



The Desktop Guide to Herbal Medicine: The Ultimate Multidisciplinary Reference to the Amazing Realm of Healing Plants, in a Quick-study, One-stop Guide

Brigitte Mars

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Herbal medicine has been with us since the beginning, one of the many aspects of humankind's symbiotic relationship with the natural world. It is the most time-vested healing tradition in the world, having evolved over hundreds of thousands of years in disparate regions and diverse cultures. In "The Desktop Guide to Herbal Medicine." renowned herbalist Brigitte Mars offers a concise, comprehensive guide to the vast array of medicinal herbs that are now commonly available in North America. Drawing on healing traditions from around the world, Mars presents detailed monographs of more than 180 herbs, from the commonplace tea and raspberry to the weedy dandelion and goldenrod to the more exotic ho shou wu and zeodary. The moographs give a broad range of information about the herbs, including their physiological effects, constituents, energetics, historical and current medicinal uses, other common uses, edible properties, natural range, and contraindications. Each monograph follows a consistent format, allowing readers to find the information they need quickly. Students and experienced practitioners of herbal medicine alike will find this one-stop reference an invaluable companion in the study, prescription, and use of herbs to achieve health, mitigate illness, and correct physiological imbalances. As she does in her many other books, Mars writes with the goal of guiding readers toward the safe, effective, self-empowering, and confident use of plants as healing and preventive medicine. Her forthright attitude, pragmatic advice, and gentle humor shine here, inviting readers to use "The Desktop Guide to Herbal Medicine" as both a study aid and a wide-ranging exploration of the plant realm.

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