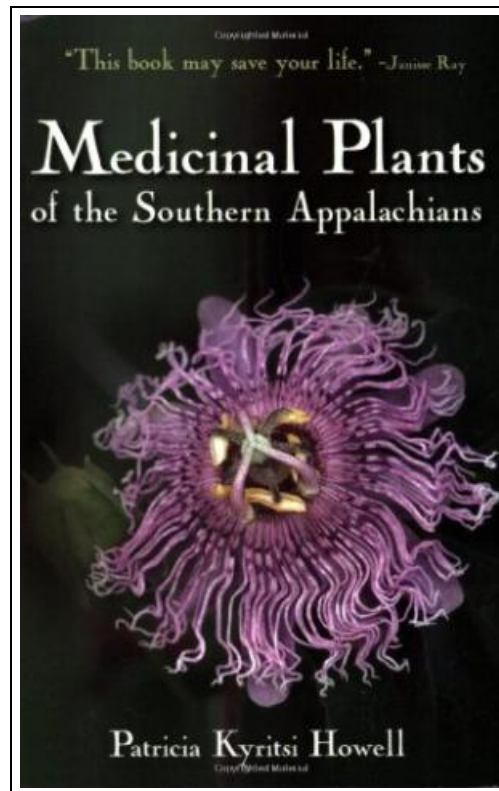


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BotanoLogos, Inc. Paperback. Book Condition: New. Paperback. 276 pages. Dimensions: 8.8in. x 6.0in. x 0.9in. This concise guide to medicinal plants of the Southern Appalachians includes botanical descriptions of 45 native plants, their historical and current uses in herbal practice, detailed, easy-to-follow medicine making instructions and unique recipes for syrups, liniments, digestive bitters and more. The book invites the reader to explore native plants in their wild habitats and offers step-by-step ethical harvesting guidelines while emphasizing conservation issues. The author is a well-respected medical herbalist and teacher who lives in the mountains of north Georgia. Praise for Medicinal Plants of the Southern Appalachians. This is one volume that I want to own as we enter the post-corporate age: a priceless guide to Southern plant alchemy. This practical yet enchanting botanical brings an ancient art to modernity. These pages are as rich as the cove forests they honor. Even to peruse Howells manual is healing, and exhilarating, not only because of the books inherent beauty, but because it contains vital knowledge all of us will need as fossil fuels dwindle and we return to the local. One day this book may save your life. Janisse Ray, author of Ecology of a Cracker Childhood, Wild Card Quilt and Pinhook: Finding Wholeness in a Fragmented Land An elegant introduction presented in a clear-as-a-bell style that educates as well as entertains. Peter Loewer, author of The Wild Gardener and Jeffersons Garden There are many comprehensive volumes about medicinal plants in other regions of North America but none for the botanically rich southeast. Now, a widely experienced and knowledgeable herbalist has written a thorough guide to the virtues of Yellow Root, Rabbit Tobacco, Dogwood Bark, Sweet Fern and other better known herbs of the region. From Howells book, readers can learn to use local plants safely...

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