

Synopsis

This book is the essential reference for anyone interested in growing, gathering, preparing, using and taking herbs for improving and maintaining health.

Book Information

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Customer Reviews

This is a comprehensive, authoritative, illustrated guide to herbs. Beautifully illustrated, each oversized page has two herbs per page that includes, the plant family name, common name, a paragraph describing its benefits, part used, collection, constituents, actions and preparation and dosage. In this informative book you will find the internal and external uses of herbs. There are over 300 illustrated pictures and an A-Z listing of over 200 herbs. There is a section that explains the systems of the body and some common ailments. Included here you will find which herbs work best to heal the ailment. Many of these herbs have been used by cultures for centuries for prevention of disease by drinking certain tonics or teas to help the various systems of the body. If you are interested in alternative medicine for well-being than this book is for you. There are many things you can take besides a little pill to cure your ills, try some natural medicine. This book is recommended for the beginner as well the seasoned herb practitioner.

When working toward my degree as a Natural Health Consultant, David Hoffman was one of the authors of my myriads of textbooks. While this particular book is a newer edition than the one I have in my personal library from my college DAZE :) , I purchased it for a friend who also loves holistic/natural remedies and keeps borrowing my book. Decided to get her one for her own library

for her birthday. I know she is going to love it. Filled with bright, colorful pictures of plants, herbs, how-to's, easy to follow instructions, recipes, explanations, etc. Maybe NOT the book for the beginner, but soon to follow the die-hard holistic interest.

I tried very hard to make sure I was purchasing a version of this book with full color photos...sadly this one is black and white...arghh!

This book would be appropriate for either the beginner or a more experienced herbalist. Very well written and easy to understand instructions on safely making herbal remedies. A very welcome addition to my herbal library.

Does an excellent job of covering basic herbs, preparations, and treatments. Wish it covered some other herbs but for me a beginner it is great. The only drawback is that the pictures are in black and white, color would make the herbs easier to identify.

I find this book very helpful in the research of herbal studies. I am a student and appreciate the work that has gone into a book of this type making it much easier to find the pertinent information on the herb that I am researching. I can see that I will continue to get a lot of good use from this book.

I've been interested in herbs for years, but was limited in my knowledge. This is a great book to start with. Definitely recommend it to those who are looking for a book to get a basics of herbs and how to use them.

This is a MUST have for every person interested in herbs, and for every herbalist. It covers everything and it is written in a very simple language understandable by the public. I recommend it to everyone!

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