

Herbal Book List

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There are many wonderful books and websites with information about medicinal plants and making your own medicines. These are some of our favorites and should be enough to get you started!

- Herb Mentor by Learning Herbs is a fantastic on-line site for learning more about herbal medicine. Check it out! <http://www.herbmentor.com/>
- Rosemary Gladstar's Family Herbal: A Guide to Living Life with Energy, Health, & Vitality
- The (New) Holistic Herbal *David Hoffman*
- The Roots of Healing: A Woman's Book of Herbs (also published as A Woman's Book: The Healing Power of Natural Remedies) *Deb Soule*
- The Complete Floral Healer (also published as Flower Power: Flower Remedies for Healing Body & Soul Through Herbalism, Homeopathy, Aromatherapy, & Flower Essences) *Anne McIntyre*
- Making Plant Medicine *Richo Cech*
- The Herbal Medicine Maker's Handbook: A Home Manual *James Green*
- Herbal Remedies from the Wild: Finding & Using Medicinal Herbs (or Earthmagic) *Corinne Martin*
- Herbs: Partners in Life: Healing, Gardening, & Cooking with Wild Plants (also published as Health, Happiness, & the Pursuit of Herbs) *Adele Dawson*
- Healing Wise *Susun Weed*
- The Book of Herbal Wisdom: Using Plants as Medicine *Matthew Wood*
- The Herbs of Life: Health & Healing Using Western & Chinese Techniques *Lesley Tierra*
- Addiction-Free Naturally: Liberating Yourself from Tobacco, Caffeine, Sugar, Alcohol, Prescription Drugs, Cocaine, & Narcotics *Brigitte Mars*
- Botanica Erotica: Arousing Body, Mind, & Spirit *Diana DeLuca*
- The Male Herbal: Health Care for Men & Boys *James Green*
- Growing 101 Herbs that Heal: Gardening Techniques, Recipes, and Remedies *Tammi Hartung*