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Medicinal Plants Of The Desert And Canyon West: A Guide To Identifying, Preparing, And Using Traditional Medicinal Plants Found In The Deserts And Canyons Of The West And Southwest





Synopsis

This classic work on medicinal herbs of the Western uplands is an authoritative presentation of more than 100 species. Unsurpassed as a field guide for its authoritative information on collection and medicinal preparation. Focuses on the plant life of rocky and arid lands of the West, and includes detailed information on the preparation and use of these vital herbs.

Book Information

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Customer Reviews

This book makes it easy to understand the preparation and use of herbs for a variety of everyday family herbal-aid applications. The instructions include the part of the plant used - flower, root, leaves, berries, bark etc. It goes on to explain why fresh or why the dry plant is useful and how to deal with your own gathering of the plant and what to do in simple A to Z instructions.

I recently moved to the Sonoran Desert but had no idea what treasures awaited me until I bought and read this small book. This guide has opened my eyes to what is around me. I've taken pictures of interesting plants along the roads but didn't know they were medicinal or edible until I read about them here. The next time I go for a walk or drive, it will be with newly opened eyes. The illustrations are good, the instructions are specific. Some of the explanations and narratives are so hysterically funny, you will have no problem understanding effects of either taking or not taking described potion or poltice. I heartily recommend this quide on several different levels.

This is a well recommended book, but needs more photos and colored photos. If you are trying to teach yourself with out anyone to help you....well good luck. That's more than I could do with this book.

I live in the desert; when I look out the window now, I no longer see pesky sage brush and annoying goat heads and pushy, intrusive shrubs and cactus. I see the living, breathing, quietly waiting elements of medicine for human health. I see the possibility of caring for ourselves in a world that has become toxic to ordinary people in ways our ancestors couldn't imagine. I'm very, very grateful to Mr. Moore for the legacy he left; we are stronger for his having lived. Hyperbole aside, the book is an invaluable reference. Not only does it describe the desert medicinal plants in excellent detail and provide information on preparation and usage, it also contains valuable insights into the preparation of medicinals in general and cleared up a few questions I didn't realize I had about the making of tinctures. My methods are better thanks to this book. That means my medicines will be more effective; no small thing. A lot of my reading material these days is in electronic form. Generally, just the books I think of as "happy trash"; those novels and stories that amuse me but that could evaporate tomorrow and leave no one much the poorer for it. But, I am keenly aware of which books should never be kept only in electronic form. We need printed books very, very much because they contain the potential to outlast electricity. This isn't a small consideration anymore. This book of Mr. Moore's should definitely be in your analog collection. It needs to last. Buy two copies to be sure.

I've been utilizing this book for over 10 years as a teaching tool and reference for my Medicinal Plants of the Baja class. Michael Moore is a hoot, excellent research on plant constituents and medicinal uses. Couldn't have done it without him! Check out [...] Thank you, Michael.

In preparation for a trip to the Southwest, I purchased Medicinal Plants to bone up on what I'd be finding while poking around the desert. I was surprised to discover how much was packed in its 180-some pages. Everything from small distribution maps to lists of constituents, preparation, usage, and collecting info is included, along with clear illustrations by Mimi Kamp and a middle section of color photographs. And let's not forget Moore's irreverent humor that pops up when you least expect it. I don't live in the Southwest, which is the only reason I held off from purchasing the book for as long as I did. Had I known what it was like, I would have purchased it long ago, travel plans or not.

This book was very easy to use. I wished there was more color photos but with such good descriptions and drawings you really don't need them. There are color photos for about half the plants described in the book. I love the way Michael Moore writes. He makes it so easy to read and understand. This book will be used for years to come in my home.

not sure if there are two editions of the book, being that there appear two different covers... one with the mountain and the other with the flowers. i gave this book a three-stars because in this day and age i was expecting color photos. the kicker was that the color plates of this book was inserted upside down and needed to turn the book upside down to read. the book is more of a reading book than an identification field book.

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