



The Western Herbal Tradition: 2000 Years of Medicinal Plant Knowledge

Graeme Tobyn, Alison Denham, Midge Whitelegg

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The Western Herbal Tradition is a comprehensive exploration of 27 plants that are central to the herbalist's repertoire. This fully illustrated colour guide offers analysis of these herbs through the examination of historical texts and discussion of current applications and research. Your practice of phytotherapy will be transformed as the herbal knowledge from these sources is illuminated and assessed.

Each chapter offers clear information on identification, uses and recipes, as well as recommendations on safety, prescribing, dosage and full academic references. *The Western Herbal Tradition* reveals a deep understanding of the true essence of what each plant can offer, as well as a fascinating insight into the unique history of contemporary herbal practice. This book is a valuable resource for everyone interested in herbal medicine and its history.

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