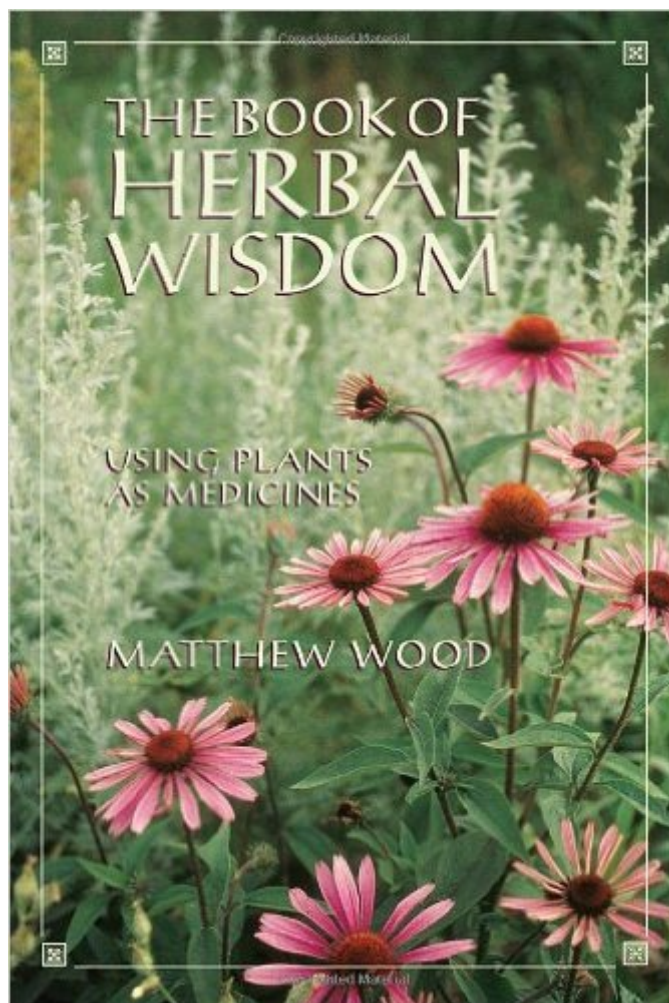


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The Book Of Herbal Wisdom: Using Plants As Medicines



Synopsis

Matthew Wood is recognized world wide as one of the United States' most reknown herbalists. His previous book, *Seven Herbs: Plants as Healers*, was a watershed in teaching herbal healing as a part of total wellness. In *The Book of Herbal Wisdom*, this is continued and enlarged in wonderful detail. This is a must-read for anyone working in the natural health field or interested in self healing with herbs. For those of us who consider not only our physical relationships to the herbs, but also the metaphysical ones, this book is invaluable. It affirms that when we work closely with nature, and the energies of the herbs and herbal medicine, we all are much better off. This is a work that empowers the reader and gives them a very deep knowledge of the herbs discussed.

Book Information

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previous herbalists, the vast herbal literature from the dawn of Western history to the present day, as well as the authors' own insights and experiences and those of his patients and colleagues. The strength of these stories is the fact that Wood is able to include so much information from so many sources and still end up with a bunch of fascinating, readable stories rather than a dry, dead series of academic monographs. Each section is so well sourced and cited, even the staunchest critic would have a very difficult time assailing the scholarship found in this book. Ultimately you should buy this book for three reasons: 1. Wood does the herbs justice. You can tell he loves them by the way he writes about them and draws them. His respect for his subject is clear as day. 2.

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