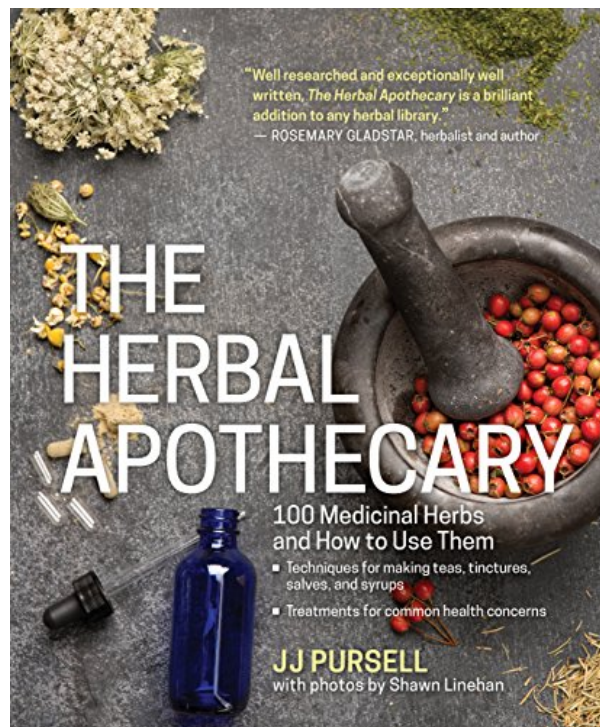
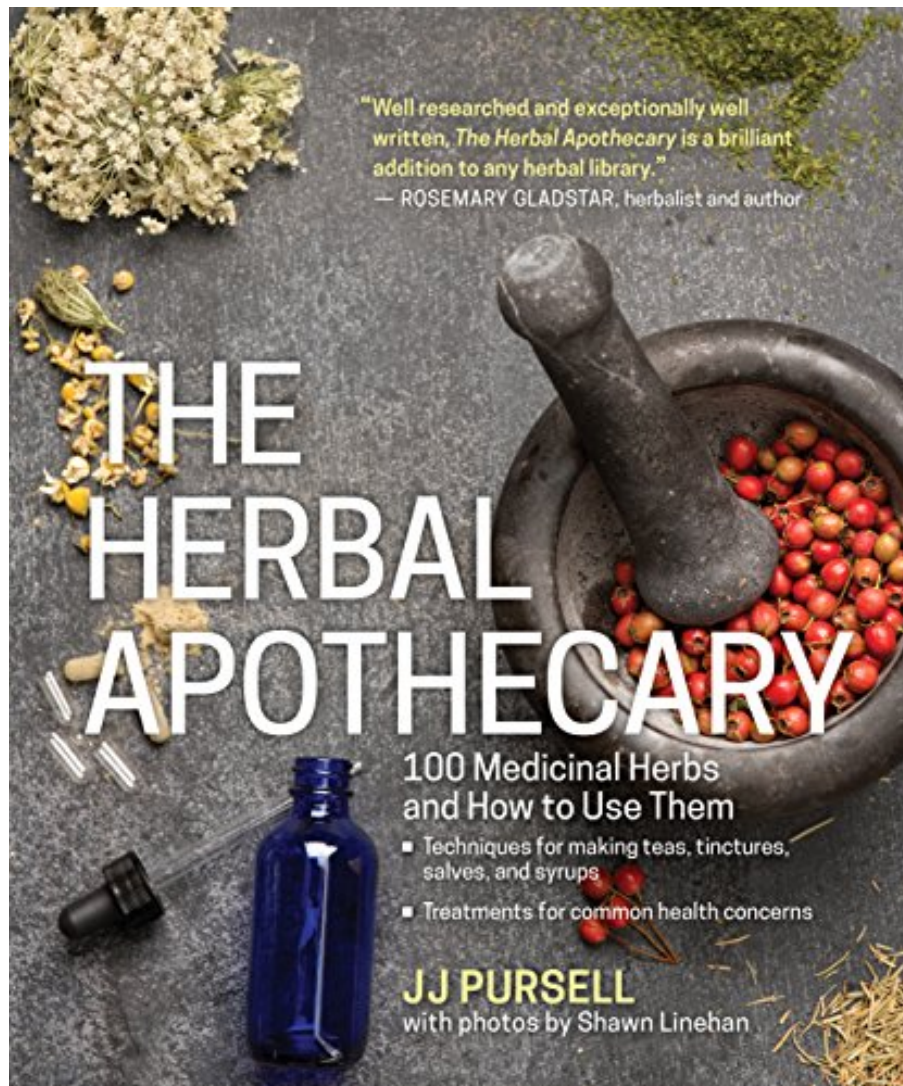


THE HERBAL APOTHECARY: 100 MEDICINAL HERBS AND HOW TO USE THEM BY JJ PURSELL



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Review

“Well researched and exceptionally well written, **The Herbal Apothecary** is a brilliant addition to any herbal library.” —Rosemary Gladstar, herbalist and author

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“Anyone interested in alternative medicine and botanical curatives will find this handsome volume useful.” —Country Gardens

“Pursell aptly demonstrates the value in learning about these gifts from nature and understanding their use in pursuit of sustainable health. . . . will quickly become indispensable for understanding a neglected field that is ripe with great benefits.” —Publishers Weekly

“Kick a winter cold by reading up on the plant-based medicines in the new book **The Herbal Apothecary**.” —Sunset

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“[a] lovely handbook. . . . the wealth of photographs widens its appeal to a larger community of plant lovers.” —Choice

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“This is a fantastic book—well researched, exceptionally written, and artfully compiled. In addition to all that, it is a joy for the eyes and hands! We love the beautiful, crisp photography and durable, satin pages this book offers for a delightful read.” —Beneficial Botanicals

From the Back Cover

Achieve wellness with 100 medicinal plants! Plant-based medicines offer many healing possibilities for the body, mind, and spirit. In this holistic guide, naturopath J. J. Pursell provides an accessible and comprehensive introduction to medicinal plants, explaining how they work and how to use them safely.

Incorporating traditional wisdom and scientific information, *The Herbal Apothecary* includes advice on growing and foraging for healing plants and recommendations for plant-based formulations to fight common ailments, like muscle strain, anxiety, and insomnia. Step-by-step instructions show you how to make your own teas, salves, capsules, tinctures, and other essential herbal remedies. Whether you want to treat a wound or fight the common cold, taking charge of your health and well-being begins here.

About the Author

Dr. JJ Pursell is a board certified naturopathic physician and licensed acupuncturist and has worked with medicinal herbs for more than 20 years. She owns The Herb Shoppe, which has locations on Portland, Oregon and Brooklyn, New York. JJ has been featured on television and in *Gardenista*, *White & Warren Inspired*, *Kale and Coriander*, *Portland Healing Project*, *PoppySwap*, and *Girl Gift Gather*.

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“A brilliant addition to any library.” —Rosemary Gladstar, herbalist and bestselling author

More and more people are exploring the healing possibilities of plant-based medicines, and health shops across the country now stock their shelves with natural remedies, but treatments can easily be made at home. The Herbal Apothecary profiles 100 of the most important medicinal plants with striking photographs and step-by-step instructions for making herbal teas, tinctures, compresses, and salves to treat everything from muscle strain to the common cold or anxiety. This holistic guide also includes advice for the home gardener on growing and foraging for medicinal plants.

Incorporating traditional wisdom and scientific information, The Herbal Apothecary provides an accessible and comprehensive introduction to plant-based medicine. With the guidance of naturopath JJ Pursell, herb enthusiasts can learn how to safely create their own remedies using plants they know and love.

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Most helpful customer reviews

44 of 46 people found the following review helpful.

Amazing information!

By Melissa

I can say in one word what I thought of this book.....AMAZING! If you are interested in medicinal herbs remedies you need to look at this book. The layout cover to back will hold your attention. After a short introduction of the herbalist life the author jumps the reader into the different systems of the human body such as the cardiovascular system or the endocrine system. It helps anyone interested in herbal remedies to understand how the body works so they can understand which herbs would work for an ailment.

Next the reader gets a bit of botany class that is very interesting. The photos of the plants are vibrant and show the plant to help you identify it easily. Each plant has its medicinal uses, cultivation and how to use it as a remedy explained. Some of the plants shown I have never heard of which lead to one issue I had with the listings. It would have been nice to have a reference of where these plants are considered native.

The fun begins in the Herbalist Laboratory as the section was titled. Here you get to read how to apply the

remedy. The application may be a tea, salve, capsule or something else. There are also recipes listed and broken down into categories for sore throat as an example. Once again photos are used to show the ingredients and possibly how to work with them. After familiarizing yourself with some recipes and how to make them, more recipes and how to administer them are outlined based upon complaint.

I really believe that if you are interested in home remedies you need to check this book out.

I received this ebook free in exchange for an honest review.

31 of 32 people found the following review helpful.

This is definitely an awesome introductory book that gives a thorough introduction both to ...

By John Michael Work

Bought the book on a whim since it's been something that I've been interested in for a while. This is definitely an awesome introductory book that gives a thorough introduction both to typical herbs that one might find, their effects, and the traditional methods in which they were administered (teas, tinctures, etc.). There are also a handful of typical recipes for different conditions listed in the back of the book. Unfortunately, some of these recipes include herb ingredients that aren't listed in the book which is why I give this book 4 stars instead of 5. I'm sure there was a reason and this is an introduction book, but why list a herbal recipe in your book but leave half of the herbs in the recipe out of the book?

Still, this is a very good introductory book and the parts that were explained were explained very well.

15 of 15 people found the following review helpful.

Good book but not sufficiently edited/researched(at least for one herb)

By Amazon Customer

It's a good reference and some interesting recipes. Deducted stars for the entry on Red Root which is known as *Amaranthus Retroflexus* in the book but it looks like the author is talking about *Ceanothus Americanus*. *Amaranthus Retroflexus* can be medicinal but doesn't support the spleen. At worst, it might be laxative. Not a fatal mistake but it's wrong nevertheless. Not acceptable in a 'herbal apothecary' book. To author and publisher: Please note correction and vet the rest of the book!

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