanity coevolved. These plants are essential components of our physiologies--tangible reminders of cross-kingdom signaling--and key not only to vibrant physical health and prevention of illness but also to soothing and awakening the troubled spirit. Blending traditional herbal medicine with history, mythology, clinical practice, and recent findings in physiology and biochemistry, herbalist Guido MasÃ© explores the three classes of plants necessary for the healthy functioning of our bodies and minds--aromatics, bitters, and tonics. He explains how bitter plants ignite digestion, balance blood sugar, buffer toxicity, and improve metabolism; how tonic plants normalize the functions of our cells and nourish the immune system; and how aromatic plants relax tense organs, nerves, and muscles and stimulate sluggish systems, whether physical, mental, emotional, or spiritual. He reveals how wild plants regulate our heart variability rate and adjust the way DNA is read by our cells, controlling the self-destructive tendencies that lead to chronic inflammation or cancer. Offering examples of ancient and modern uses of wild plants in each of the 3 classes--from aromatic peppermint to bitter dandelion to tonic chocolate--MasÃ© provides easy recipes to integrate them into meals as seasonings and as central ingredients in soups, stocks, salads, and grain dishes as well as including formulas for teas, spirits, and tinctures. Providing a framework for safe and effective use as well as new insights to enrich the practice of advanced herbalists, he shows how healing a "wild plant deficiency syndrome"--that is, adding wild plants back into our diets--is vital not only to our health but also to our spiritual development.

## Book Information

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## Customer Reviews

Thank you Guido for opening my eyes for me to discover a totally new passion. To think that all this time I have been ignoring these "weeds" without any thought to their medicinal values. You could have been writing about me as I watch what I eat, no GMO's, clean water AND several supplements when in fact I should be getting those nutrients from wild medicine. You write in such an interesting manner that makes this far, far more than a gardening book or a health book. It is pure magic and truly a classic! I hope you will consider writing another volume with other local, common garden plants e.g. stinging nettles, red clover etc. I have never thought of using a herbalist to keep me healthy. That situation will change as your book has made clear to me that it is the perfect addition in my wellness regime. Thank you so much for such an informative, interesting and easily read masterpiece.

Most of us are. Our increasingly busy lives make food planning seem more and more like a tiresome chore. Guido Mas<sup>©</sup> is hoping to help restore a reverence for how and what we eat. Specifically he is asking readers to look at consciously adding aromatics, bitters, and tonics to our diet to increase energy and prevent disease. Part scientist, part folklorist, and part clinical herbalist, Mas<sup>©</sup> has put together an amazing overview of the use of wild plants for medicinal purposes, followed up with inventive recipes, formulas for teas and tinctures, and guidelines for safely incorporating these dynamic plants into our daily lives. While he imparts lots of academic information, he manages to do so in a conversational, sometimes even lyrical, tone. The book is very readable. For those who are overwhelmed by the large volume of information, I suggest turning to the section on CHOCOLATE. Do a quick read through of all the health benefits of cacao, then make yourself a cup of Mayan hot chocolate, breathe deeply as your blood pressure lowers, and wait for that blissful chocolate feeling to kick in. A natural adjunct to the current real food movement, this book is a resource you'll want to return to again and again. (InannaWorks.com received a free review copy of this book.)

I sat as a student with Guido and know that he is brilliant! I learned so much in that two days and decided to buy his book, I bought it not only on my kindle but am purchasing the paperback so I can highlight the info in hardcopy!

Wonderful book on wild medicines, thank you Guido for this gift to me and my herbal book library. Great pictures for easy identification.

I was reading this book in an academic setting, but it stirred up some great interest in me that I'd surely try some of the recipes detailed in this book. There is really no point in not following some simple steps to ensure that you are healthy and you have some edge over the gravest of the medical issues confront modern human beings today. This book will let you know how.

This is a good book, but it wasn't what I was expecting. For me, there was really no new knowledge contained in it, but well written nonetheless. If you're interested in how to make your diet healthier with including certain staples in it daily, this would be helpful.

Guido blends verified scientific discovery with established folkloric medicine to bring the most in depth info on the plant (and fungi) categories he has featured in the book. I particularly enjoyed the section on bitters--the history behind them, how they work in the human body, and how we need them in our diet more than ever. This book simplified herbal medicine in my mind by helping me realize that I needn't order rare plants from far-flung corners of the globe or spend hundreds of dollars at my local health food store to enjoy in-depth, real, herbal remedies. Most of them are out there, not far away, waiting to be discovered by me. And in going out to find them--ah! There is another medicine in and of itself--the fresh air, the hiking, and the reconnecting with nature that we all so desperately need. I checked this book out from my local library, read it cover to cover, and then went online and bought a physical copy of it. Yes, I wanted to read it more than once, and you will too! The only disappointment that arose from the discovery of this book was the fact that Mase has not written any other books! (As of yet).

This is an enjoyable book to read and I plan to purchase it soon for my home library (read if from library). It's limitations are only discussing in depth 13 herbs: 5 aromatics-peppermint, lemon balm, linden, ginger and garlic 4 bitter-wormwood, dandelion, burdock and yellowdock 4 tonics-chocolate, astragalus, red reishi and hawthorn. If you are looking for a book that has a complete list of of herbal

medicine this is not the book. But it has such good information including recipes that it is my #2 choice out of all the herbal books I've read looking for the one or two to own personally. My #1 choice is Natural Health Encyclopedia of herbal Medicine (a DK book) but this book is far better than all the other contenders.

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