



NATIONAL
GEOGRAPHIC

GUIDE TO

Medicinal Herbs

THE WORLD'S MOST EFFECTIVE HEALING PLANTS

Rebecca L. Johnson & Steven Foster
Tieraona Low Dog, M.D. & David Kiefer, M.D.
Photography by Steven Foster

Foreword by
Andrew Weil, M.D.

National Geographic Guide Medicinal Herbs

Xiaolong Qi



National Geographic Guide Medicinal Herbs:

National Geographic Guide to Medicinal Herbs Rebecca L. Johnson, David Kiefer, Tieraona Low Dog, 2010 A resource organized by body system lists the key herbal remedies available their uses and cautionary advice in a book that includes full color photos a glossary and several thematic indexes

National Geographic Complete Guide to Herbs and Spices

Nancy J. Hajeski, 2016-03 Offers everything you need to know about how herbs and spices can enhance your cooking and improve your life

36 Healing Herbs Rebecca L. Johnson, 2012-05-01 National Geographic's guide to 36 super herbs such as aloe echinacea ginkgo and peppermint includes a wealth of essential information on the history culture folklore and science of traditional and contemporary herbal medicine in all major culture areas of the world Emphasizing current research and therapeutic uses the volume provides an A Z listing of 36 of the more than 80 000 known medicinal plants around the world Information about each plant includes traditional and current medicinal uses common and Latin names description habitat cultivation and preparation research and caution alerts Additional essays on the healing plants of Africa Australia and New Zealand Central and South America China Europe India North America the Middle East and Oceania provide insightful glimpses into the fascinating range and diversity of local health practices while also revealing the multifaceted roles that herbalists healers and herbal medicine practitioners play in the lives of their patients

National Geographic Complete Guide to Natural Home Remedies National Geographic, 2014 Discover over a thousand natural remedies for a variety of ailments including hiccups painful joints chapped lips and headaches The book also provides helpful tips for healthier living including how to fall asleep practice basic meditation clean vinyl floors and add nutritional value to foods

National Geographic Guide to Medicinal Herbs Rebecca L. Johnson, Andrew Weil, National Geographic Society (U.S.), 2014 From headaches to sore feet muscle cramps to melancholy the remedies to many ailments can be found in the world of plants In this guide both botanists and medical experts explore the healing properties of herbs and other plants to reveal how they have been used in the past and how they can be used today A resource organized by body system lists the key herbal remedies available their uses and cautionary advice also includes full color photos a glossary and several thematic indexes

National Geographic Herbal Mimi Prunella Hernandez, 2023-11-07 Targeted to the millions of consumers treating common ailments with herbal remedies this authoritative guide to 99 essential herbs is chock full of crucial information for the health minded consumer gardener or naturalist Written by the executive director of the American Herbalists Guild National Geographic Herbal features backyard weeds like dandelion and culinary herbs like rosemary as well as less familiar medicinals like ashwagandha and shatavari You'll learn the healing properties of herbs and spices like turmeric and shiitake mushrooms and which medicinals enhance skin care not just arnica and aloe vera but also horse chestnut and dragon's blood croton Blending traditional lore and the latest science this book ranges from the home apothecary to global activism Illustrated with vintage botanical drawings and vivid contemporary photography it highlights hallowed traditions such as

Appalachian fire cider and Gullah Geechee recipes reflecting an African past Comprehensive and user friendly reporting the latest science with this beautiful book readers will 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 **National Geographic Foods for Health** Barton Seaver,P. K. Newby,2014 For health conscious cooks clean eaters and smart consumers National Geographic introduces a science based guide to healthy everyday eating for your whole family and the planet Featuring dozens of tips food pairings and sample menus this attractive book is a culinary tour of the 148 foods that have huge nutritional value with the least environmental impact This guide explores food and its place in cultures around the world highlights what it adds to healthy menus today and advises consumers on what to look for how to choose how to prepare and what to avoid in order to make best choices for the table and for the planet Barton Seaver acclaimed chef and author of For Cod and Country and Where There s Smoke and nutritional scientist P K Newby have created the ultimate shopping and cooking guide to help you nourish your family while you sustain the planet **National Geographic Desk Reference to Nature's Medicine** Steven Foster,Rebecca L. Johnson,2008 An illustrated compendium of information on plants and their diverse therapeutic properties and benefits brings together folklore scientific research and medical theory to describe hundreds of plants and their origins

National Geographic Guide to America's Public Gardens Mary Zuazua Jenkins,National Geographic Society (U.S.),1998 The first comprehensive guide to outstanding gardens in America features all the where and when to go information to plan a visit It tells readers what to see in various grand estate gardens private pleasure gardens charming cottage gardens exotic Asiatic gardens famous botanical gardens humorous topiary gardens and all season conservatories It also tells the stories of who built the gardens and the stories of famous owners and designers Photos Healing Spices Handbook Barbara Brownell Grogan,2021-09-07 Spices do more than just flavor food This introductory illustrated guide shows how spices can maintain optimal health and treat common ailments and offers healing recipes Easy to follow approachable and authoritative this is the essential reference to using spices for maximum health and wellness It s packed with practical information including the benefits of spices their history as natural remedies creating spice blends safety tips common uses and delivery systems An A Z guide of 40 spices identifies their preventative and curative potential and each examination of 40 conditions features one or two spice filled recipes to help you heal Here s what healing spices can do for you Muscles joint pain and arthritis can be treated with cayenne ginger and turmeric Garlic and onion can alleviate seasonal allergies Fenugreek can regulate type 2 diabetes Red pepper can ease a hangover Juniper berries can help with a UTI Sumac can treat skin conditions such as eczema psoriasis sunburn acne and allergic reactions **National Geographic Complete Guide to Herbs & Spices** Nancy J. Hajeski,National Geographic Society (U.S.),2015 Nurse Best's Medicinal Cocktails and Mocktails Catherine Best,2023-09-13 When Catherine Best RN BSN started Nurse Best s Medicinal Cocktails and Mocktails she made a promise to all people desiring to enhance their healthy lifestyles without sacrificing good taste She

incorporated science based medicinal ingredients and carefully selected and added info cocktails and mocktails to provide a plethora of unique flavors with beneficial qualities Enjoy socializing with family friends and clients all while reaping the medicinal benefits of natural herbs

Backyard Garden Witchery Laurel Woodward, 2022-07-08 Transform Your Yard into a Place of Healing Peace and Power Embrace the magick of gardening and grow your own living breathing sanctuary Laurel Woodward offers more than eighty spells recipes and activities for building maintaining and enjoying a biodiverse garden This book teaches how to build a relationship with the green world while keeping your backyard garden sacred and safe You ll explore plant energies and land spirits the care of herb vegetable and flower gardens working with your home s soil and hardiness zone and much more A natural companion to Kitchen Witchery this beginner friendly book also provides a compendium of garden plants including common weeds culinary herbs and perennials Laurel helps you design the perfect space for herbalism meditation spellwork divination healing or worship With her guidance you ll create a natural haven that feeds your sense of wonder and enhances your connection to the earth

Comprehensive Handbook of Traditional Chinese Medicine Yifang Zhang, 2021-11-15 For thousands of years traditional Chinese medicine TCM has helped countless people with their health and is still widely sought after today especially by those all over the world who are intrigued by natural healing and healthcare The culture underlying TCM is broad and the information incredibly extensive which means it can be difficult to know where to start for those who are interested in learning This book does just that providing both an encyclopedia of knowledge in the field while also acting as a practical manual to guide readers to greater health It offers an effective easy to learn set of daily TCM skills and expert advice on how to use them Through this book you can learn Basic concepts such as yin yang the five elements meridians and acupoints qi blood flow and constitution How to judge your own health status through constitution tests and develop a personalized health plan for yourself How to make external adjustments for your health through TCM practices such as acupressure cupping scraping heat treatment acupuncture massage and other methods TCM methods of natural internal adjustments including food therapy herbal medicine breathing techniques sleep meditation qigong and other practices that will enhance your physical and mental health from the inside out A twelve hour regimen with adaptations for each of the four seasons stages in life times of day and place where it is practiced allowing readers to customize the plan to their lives

Healthy at Home Tieraona Low Dog, M.D., 2014-01-14 Get the how when and why of getting better and staying well with homemade remedies that the doctor orders National Geographic helps you take charge of health care guided by a physician expert in natural healing herbal medicine and home remedies Never have we needed this advice more than now as worries about hospital borne infections antibiotic resistance and pandemic threats make us yearn for the days of doctor home visits and mother s chicken soup We need to rediscover the special care and comfort that comes from caring for health at home says Dr Low Dog In this book she guides us in identifying responding to and caring for all the most common ailments so that when it s time to take care at home you have a doctor s advice on how

Learn how to make herbal remedies and why you and your family will be healthier for doing so and get advice on when it's best to consult a health care professional instead **Complete Guide to Natural Home Remedies** National Geographic, 2014 A collection of timeless home remedies for curing common illnesses and complaints *National Geographic Guide to America's Historic Places*, 1996 Includes 40 maps for both driving and walking tours to historical sites in all 50 states Features more than 2 500 U S historical sites including battlefields wild west towns colonial villages historic districts Indian dwellings pioneer trails and more Cover *National Geographic Guide to America's Outdoors New England* Gary Ferguson, 2000 For New England nature adventures in parks preserves forests wildlife refuges wilderness areas Cover **Guide to Popular Natural Products**, 1999 This pocket reference provides instant access to the facts about 125 of the most popular medicinal herbs and natural products Monographs include scientific and common names patient information botany historic uses pharmacology toxicology and references Other features include a therapeutic and a cross reference index 80 color photos herb drug interaction charts a herbal diuretics chart and a mushroom poisoning decision chart *The National Geographic Magazine*, 1922

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