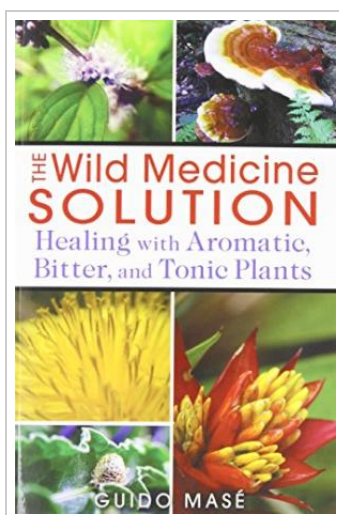




Wild Medicine Solution: Healing with Aromatic, Bitter, and Tonic Plants (Paperback)

By Guido Masé

Inner Traditions Bear and Company, United States, 2013. Paperback. Condition: New. Original. Language: English . Brand New Book. Restoring the use of wild plants in daily life for vibrant physical, mental, and spiritual health - Explains how 3 classes of wild plants--aromatics, bitters, and tonics--are uniquely adapted to work with our physiology because we coevolved with them - Provides simple recipes to easily integrate these plants into meals as well as formulas for teas, spirits, and tinctures - Offers practical examples of plants in each of the 3 classes, from aromatic peppermint to bitter dandelion to tonic chocolate As people moved into cities and suburbs and embraced modern medicine and industrialized food, they lost their connection to nature, in particular to the plants with which humanity coevolved. These plants are essential components of our physiologies--tangible reminders of cross-kingdom signaling--and key not only to vibrant physical health and prevention of illness but also to soothing and awakening the troubled spirit. Blending traditional herbal medicine with history, mythology, clinical practice, and recent findings in physiology and biochemistry, herbalist Guido Mase explores the three classes of plants necessary for the healthy functioning of our bodies and minds--aromatics, bitters, and tonics. He explains how...



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