
Wise Woman Herbal For The Childbearing Year Wise W

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Wise Woman Herbal for the Childbearing
Year Llewellyn Worldwide

Being an Appalachian woman and herbalist, I feel committed to empowering the women of my community through their relationships with the plants around them. This includes empowering myself by researching traditional Appalachian herbalism and learning from the many teachers, grandparents, and other members of my community. These women have a very intimate connection to the land and a beautiful and poetic way of

communicating through plants and herbal medicine. I want to express my gratitude for the present and future connections with these soft and quiet voices of the past. My intention is to create the images in this series in collaboration with my mentors, teachers, and elders because they have their own histories, their own stories, and a connection to the Earth that we need right now. I am digging deeply into my personal relations with flowers, medicinal plants, and the connections I have with these healers. Shauna Caldwell is an artist from Boone, NC. Her roots in Appalachia and her relationship with the environment inspire her, allowing her to create work based around themes of sacred relationships and transformation.

She is also interested in using artistic processes that connect her to her home, like making paper and photographic emulsions using plants from the area. Herbal Healing for Women Christophers Enterprises

This fine title from Last Gasp is the essential herbal reference book, a complete compendium of practical and exotic herbal lore that is guaranteed to turn you on to the fact that plants and animals have been used for thousands of years in various ways to make people healthier, and to help them to live longer and more effective lives.

Healing Wise Capital Books (VA)

An herbal guide to support physical, mental, and spiritual health for women

and their children at all stages of life--by a healer with over 40 years of experience. Plant medicines are a woman's ally to achieve optimal health; they bring balance and nourishment to daily life and can reduce or eliminate symptoms of physical and emotional distress. They can also provide alternatives to many pharmaceuticals. This go-to herbal sourcebook gives women the tools to thrive throughout their lives, with remedies using common herbs and plants to support a healthy body, mind, and spirit. Dr. Leslie Korn brings over forty years of experience in numerous herbal traditions and healing modalities, offering timeless wisdom in this herbal companion that can be shared with friends and passed down in the family for generations. She offers treatments using common and easy-to-obtain herbs to address sleep disorders, menstrual issues, autoimmune conditions, anxiety, headaches and migraines, stomach issues, fertility issues, postpartum recovery, skin ailments, common discomforts that affect children, and much more. Korn also offers herbal guidance for rites of passage, moments of community, psychoactive herbs, and a

protocol for end-of-life care, as well as a comprehensive resources section.

Down There Last Gasp

This remarkable compendium of magical lore, psychic skills, and women's mysteries is a comprehensive guide to Goddess wisdom, spells, rituals, and recipes including such topics as: Goddess worship, past and present. A brief study of witchcraft. Starcraft and the moon. Festivals and the wheel of the year. How to create rituals. Ethics in witchcraft. Spellcraft. Developing psychic skills. Divination-the tarot. Herbal lore.

Women and the Practice of Medical Care in Early Modern Europe, 1400-1800 Ash Tree Publishing

The essential guide to lifelong healing with essential oils. The healing potential of essential oils may be limitless, but it's difficult to know how and where to begin when you don't have a prescription. With over 100 recipes for natural alternatives to traditional medicine, *Essential Oils Natural Remedies* provides a comprehensive reference to herbal healing without the hassle, expense, and frustration that comes with consulting doctors and taking prescription medication. In these pages,

practitioners of all levels will learn a lifetime of herbal remedies from how to treat the urge to itch chicken pox with lavender-tea tree salve to soothing away arthritis symptoms with peppermint oil. Designed for use with any brand of essential oils, this organized and insightful guide is the only helping hand you'll need for natural healing. *Essential Oils Natural Remedies* includes: 300 Home Remedies to heal and mitigate symptoms for over 170 different ailments Profiles of 75 Essential Oils plus information on medicinal uses, application methods, blending, and precautions Recipes for Any Brand allow you to make all of the recipes in this book with your preferred brand of essential oils Featuring treatments for: Allergies, Bloating, Congestion, Dry Skin, Flu, Hives, Infection, Leg Cramps, Motion Sickness, Tension Headache, Toothache, Varicose Veins, and much more! Practice herbal healing from home with *Essential Oils Natural Remedies*.

Every Woman's Herbal Book Publishing Company

The Woman's Herbal Apothecary is every woman's lifelong guide to herbal remedies for common health concerns. Novice

herbalists and advanced practitioner's alike will learn how to naturally treat the complete spectrum of women's concerns, including preventative self-care, life transitions, and common feminine ailments. Learn how to prevent, soothe, and heal without resorting to medical remedies, which are often harsh, costly, and include unpleasant side effects. The *Woman's Herbal Apothecary* contains 200 natural remedies, covering the topics of menses, pregnancy, menopause, aging, fibroids, bladder infections, and low libido, among others. The book is conveniently divided into the major cycles of a woman's life: pre-childbirth, reproductive years, menopause, and beyond. Each section discusses specific physical complaints and how to treat them. You will learn which herbs are the most helpful for each phase of life and which are contraindicated or to be avoided. Master herbalist and naturopathic doctor JJ Pursell provides her own herbal solutions and DIY herbal remedies. The concluding section is divided by specific common health issues in women, such as cardiac disease, thyroid disease, and adrenal dysfunction. With *The Woman's Herbal Apothecary* in hand,

you are on your way to healing, hormone balance, beauty, longevity, and calm—the natural way.

The Herbal Medicine-Maker's Handbook
Rockridge Press

Being an Appalachian woman and herbalist, I feel committed to empowering the women of my community through their relationships with the plants around them. This includes empowering myself by researching traditional Appalachian herbalism and learning from the many teachers, grandparents, and other members of my community. These women have a very intimate connection to the land and a beautiful and poetic way of communicating through plants and herbal medicine. I want to express my gratitude for the present and future connections with these soft and quiet voices of the past. My intention is to create the images in this series in collaboration with my mentors, teachers, and elders because they have their own histories, their own stories, and a connection to the Earth that we need right now. I am digging deeply into my personal relations with flowers, medicinal plants, and the connections I have with these healers. Shauna Caldwell

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The Gift of Healing Herbs Inner Traditions / Bear & Co

Just outside your doorstep or kitchen window, hidden beneath a tall pine tree or twining through porch latticework, a wild and weedy apothecary waits to be discovered. Herbalist Doreen Shababy shares her deep, abiding love for the earth and its gifts in this collection of herbal wisdom that represents a lifetime of work in the forest, field, and kitchen. This herbalism guidebook is jam-packed with dozens of tasty recipes and natural remedies, including Glorious Garlic and Artichoke Dip, Sunny Oatmeal Crepes, Candied Catnip Leaves, Lavender Lemonade, Roseberry Tea, Garlic Tonic, Parsnip Hair Conditioner, and Dream Charms made with Mugwort. A sampling of the herbal lore, legend, and instruction

found within these pages: The difference between sweet-faced flowers and flowers with attitude How to assemble a well-stocked pantry The importance of gratitude Plant-spirit communication basics How to use local wild herbs How to make poultices, teas, tinctures, balms, and extracts Praise: "Those who dare delve into this book may emerge with catnip on their breath, mud on their knees, wild fruit juices on their hands, and a mysterious, satisfied smile—the very image of a wild and weedy woman. Come on!"—Susun S. Weed, wild woman herbalist

A Wisewoman's Guide to Spells, Rituals, and Goddess Lore Storey Publishing

This treasury of pagan beliefs and herbal lore tells of remedies and charms, weather signs, and the best seasons and times for carrying out projects.

The Odyssey McGraw Hill Professional
Covering men's and women's topics, this is a "full range of integrative, alternative, and orthodox options, including herbal, homeopathic, and energy medicines."
More Than a Wise Woman Wise Woman Herbal

Healing Wise sets forth the foundations of

the Wise Woman Tradition, contrasting them with the Heroic and Scientific views of healing. "Weeds draw us into ancient wisdom in a clear and refreshing way," says herbalist Rosemary Gladstar. I see the Wise Woman. She carries a blanket of compassion. She wears a robe of wisdom. From her shoulders, a mantle of power flows. She ties the threads of our lives together. I see the Wise Woman. And she sees me. Seven herbs -- burdock, chickweed, dandelion, nettle, oatstraw, seaweed, and violet -- are explored in depth. Each monograph includes the "voice" of the herb, a weed walk to encounter the herb in its environment, detailed instructions for harvesting and preparation, properties and uses for every part of the herb, pertinent facts, fun folklore, and recipes for gourmet foodstuffs, wines, beers, cosmetics, and more.

The Male Herbal Crossing Press
Women's health care for child bearing years.

Herbal Medicine North Atlantic Books
Opening Our Wild Hearts to the Healing Herbs; A Florilegia for the Wild Heart Tribe contains full monographs on over 70

medicinal herbs...including traditional uses, scientific studies, personal experiences, magical and spiritual uses, flower essences, gemmotherapy, directions for growing, harvesting and parts used, dosage recommendations, as well as cultural traditions from around the world, ceremony and earth awareness.

Opening Our Wild Hearts to the Healing Herbs Fair Winds Press

A herbal guide for new mothers providing information on each stage of pregnancy. Sections cover fertility problems and herbs to avoid when planning a pregnancy, 30 to 40 different herbs you can use during pregnancy, and instructions for making teas, infused oils, massage oils and tinctures.

Herbs for a Healthy Pregnancy Simon and Schuster

From tinctures to ease tummy aches to elixirs to enhance energy, making your own remedies from easy-to-find herbs can be a satisfying and pleasurable way to connect with nature and your family's health. While entering the "herb world" can be intimidating—many of today's herb books are filled with cultivation tables, harvest techniques, dye charts, and

aromatherapy guidelines—The Essential Herbal for Natural Health provides a welcome entry point for those wishing to experience the beauty and simplicity of natural herbal remedies safely. By focusing on just thirteen foundation herbs, you can easily jump into the world of herbs while still creating a wide range of remedies and recipes. With something for everyone in the family—men, women, and children—these simple recipes can be made to cure coughs, calm anxiety, moisturize skin, and more.

Herbs and Things North Atlantic Books
Susun Weed (author of best-seller "Wise Woman Herbal for the Childbearing Year") spent three years talking with more than 10,000 women about their menopause. She discovered that their experiences differ hugely from most published accounts:

Hygieia North Atlantic Books
Hygieia: A Woman's Herbal combines the ancient practice of herbalism with women's holistic health. It's an encyclopedic work covering how specific herbs can help with birth control, menstruation, menopause, pregnancy, childbirth, nursing, and much more.

Personal stories, dreams, and poems enliven the text. The author is an outspoken activist in the need for women to be in charge of their own health, to use natural remedies, and to be less reliant on the western medical establishment. According to the author, the book is named after Hygieia, the Greek goddess of healing. The book is beautifully and artistically designed with black and white drawings and photos, hand-lettered pages, and original artwork. And it's easy to use when it comes to finding a particular herbal remedy for a health issue. For example, it recommends 96 herbs to help with pregnancy, childbirth, and lactation. Some of the herbs include Bayberry (for ovaries and womb troubles), Milkwort (to help increase the milk supply of nursing mothers), and Wild Cherry (to help relieve pain during childbirth). From the book: "This book grew out of the need to be healthy and re-own the powers of naturally healing ourselves. In no way do we suggest that this book can replace a relationship that already exists between yourself and a healer/doctor. Oftentimes we do need help from someone else--and sometimes, we are startled into running to

the doctor's office for a cure when the situation could best be handled at home. And nowadays, treatments given to women by medical men sometimes prove to be iatrogenic, i.e., causes of even more serious diseases. This work is inspired not from any personal, negative reaction with western medicine but rather from my positive relationship with Self as Healer and herbs as the main tool in this process."

The Herbal Lore of Wise Women and Wortcunners Canadian Circumpolar Institute

This "deep excursion into the heart of herbalism" pulls back the curtain on centuries of herbal medicine and offers an inventory of useful plants for the modern herb gardener or homesteader (Rosemary Gladstar) Traditional herbalists or wise women were not only good botanists or pharmacologists; they were also shamanic practitioners and keepers of occult knowledge about the powerful properties of plants. Traveling back to the healing arts of the ancient Egyptians, Greeks, and Romans, The Herbal Lore of Wise Women and Wortcunners takes readers deep into this world, through the leechcraft of

heathen society and witches' herb bundles to the cloister gardens of the Middle Ages. It also examines herbal medicine today in the traditional Chinese apothecary, the Indian ayurvedic system, homeopathy, and Native American medicine. Balancing the mystical with the practical, author Wolf Stori explains how to become an herbalist, from collecting material to distilling and administering medicines. He includes authoritative advice on herb gardening, as well as a holistic inventory of plants used for purposes both benign and malign, from herbs for cooking, healing, beauty, and body care to psychedelic plants, witches' salves for opening alternative realities, and poisonous herbs that can induce madness or cause death. Stori also describes traditional "women's plants" and their uses: dyeing cloth, spinning and weaving, or whipping up love potions. *The Herbal Lore of Wise Women and Wortcunners* is written for professional and amateur herbalists as well as gardeners, urban homesteaders, and plantspeople interested in these rich ancient traditions. **Breast Cancer? Breast Health!** Storey Publishing, LLC
Herbalists, naturopaths, plantspeople,

witches, and natural healers will love the empowering information, engaging stories, and heartfelt meditations and rituals of natural herbal medicines in this book. Nominated as a Herbal Book of the Year by the International Herb Association, *The Gift of Healing Herbs* by well-respected urban herbalist Robin Rose Bennett offers readers who want to take charge of their health an immersion into a myriad ways to use plant-based remedies to care for themselves and others on physical, emotional, and spiritual levels. With more than 180 easy-to-follow recipes informed by the wisdom that physical and spiritual healing are inextricably intertwined, *The Gift of Healing Herbs* explores herbology as the "people's medicine", freely available to all, and as a powerful yet gentle way to heal body, mind, heart, and soul. The book is divided into three parts: the first part examines health and the causes of illness; the second part comprises a reference of all the physical systems of the body and the common and not-so-common herbs for tonifying them; and the third part contains recipes for teas, brews, and instructions for incorporating herbs into our daily lives.

The hundreds of recipes for herbal preparations in this book—accompanied by prayers, meditations, and rituals—offer spiritual and physical insights into the relationship between our body systems and the elements, Earth, Air, Fire and Water, thus helping the reader explore and experience the interconnection of all things in the web of life. Filled with personal stories, case histories, and elements of personal memoir, *The Gift of Healing Herbs* is equal parts inspiration and instruction drawn from the author's life and decades spent teaching and practicing herbal medicine in a spiritual, earth-based, nondogmatic style. The author explores how one's personal story turns into one's embodied physicality and ultimately reveals individual unique paths of healing for each reader. From the Trade Paperback edition.

[New Menopausal Years](#) Shambhala Publications

It's all there: Seven Medicines to help you be abundantly well, make sense of medicine, and get the health care you need and deserve. Chapter Six, on Pharmaceutical Medicine, includes a dozen two-page spreads comparing the effects of

common modern drugs to herbal remedies. It is illustrated with magical

drawings, meticulously indexed, assiduously researched, and rich with recipes, lore, and startling scientific

support for the Complementary Integrated Medicine Revolution.