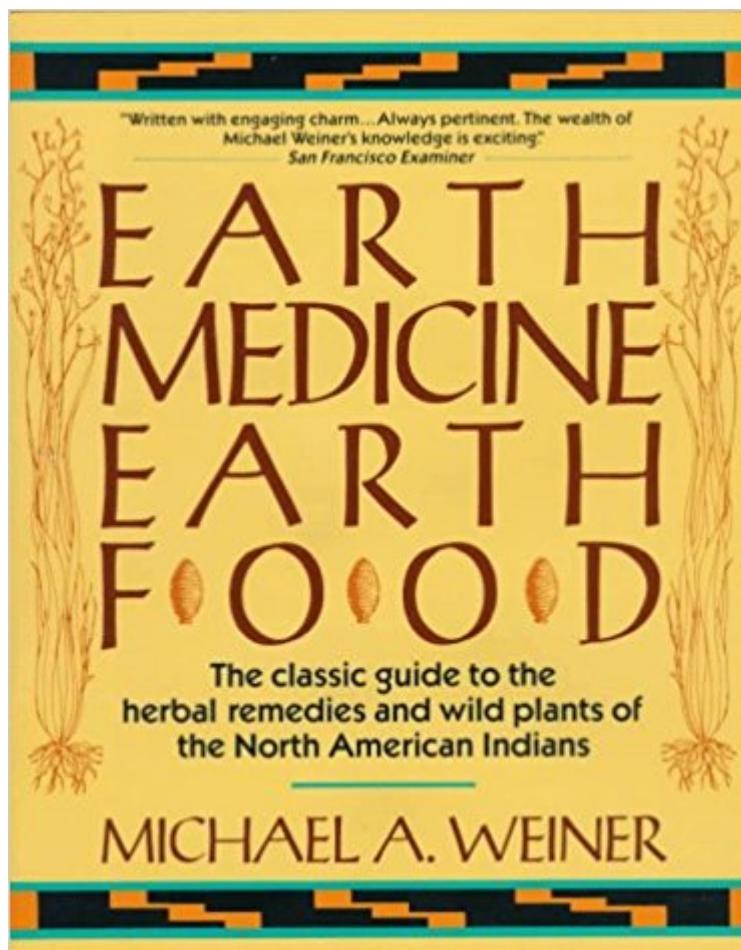


The book was found

Earth Medicine, Earth Food



Synopsis

Long before there was pharmacology as we know it, the North American Indians cured illness and maintained health by natural means, using the healing plants of the forest, desert, and seashore. Their discoveries continue to have impact on modern medicine: over 25 percent of all prescription drugs contain plant derivatives, and the mainstream medical establishment is acknowledging the effectiveness of herbal remedies in treating certain illnesses. *Earth Medicine, Earth Food* is an A-to-Z reference to the plant remedies and wild foods used by the Indians. Organized by condition -- from allergies to female complaints to wounds -- it explains which plants were used by different tribes to treat specific maladies, how they were prepared, and how to identify them in the wild. You'll learn that:-- The Catawba Indians treated back pain with a tea of arnica roots-- The Iroquois and Mohegans used the boneset weed for colds and fever-- The Blackfoot Indians applied a paste of scarlet mallow to burns as a cooling agent-- The Menominees cured insomnia with a tea steeped from the leaves of the partridge berry plant-- The Onondagas drank pennyroyal tea for headache. *Earth Medicine, Earth Food* also discusses non-animal food sources consumed by the Indians such as nuts, seeds, berries, and ferns, and examines the relevance of traditional dietary patterns to the way we eat now. With over 160 detailed illustrations of plants as they are found in nature, *Earth Medicine, Earth Food* belongs on your shelf next to such works as *Food and Healing*, *Traditional Foods Are Your Best Medicine*, and guides to Chinese medicine.

Book Information

Paperback: 230 pages

Publisher: Ballantine Books; Rev Exp edition (December 12, 1990)

Language: English

ISBN-10: 0449905896

ISBN-13: 978-0449905890

Product Dimensions: 0.8 x 8.8 x 11.2 inches

Shipping Weight: 1.2 pounds

Average Customer Review: 4.4 out of 5 stars 20 customer reviews

Best Sellers Rank: #342,594 in Books (See Top 100 in Books) #21 in Books > Cookbooks, Food & Wine > Regional & International > Native American #379 in Books > Health, Fitness & Dieting > Alternative Medicine > Holistic #582 in Books > Cookbooks, Food & Wine > Cooking by Ingredient > Natural Foods

Customer Reviews

"A fantastic collection of traditional herbs, foods, and plants, some of which have been nearly forgotten, but all of which, strangely enough, served us for centuries as the best health remedies available."Vine Deloria, Jr."A remarkable compendium of herbal knowledge."Prevention Book Club"Utterly absorbing reading."Cincinnati Enquirer

A fascinating A to Z guide to Native American knowledge of herbal remedies and wild plants, this compendium of natural cures for asthma to wounds explains which plants and herbs work, and why, the history of their usage on this continent and how they were adapted by Europeans, and gives helpful illustrations. This classic is still one of the best in the field after more than 25 years in print and is indispensable for herbalists and gardeners.Leslie MeredithExecutive Editor & Divisional Vice PresidentBallantine Wellspring

I stumbled across Michael Wiener and was a bit taken aback by his politics. Then I realized we both had a passion for healthy sustainable living, and herbal medicines. On a lark I ordered his book to try learn what he had to say about this topic I held dear. I was very surprised and pleased with the content. i found many remedies I had never seen before and was very pleased with the structure of the book, the organizational groupings he used, and his general philosophical approach to the questions of sustainability and self-reliance. i would recommend this book to anyone who is interested in both the practical and political effects of herbal medicine.

Well written

Dr. Savage the famous radio personality compiled a truly GREAT resource in this book while in his epidemiologist post grad years. TONS of information for the homeopathic health affection ado.

Excellent book! Wish I had heard of it before. The information learned has already made a difference in my family's health. I will be purchasing more books by this author!

This text is a classic. I came across an old copy a number of years ago and was thrilled to find it again on . It is one of my favorite herbal/natural healing texts and now that I have found it again it will be a permanent reference in my herbal library!

As expected. Love books from Michael Weiner!

Great refers guide

One of my favorites in this area of reading.

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