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# Earth Medicine Earth Food



## Book Information

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## Customer Reviews

Emphasis is on native North American uses of plants for medicines rather than foods, though a last section covers this briefly but interestingly. Book is organized by condition or problem, listing herbal remedies of various tribes for each. How they were prepared -- no info. Methods of identification (b&w sketches, not always clear). An The majority of plant medicines were women's, (not "shaman's"). Few remedies were comprised of only one plant. Most medicines were complex mixes of several parts of different plants, picked at different times, prepared in diffeernt ways, and mixed in strict proportions, given in careful dosages if taken internally. Last (Foods) section of the book is more interesting, and least dangerous (should the reader be tempted to experiment) . The plants shown and told about there are usable today. Plants are indexed by common and botanical names, and grouped as "remedies" for problem medical conditions which no one should try to use. No Indian names for any plant. Black and white drawings of many (but not all) plants are of varying quality, seem ot have been taken from old herbals. None are much good for field identifications. Plants are not shown in different growth stages or seasons, though many must be IDed at one time then picked or dug at another (usually late fall, when they have lost all leaves or perhaps withered entirely from a bulb). Weiner did all research for this book from old printed materials. There is no indication he had ever met or spoken with an Indian person, though he lived some years in Fiji doing research for another book.

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