



The Herbal Year

Folklore, History
& Remedies

Written & illustrated by
Christina
Hart-Davies

The Herbal Year

Minjie Lin



The Herbal Year:

The Herbal Year Christina Hart-Davies, 2024-04-08 An enchanting beautifully illustrated guide to seasonal plants showing the long history of herbal remedies and their uses today A charming almanac Hart Davies a writer and botanical illustrator whose watercolors enliven her book offers a lively combination of folk history and modern science they overlap in intriguing ways Priscilla M Jensen Wall Street Journal From sweet violets in spring to rosemary in winter via marigolds sage elderberries and hops every season has its own bounty of herbs and plants Christina Hart Davies presents a delightful guide to common plants as they appear throughout the year Drawing on writers storytellers and poets from across the centuries she examines the long history of herbal remedies She shows how plants have been used for healing and unearths the stories and beliefs that surround them including simple recipes for use at home Fully illustrated with exquisitely detailed watercolours this is an inspirational guide to exploring our age old relationship with plants Readers will discover the hidden secrets of the plants that surround us and through this will be able to reconnect with our place in nature We have relied on plants throughout our history We still do and with luck we always will

The Herbal Year Christina Hart-Davies, 2024-04-02 An enchanting beautifully illustrated guide to seasonal plants showing the long history of herbal remedies and their uses today A charming almanac Hart Davies a writer and botanical illustrator whose watercolors enliven her book offers a lively combination of folk history and modern science they overlap in intriguing ways Priscilla M Jensen Wall Street Journal From sweet violets in spring to rosemary in winter via marigolds sage elderberries and hops every season has its own bounty of herbs and plants Christina Hart Davies presents a delightful guide to common plants as they appear throughout the year Drawing on writers storytellers and poets from across the centuries she examines the long history of herbal remedies She shows how plants have been used for healing and unearths the stories and beliefs that surround them including simple recipes for use at home Fully illustrated with exquisitely detailed watercolours this is an inspirational guide to exploring our age old relationship with plants Readers will discover the hidden secrets of the plants that surround us and through this will be able to reconnect with our place in nature We have relied on plants throughout our history We still do and with luck we always will

A Druid's Herbal for the Sacred Earth Year Ellen Evert Hopman, 1994-11-01 For the ancient Druids the healing and magical properties of herbs were inseparable from the larger cycles of the seasons the movements of the planets and the progression of a human life A Druid's Herbal shows the reader how to use herbs when creating rituals to celebrate festivals and significant life passages such as births house blessings weddings funerals and naming ceremonies Drawing on extensive research and a deep personal experience with Pagan traditions Ellen Evert Hopman explores the history and folklore surrounding the eight major Celtic festivals Samhain Winter Solstice Imbolc Spring Equinox Beltaine Summer Solstice Lughnasad and Fall Equinox Included in each discussion are complete instructions on the medicinal and magical uses of the herbs associated with each celebration Using these Celtic traditions as examples the author suggests

ways to incorporate the symbolic and magical power of herbs into personal rituals that honor all phases of life from childbirth to last rites Also included are chapters on how to prepare herbal tinctures salves and poultices herbs used by the Druids herbal alchemy and the planets and the relationships between herbs and sacred places Filled with practical information and imaginative suggestions for using herbs for healing ceremony and magic this book is an indispensable and comprehensive guide to age old herbal practices

The Herbal Kitchen Kami McBride, 2021-05-17 This edition first published in 2019 by Red Wheel an imprint of Red Wheel Weiser LLC Title page verso [The Herbal Medicine-Maker's Handbook](#) James Green, 2011-03-09 THE HERBAL MEDICINE MAKER S HANDBOOK is an entertaining compilation of natural home remedies written by one of the great herbalists James Green author of the best selling THE MALE HERBAL Writing in a delightfully personal and down home style Green emphasizes the point that herbal medicine making is fundamental to every culture on the planet and is accessible to everyone So first head into the garden and learn to harvest your own herbs and then head into your kitchen and whip up a batch of raspberry cough syrup or perhaps a soothing elixir to erase the daily stresses of modern life

The Herbal Apothecary Dr. JJ Pursell, 2016-01-27 Start your path to natural wellness with the trusted advice found in this book Perfect for anyone just beginning in herbal medicine Mother Earth Living With the guidance of naturopath JJ Pursell you will learn how to safely create your own remedies using plants you know and love Incorporating traditional wisdom and scientific information The Herbal Apothecary provides an accessible and comprehensive introduction to plant based medicine It features profiles of the most important medicinal plants that include information on medicinal uses identification and cultivation and recipes for common concerns Additional information includes step by step instructions for making herbal teas tinctures compresses salves and more This comprehensive guide includes treatments for men women and children that address a variety of concerns including muscle strain the flu the common cold insomnia anxiety and much more

The Herbal Handbook for Home and Health Pip Waller, 2015-03-03 Kitchen pharmacy meets green cleaning and natural beauty in this comprehensive handbook of 501 recipes that harness the power of plants to enhance wellness and toxin free living Expert herbalist Pip Waller provides a wealth of information about growing collecting preserving and preparing herbs for a variety of purposes from cleaning products to food and drink medicines beauty products and more Attractive and easy to use The Herbal Handbook for Home and Health includes growing tips and profiles of herbs guidelines for setting up an herbalist s kitchen and techniques to make everything from tinctures to tonics A valuable resource for anyone affected by allergies or sensitivities this compendium is handsomely produced with two color printing throughout and more than three hundred striking illustrations The Handbook includes contributions from herbalists from around the world and encompasses recipes that range from very simple to more complex Seasoned herbalists as well as those just beginning to explore the world of herbs will find something to start their own nontoxic non allergenic domestic revolution The book includes A history of herbal lore The herbalist s kitchen equipment and procedures for harnessing the power of plants Green

cleaning products from floor wax to stain removers Herbal pharmacy from throat lozenges to hangover cures Nutritional supplements and detoxes First aid from anti anxiety drops to bruise ointment For travel insect repellant to anti nausea drops Food and drink breads butters wines teas Beauty and balms toothpaste to shampoo to lip balm Kitchen Pharmacy Food Drink Beauty Balms Personal Care

The Herbal Handbook for Homesteaders Abby Artemisia, 2019-01-15 Let The Herbal Handbook for Homesteaders be your helpful compendium of herbal information and recipes for building health and tending to minor ailments out on the homestead When you re a homesteader you face many challenges from a simple cold to an earache in your child fleas on the dog or worms in your goat Medicines and treatments are never cheap and are often vague Wouldn t it be great to grow forage and create natural remedies yourself Look no further than The Herbal Handbook for Homesteaders Abby Artemisia a botanist herbalist and professional forager has created this user friendly resource If you re an herbal novice this guide will demystify the world of herbs For those with some herbal experience it will take you deeper into helpful home remedies with new techniques and recipes Take control of your own health care and that of your family pets and livestock with tips on growing and foraging herbs safely and ethically secrets to preservation and processing and easy soothing recipes With bonus sections on creating your own herbal apothecary creating a foraging journal and more this handy book is sure to become your go to reference for all things herbal

Xie's Chinese Veterinary Herbology Huisheng Xie, Vanessa Preast, 2011-11-16 Xie s Chinese Veterinary Herbology serves as a practical guide to the theory and application of Chinese Herbal Medicine into veterinary practices Divided into three parts the book covers herbal materia medica used in treating various disorders and diseases herbal formulas and the clinical application of treatments The book also outlines each herb s history the formulation of herbal recipes energetic actions indications and contraindications of each formula dosages and clinical and pharmacological studies performed with herbal treatments This text serves as an invaluable reference to veterinarians looking to expand treatment options

The Herb Gardener's Essential Guide Sandra Kynes, 2016-04-08 Learn how to use twenty eight popular easy to grow herbs to treat everyday ailments and maintain good health From selecting plants to harvesting and storing them to making remedies and savorys of all sorts The Herb Gardener s Essential Guide presents an abundance of practical and satisfying ways to incorporate herbs into a healthier lifestyle and diet Utilizing both herbs and essential oils this beautifully illustrated guide explains how to choose and make the ideal herbal mixture for a wide variety of medicinal and culinary uses Need help getting to sleep Try a cup of Thyme to Settle Tea Add a sweet spicy flavor to roast meat or vegetables with Coriander Spiced Butter Ease muscle pain and stiffness with soothing Rosemary Warming Massage Oil Featuring an ailments and issues guide instructions for creating a personalized apothecary garden and detailed profiles for each of the herbs this accessible book belongs on every gardener s shelf

The Herbal Alchemist's Handbook Karen Harrison, 2020 Provides a materia magica of more than 150 herbs along with a wealth of recipes for incense oils bath salts herbal amulets and philtres Back cover of previous edition

Fire Cider! Rosemary Gladstar, 2019-10-15 For

more than 30 years best selling author and popular herbalist Rosemary Gladstar has been touting the health benefits of fire cider a spicy blend of apple cider vinegar onion ginger horseradish garlic and other immune boosting herbs Her original recipe inspired by traditional cider vinegar remedies has given rise to dozens of fire cider formulations created by fans of the tonic who use it to address everyday ills from colds and flu to leg cramps and hangovers Fire Cider is a lively collection of 101 recipes contributed by more than 70 herbal enthusiasts with energizing versions ranging from Black Currant Fire Cider to Triple Goddess Vinegar Fire Cider Dark Moonshine and Bloody Mary Fire Cider Colorful asides including tribute songs and amusing anecdotes capture Gladstar's passionate desire to pass along the fire cider tradition

Meyler's Side Effects of Herbal Medicines Jeffrey K. Aronson, 2008-09-23 Meyler's Side Effects of Herbal Medicines named to Doody's Core Titles for 2013 is a derivative work based on the acclaimed Meyler's Side Effect of Drugs Fifteenth Edition This book summarizes the adverse effects of a large range of herbal medicines and the active ingredients that they contain It includes extensive lists of the families of plants that are used as herbal medicines including the Latin names of genera and species as well as the common names of individual plants It features not only herbal medicines but information on important compounds such as tropane alkaloids cardiac glycosides nicotine and pyrrolizidine alkaloids The book is divided into three separate sections Family Each monograph is organized under a family of plants for example Liliaceae Genera The various genera that are included under the family name are tabulated for example the family Liliaceae contains 94 genera Species In each monograph some species are dealt with separately for example in Liliaceae four species are included under their Latin names and major common names Each monograph includes the following information Alternative common names Active ingredients Uses both traditional and modern Adverse effects References Drug names are designated by their recommended or proposed International Non proprietary Names rINN or pINN when those are not available clinical names or brand names are used The material is drawn from the fifteenth edition of the internationally renowned encyclopedia Meyler's Side Effects of Drugs and the latest volumes in the companion series Side Effects of Drugs Annuals This volume is critical for any health professional or homeopathic practitioner with an interest in herbal medicines Named to Doody's Core Titles 2013 a collection development tool for health sciences libraries of all sizes by Doody Enterprises Surpasses the Physician's Desk Reference by including clinical case studies and independent expert analysis Complete index of drug names Most complete cross referencing of drug drug interactions available

Safety evaluation of certain food additives and contaminants, 2020-07-15 *Phytotherapies* Iqbal Ramzan, 2015-04-17 Covering fundamentals and new developments in phytotherapy this book combines pharmaceutical sciences and chemistry with clinical issues Helps readers better understand phytotherapy and learn the fundamentals of and how to analyze phytotherapeutic agents Discusses phytotherapy in modern medicine chemoprevention of disease and alternatives to western medicines for specific diseases Chapters summarize the uses and applications of phytomedicines by type like Chinese Greco Arab Indian European and Ayurvedic Includes international

regulatory perspectives and discusses emerging regulations for various established and emerging markets

Pharmacovigilance- An Industry Perspective Deepa Arora, **Chinese Traditional Herbal Medicine** Michael And
lesley Tierra,1998-07-01 Volume II provides an extensive materia medica and herbal resource organized and developed for
the Western practitioner The book goes on to indicate the use of Chinese herbal formulae and the treatment of specific
disease conditions There are a number of useful index listings including Latin Name Chinese Name Chinese Herbal formulas
as well as a general index *The Herbal Handbook* David Hoffmann,1998-02-01 Well respected herbalist David Hoffmann s
comprehensive and practical guide to herbal medicine Discusses the history and modern practice of herbalism including
Chinese Native American and Welsh influences Includes a practical reference section listing the effects of various herbs with
prescriptions on how to use them for a wide range of illnesses Covers the fundamentals of growing drying storing and
cooking with herbs Over 45 000 copies of previous edition sold This compendium of medical herbalism by one of the most
eminent herbalists practicing today is both comprehensive and practical Answering basic as well as complicated questions
about herbal medicine it provides both the novice and the experienced practitioner with a reliable framework in which to
develop their herbal skills A discussion of the history and modern practice of herbalism encompassing the influences of
Welsh Chinese and Native American herbal medicine is followed by a practical reference section that lists the various actions
herbs have on the body carminative anti inflammatory etc with examples of herbs and their mode of activity in each category
Herbal prescriptions for various illnesses are also organized under the main systems of the body so that information can be
quickly and easily referenced A final section covers the fundamentals of growing drying storing and cooking with herbs as
well as the making of infusions decoctions oils and ointments The author also provides helpful introductions to aromatherapy
and plant medicines **The Herbal Year Book** Julian Barker,1980 *Llewellyn's 2021 Herbal Almanac*
Llewellyn,Elizabeth Barrette,Diana Rajchel,James Kambos,Thea Fiore-Bloom,Charlie Rainbow Wolf,Natalie Zaman,Suzanne
Ress,Annie Burdick,Linda Raedisch,Mireille Blacke,Holly Bellebuono,Vannoy Gentles Fite,Monica Crosson,Divina
Cornick,Kathy Vilim,Autumn Damiana,Anne Sala,Sandra Kynes,Susan Pesznecker,Rachael Witt,Kathy Martin,Kristen
Schuhmann,JD Hortwort,2020-07-08 Llewellyn s Herbal Almanac offers a wide variety of practical ideas on how to benefit
from nature s most versatile plants With hands on projects fresh ideas and tips and techniques this guide is designed for herb
enthusiasts of all skill levels It also features innovative herbal ideas that span gardening cooking crafts health beauty history
and lore This year s edition also includes profiles for ginger rhubarb chamomile sunflower and comfrey and articles on
Aromatics for Nervous Respiratory and Digestive Systems Edible Wild Herbs and Grasses Swedish Princess Cake with
Matcha Chewable Herbal Pills Late Season Herb Gardening Italian Citrus Fruits Soup Garden Tinctures Crafting with
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