

(FULL BOOK) National Geographic Herbal: 100 Herbs From the World's Healing Traditions by Mimi Prunella Hernandez

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By: Mimi Prunella Hernandez

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Targeted to the millions of consumers treating common ailments with herbal remedies, this authoritative guide to 100 essential herbs is chock-full of crucial information for the health-minded consumer, wellness advocate, gardener, and naturalist. Written by the executive director of the American Herbalists Guild, National Geographic Herbal features backyard weeds like dandelion and red clover, culinary herbs like rosemary and garlic, classics like blueberries and chamomile, as well as less familiar medicinals like ashwagandha, Japanese knotweed, and shatavari. You'll discover the healing properties of herbs and spices like turmeric and ginger, and which learn which popular herbs deserve special conservation attention, such as rooibos and ginseng. Blending traditional lore and current science, the information found in these pages stretches from tips for the kitchen garden and home apothecary to news about activism in the global arena. Illustrated with vintage botanical drawings and vivid contemporary photography, it highlights hallowed traditions, from ancient Chinese and Ayurvedic principles to the Latin American curanderismo lineage and Gullah Geechee practices in the American South. Comprehensive and user-friendly, this beautiful book will help readers make sense of the ever-growing selection of herbal remedies on the market and enhance their health through a deeper knowledge of the wonder of plants.

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