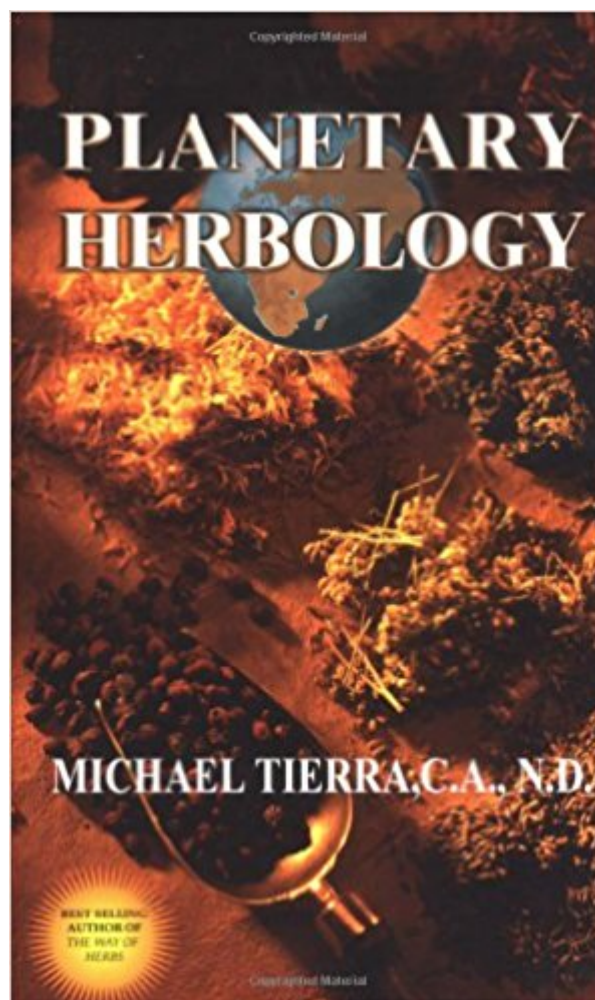




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Planetary Herbology: An Integration Of Western Herbs Into The Traditional Chinese And Ayurvedic Systems



Synopsis

Practical handbook and reference guide with over 400 medicinal herbs, integrating herbal traditions of entire world.

Book Information

Paperback: 490 pages

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Average Customer Review: 4.6 out of 5 stars 33 customer reviews

Best Sellers Rank: #132,271 in Books (See Top 100 in Books) #29 in [Books > Health, Fitness & Dieting > Alternative Medicine > Chinese Medicine](#) #36 in [Books > Health, Fitness & Dieting > Alternative Medicine > Ayurveda](#) #216 in [Books > Health, Fitness & Dieting > Alternative Medicine > Herbal Remedies](#)

Customer Reviews

Presented here are two books that address the healing qualities of herbs. The New Age Herbalist is an attempt to "form a bridge between orthodox medicine and herbalism" The authors believe that no herbalists should regard their treatment as beyond scientific explanation and analysis" The attractive book has many black-and-white drawings and color photos which clearly show the various parts of each herb described. The "glossary" of herbs is designed to be used with chapters on nutrition, healing, and body and home care; it also has a section on growing herbs. The authors provide basic psychological information and practical advice on using herbs, and include recipes for both foods and household preparations. A good, comprehensive work with sound advice on what conditions are treatable herbally, and when to obtain traditional medical treatment. Tierra, author of The Way of Herbs (LJ 10/1/80), has compiled an impressive work that covers the philosophies of traditional Eastern herbal medicine along with describing the herbs and their uses. He compares these systems to Western herbal traditions, aiming at a synthesis to create a "planetary" herbalism. Tierra's basic assumptions, that because the Eastern systems have existed for centuries, they must work, and that "all plants must have potential therapeutic application," are unproven and probably unprovable. He sees herbalism as a religion of nature, intuitive rather than precise and scientific.

The book may be of interest to Eastern herbalism researchers, but not for the practical herbalist, as the information is often contradictory or of marginal use.- Katharine Galloway Gartska, Intergraph Corp., Huntsville, Ala. Copyright 1989 Reed Business Information, Inc.

One thing you can say about this product- it is very full of information in a relatively short book. But, I would recommend it only to those who have at least a basic understanding of both Western and Chinese/East Indian herbalism to get the full effect (which is its intended audience I believe).

Though the book does explain most of what it states, this knowledge is necessary to fully appreciate it. It reads like a textbook more than anything, which is great but may not make it a "page turner" for those that don't have this knowledge. This is an AMAZING handbook, and it explains energies of herbs (I believe over 400 of them!), some history, preparations, organs herbs effect, dosage, parts used, the properties of herbs, and even the methodology behind it all, without going in to too much detail. I especially appreciate the beginning, where he goes into food therapy, the types of preparations and why it matters, the eight methods of therapy, as well as the nature of herbs in Chinese, Western, and Ayurvedic systems and the roots of it all. Excellent! Also, extremely useful appendix/glossary!

This author sets out to bring about the integration of Western herbs into the Ayurvedic system and the Traditional Chinese Medicine system. In the area of Western Herbology he includes European, Native American and Eclectic traditions. He argues that herbalism is as much an art as it is a science and there is an energy and a spiritual side to herbalism. This integrated system he calls Planetary Herbalism. There is a section on the preparation and processing of herbs, eight methods of Herbal therapy and Planetary Formulas as well as Ayurvedic and Traditional Chinese formulas. In Part II of the book he has a Planetary Materia Medica. In Part III, the appendices he has information on herb energetics, herbal supplements for vegetarians and more about Ayurvedic and Chinese Medicine. I would not recommend this book for the beginner or inexperienced. It is a great book for herbal practitioners and laymen who know quite a bit about herbs. -- Val Lull

Great book on Herbology. We used it in a class recommended by the herbalist to teach us. If you want to heal naturally and permanently rather than being on drugs or other medical I recommend your read this and seek other sources of similar reading.

A Great Herb Book. This Is A Replacement For One That Was Stolen Years Ago. I Was Lost

Without It. I Can Not Wait To Get Mine In The Mail On Tuesday. I Am Getting Back Into My Bulk Herbs. Sure Teas And Essential Oils Are Great; But NOW That I Am More Settled In.. I'd Like To Get Back To My Bulk Herbs. This Is A Great Book. It Covers A Few Topics That I Have Not Found In Other Herb Books.

This book is amazing. I am excited to use and make more external herb applications in my massage practice. There are thorough explanations on how to make different tinctures, poultices, oils, etc. how to use each herb, when to use each herb, what each herb does, etc.

Great resource.

Very happy

Very detailed and well ordered. Great for anyone who wants a more scientific look at herbs
Planetary Herbology: An Integration of Western Herbs into the Traditional Chinese and Ayurvedic Systems

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