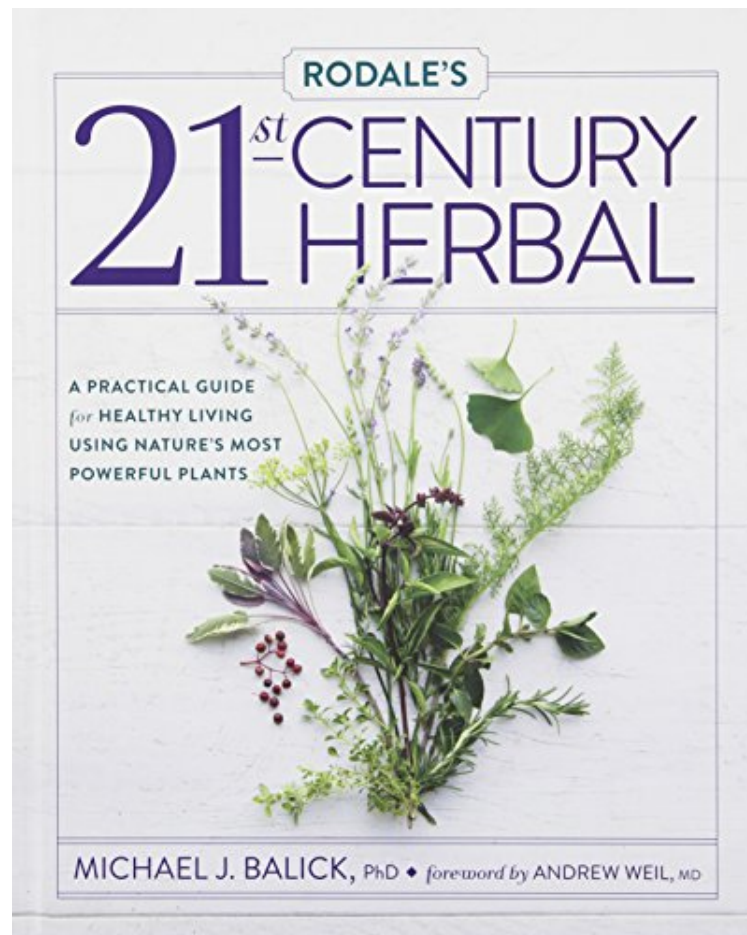


[Download] Rodale's 21st-Century Herbal: A Practical Guide for Healthy Living Using Nature's Most Powerful Plants

Rodale's 21st-Century Herbal: A Practical Guide for Healthy Living Using Nature's Most Powerful Plants

Michael Balick

*audiobook / *ebooks / Download PDF / ePub / DOC*



DOWNLOAD



READ ONLINE

#476289 in Books 2014-04-29 2014-04-29 Original language: English PDF # 1 9.44 x 1.13 x 7.48l, 2.95 #File Name: 1609618041512 pages | File size: 61.Mb

Michael Balick : Rodale's 21st-Century Herbal: A Practical Guide for Healthy Living Using Nature's Most Powerful Plants before purchasing it in order to gage whether or not it would be worth my time, and all praised Rodale's 21st-Century Herbal: A Practical Guide for Healthy Living Using Nature's Most Powerful Plants:

5 of 5 people found the following review helpful. This is an excellent source for anyone interested in herbsBy breadboyThis is an excellent source for anyone interested in herbs. Regardless of how much you may already know there is a lot of background information that is both interesting and useful. Topics are well covered even with relatively esoteric plants. My only reservation is that certain herbs, such as rosemary or basil could be further expanded to include more information about different cultivars and their adaptability to different climates. Nonetheless, this is a valuable book that should be in anyone's library as a go to reference book.2 of 2 people found the

following review helpful. So much more than I expected
By Cynthia Parker I'm completely revamping my garden plans because of this book! I was planning on making a large flower garden and a small culinary herb garden. I bought Rodale's 21st-Century Herbal to help me select the culinary herbs. Then I got this book, and I was blown away by the beautiful pictures, all the information on the uses for the herbs, and the wonderful garden plans. I never imagined herbs could be so varied and so useful! I will definitely be putting this book to a lot of use. I highly recommend it for any serious gardener and/or cook.
2 of 2 people found the following review helpful. Good starter book for herbal practice
By Kristin This is a very informative book. I love that you get a history on herbal practices along with an herbal encyclopedia and practical uses all in one. This is my go to book for a greener lifestyle. I would have appreciated more recipes to try, like a homemade lye soap recipe (not the melt and pour recipes that are in there)

It turns out that Mother Nature is a brilliant chemist. Our ancestors have used indigenous herbs in daily life for thousands of years due to these plants' ability to heal and promote good health. Now modern science has identified the compounds that give herbs their medicinal qualities, scent, and flavor. The extraordinary diversity of herbal plants has the potential to improve our health and well-being, and we are wholeheartedly incorporating herbs, both fresh and dried, into our lifestyles for well-being, healing, gardening, beauty, ceremony, and a richer, fuller life. Presented in three parts, Rodale's 21st-Century Herbal by Michael Balick first explores the historical relationship between people and herbal plants and how it has evolved over time. In the second part, readers will delve into an A-to-Z encyclopedia of 180 of the most useful herbs from around the globe, not only familiar herbs like bilberry and nasturtium, but also cutting-edge herbs from other cultures, like red bush tea and maca, that are now available in the West. The final section highlights how herbs create a "fuller" life and features herbal cooking techniques, ways to use herbs for beauty and the bath, ideas for daily herbal use (such as green cleaning, fragrances, decor, smudging, and dyeing), gardening and growing how-tos (with illustrated garden designs), and advice for holistic herbal pet care.

From the Author After many years of research and writing, I'm delighted that the "21st Century Herbal: A Practical Guide for Healthy Living Using Nature's Most Powerful Plants" was released by Rodale Press on April 29th. This book was a lot of fun to work on--it's modeled after the "Herball, Or Generall Historie of Plantes" written by John Gerard and published in 1597. His was a remarkable book, a medical self help reference that physicians and families could turn to for healing wisdom, using herbs. I've tried to do something similar, while updating the medical, horticultural, botanical, phytochemical, culinary, craft and gardening information. Included are "Field Notes" or observations made on traditional uses of plants during NYBG ethnobotanical journeys. There is also an extraordinary collection of color photos--180+ herbs taken by my friend Steven Foster, the noted herbalist and very talented plant photographer. I'm grateful that other friends contributed to this project, including Drs. Tieraona Low Dog and Andrew Weil. This book resulted from a discussion that Ethne Clarke and I had way back when during a visit hosted by Tom Newmark at his spice farm and ecolodge in Costa Rica, Finca Luna Nueva. A great environment to think, talk, plan and be humbled and inspired by the wisdom and beauty of nature. Thanks to many friends who contributed in so many ways and to the great folks at Rodale and NYBG for a beautifully designed book and remarkable writing experience!
About the Author Author Michael J. Balick holds a PhD in biology from Harvard University and is Vice President for Botanical Science, Director and Philecology Curator of The Institute of Economic Botany at The New York Botanical Garden. An ethnobotanist with a specialty in global medicinal and food plants and the role they play in traditional healing systems, Dr. Balick has conducted field work with indigenous cultures around the world for more than 30 years.