



The Desktop Guide to Herbal Medicine

Second Edition



*The Ultimate Multidisciplinary Reference
to the Amazing Realm of Healing Plants,
in a Quick-Study, One-Stop Guide*

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



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Detailed description of more than 180 herbs with a broad range of information in each, including historic and current medical uses, edible properties, natural range and more.



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Every herbalist requires this book. Overall an excellent general guide. Eating better, that is an absolute must have in your library. Anyone interested in herbal remedies, holistic health, feeding on better, this is a must have in your library. My mother is German, and having the natural herbs listed by their common brands in other languages is AWESOME! I've never run into that in an herb book before. She and I often talk herbal remedies, and she's often thinking German names, now I can easily find what she actually is referring to. You can read, well laid out, and incredibly informative. I'm an Aromatherapist, and am adding herbs to my practice. Hard to state who's right and plants can have opposite results on two different people. I would have given this book 3. Some of my other herb books, that are compiled by more well-known herbalists give completely opposite details, mostly in areas concerning the dampness of the plant or its temperature. Highly recommended. I did enjoy the book for a couple reasons though, and this is why it truly remained a 3/5 instead of a dashing 1/5. Great reference, needs better editing. This book is comprehensive and includes a lot of information on lots of herbs. I don't believe this reference will be sitting on my desktop for very long mainly because of the lack of scientific study and dosage options. I keep finding typo after typo. Okay, probably there is like eight, but I've only found out about 30 plant profiles in the complete book and they seem to pop up a lot more. This matters if you are composing up information regarding plants you need to include Latin names, constituents and herbal activities. Spelling matters. I like the book and discover the spelling mistakes forgivable. It's good that I have additional books to cross reference the spelling. Great to add to your library as a reference book. Good job Brigitte Mars! This reserve is worth its pounds in gold. If you can only buy several books on herbal medicine, I wouldn't choose that one. Although, I personally like it and use it. My concentrate is on protection and health benefits of the herbs, and it's all there in her web pages. 5 stars but I rounded up because I've several herbs books that I bought and never use. For each and every herb Mars wonderfully translates the common-name into several languages all over the world. In this column there's always a tid-bit of interesting mythological, traditional, or alternative use for the herb in question--which for me is an excellent addition to the book. A must have for anyone interested in a go-to source for old remedies! Informative and instructional. This guide to herbal medicine provides informative and instructional assistance for those not used to herbal healing. It could be more useful with illustrations or photos of every element, to allow them to become more easily identified. Wow! Great read, however, not extremely scientific. My biggest qualm with it's the editing. I'm very big on the scientific areas of herbalism and not so big on the choice views such as the yin and yang of vegetation and what component the plant corresponds with. Not saying that doesn't work for some people, it just doesn't work for me. With this in mind it made my overall view on the publication a little bit apathetic. She does say what the herb is wonderful for in a specific form, (e. Another reason I felt such as this reserve was lacking as a "desktop reference" is certainly that every herb doesn't have a particular "general use" column. Mars does state what constituents are in the vegetation, nonetheless it seems very dry and lacking without introduction on the basics of the botanic break-down of the constituents and what they're used for and why. g. tincture, extract, poultice. At least this one comes off the shelf.) but the way it is written seems clumsy if you ask me almost as though most herbs are all-cures. More specifically she lists around a twenty-five average of ailments a single herb can cure and even though some maybe accurate, as a desktop reference I'd enjoy viewing some scientific evidence of these herbs employed in this form or way, as well as what active ingredients/constituents get into aiding the ailments. I'll be looking for a few of your various other books to add to my growing collection. I would recommend it to others. Great Source! I thought this was a great learning knowledge for me to discover what my favourite herbal products name's are in different languages. I did enjoy reading on the "Medicinal Uses" column, not really because I wanted the actual make use of, but because Mars experienced a lot of lovely traditional information that's just wonderful to read--actually if a bit hard to filter out from the other mess. I'd also like to point out her, "Additional Uses" column which alone was worth the price of the book. Excellent reference for all Herbal

home remedies. General, I'd say Mars publication is well worth looking into. Even if not really for a organic reference, her understanding on herbs 's almost boundless and, even if she may not be as scientific as others, Mars historical and choice insight shines through brightly in this wonderful reserve that I would suggest to any herbalist searching for a good read. This is an extremely good book. So very much good information in it This is a really good book. So much good information in it. One can read it in equipment its so excellent. Or I can use the internet. I liked the inserts on languages for every herb. Five Stars This book is my favorite reference book!! Five Stars great Reserve as orientation and knowledge Yes Yes Yes Very good!! oh I REALLY LIKE this book!



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