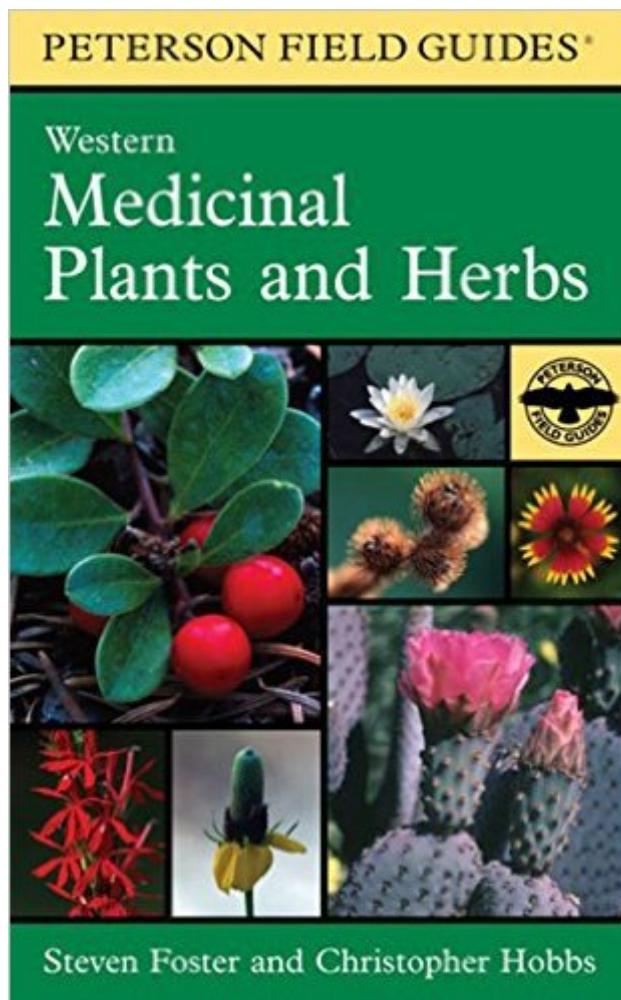


The book was found

A Field Guide To Western Medicinal Plants And Herbs (Peterson Field Guides)



Synopsis

The most complete work on the medicinal plants of western North America, this guide offers the best information in the world on the nearly 500 species covered, much of it available for the first time. More than 530 color photographs illustrate the plants. An index to medical topics helps locate information on specific ailments. Symbols next to the plant descriptions provide quick visual warnings for poisonous and allergenic plants. Organized by flower color for fast identification, this guide is an essential aid to appreciating native plants and the wild areas they inhabit.

Book Information

Series: Peterson Field Guides

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Average Customer Review: 4.4 out of 5 starsÂ See all reviewsÂ (49 customer reviews)

Best Sellers Rank: #26,294 in Books (See Top 100 in Books) #31 inÂ Books > Science & Math > Biological Sciences > Botany #69 inÂ Books > Health, Fitness & Dieting > Alternative Medicine > Herbal Remedies #73 inÂ Books > Science & Math > Biological Sciences > Plants

Customer Reviews

My scores are based on the usefulness of this book for foraging medicinal plants. Overall rating: 3 stars
Number of plants: 4 stars
Treatment lists: 4 stars
Treatment details: 3 stars
Picture types: small color photographs
Plant identification: 2 stars
Who will find it useful: truly dedicated novices, experienced foragers & herbalists, backpackers, hunters, preparedness-minded & self-sufficient folk, all of whom live west of the Rocky Mountains or in non-desert areas of the southwest. This book suffers the same fate as other Peterson edible/medicinal field guides, the pictures are just too small to be much use to novice foragers. Many people attending my wild edible/medicinal plant classes come with a copy of this book and none of them have been successful in identifying more than 5-6 plants from these guides. A dedicated beginner who uses the book as recommended by the publisher (directions at front of book) will have a higher success rate. Most people don't follow these directions which leads to their frustration with the book. True, this is more the fault of people than of

the guide, but it's something you need to keep in mind when deciding if this would be a good field guide for you. If you can already identify the wild plants in your area this book will be a great and useful addition to your library. It mainly limits itself to tea treatments (drank or applied to skin) but does a good job of covering all these uses as well as stating which have scientific backing and which are folklore. Sidenote: I'm not saying anything bad against folklore uses, just that in many cases there hasn't been enough scientific research to confirm these uses.

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