A Field Guide To Western Medicinal Plants And Herbs (Peterson Field Guides)
**Synopsis**

The most complete work on the medicinal plants of western North America, this guide offers the best information in the world on the nearly 500 species covered, much of it available for the first time. More than 530 color photographs illustrate the plants. An index to medical topics helps locate information on specific ailments. Symbols next to the plant descriptions provide quick visual warnings for poisonous and allergenic plants. Organized by flower color for fast identification, this guide is an essential aid to appreciating native plants and the wild areas they inhabit.

**Book Information**

Series: Peterson Field Guides  
Paperback: 464 pages  
Publisher: Houghton Mifflin Harcourt; Peterson Field Guides edition (April 18, 2002)  
Language: English  
ISBN-10: 0395838061  
Product Dimensions: 0.8 x 5 x 7.2 inches  
Shipping Weight: 1.5 pounds (View shipping rates and policies)  
Average Customer Review: 4.4 out of 5 stars See all reviews (49 customer reviews)  
Best Sellers Rank: #26,294 in Books (See Top 100 in Books) #31 in Books > Science & Math > Biological Sciences > Botany #69 in Books > Health, Fitness & Dieting > Alternative Medicine > Herbal Remedies #73 in Books > Science & Math > Biological Sciences > Plants

**Customer Reviews**

My scores are based on the usefulness of this book for foraging medicinal plants. Overall rating: 3 stars  
Number of plants: 4 stars  
Treatment lists: 4 stars  
Treatment details: 3 stars  
Picture types: small color photographs  
Plant identification: 2 stars  
Who will find it useful: truly dedicated novices, experienced foragers & herbalists, backpackers, hunters, preparedness-minded & self-sufficient folk, all of whom live west of the Rocky Mountains or in non-desert areas of the southwest. This book suffers the same fate as other Peterson edible/medicinal field guides, the pictures are just too small to be much use to novice foragers. Many people attending my wild edible/medicinal plant classes come with a copy of this book and none of them have been successful in identifying more than 5-6 plants from these guides. A dedicated beginner who uses the book as recommended by the publisher (directions at front of book) will have a higher success rate. Most people don’t follow these directions which leads to their frustration with the book. True, this is more the fault of people than of
the guide, but it's something you need to keep in mind when deciding if this would be a good field
guide for you. If you can already identify the wild plants in your area this book will be a great and
useful addition to your library. It mainly limits itself to tea treatments (drank or applied to skin) but
does a good job of covering all these uses as well as stating which have scientific backing and
which are folklore. Sidenote: I'm not saying anything bad against folklore uses, just that in many
cases there hasn't been enough scientific research to confirm these uses.

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