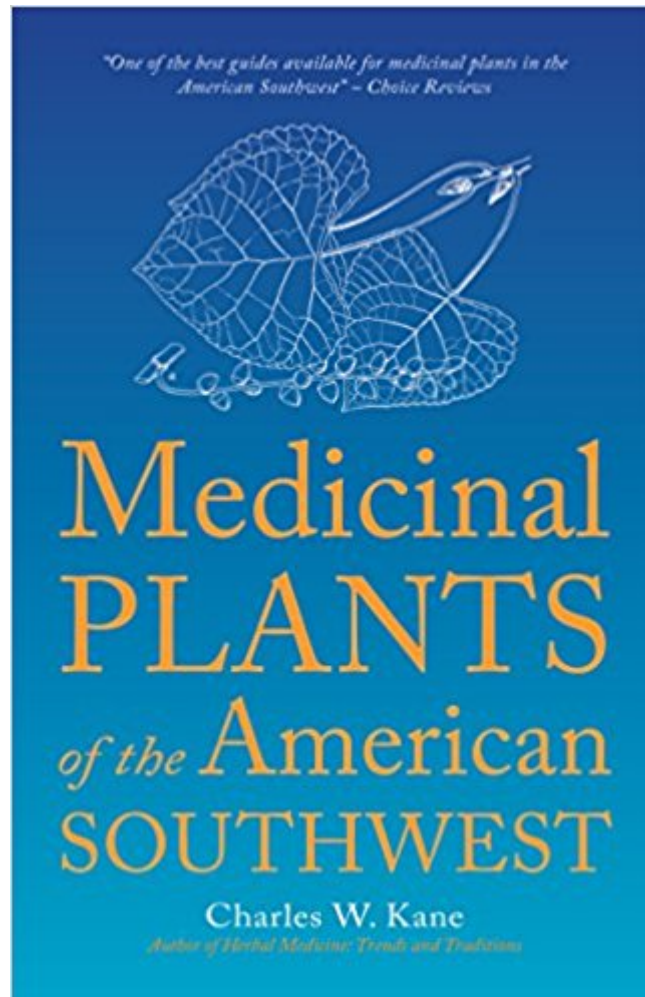


The book was found

Medicinal Plants Of The American Southwest (Herbal Medicine Of The American Southwest)



Synopsis

Newly updated for 2016 (expanded photo section; additional profiles: Bouvardia, Red betony, and Texas ranger) Covering more than 160 southwestern plant medicines, within 102 profiles, Medicinal Plants of the American Southwest presents each plant's medicinal use, therapeutic indication, geographic range, botanical description, chemical composition, preparation, dosage, and cautions. A comprehensive preparation segment includes instruction on the making and use of teas, tinctures, syrups, salves, ointments, oils, washes, fomentations, and other modes of application. Readers will also find the therapeutic index, glossary, bibliography, and general index valuable additions. 112 color photos further assist the reader in plant identification. First published in 2006 (as Herbal Medicine of the American Southwest) Medicinal Plants of the American Southwest is considered by most familiar with Kane's writing to be his seminal work. Regularly updated every 2-3 years, this title continues to inform and inspire all who find interest in the therapeutic uses of southwestern plants. Printed and bound in the USA.

Book Information

Series: Herbal Medicine of the American Southwest

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Average Customer Review: 4.7 out of 5 stars Â Â See all reviews Â (44 customer reviews)

Best Sellers Rank: #201,881 in Books (See Top 100 in Books) #12 in Â Books > Medical Books > Pharmacology > Reference #13 in Â Books > Science & Math > Nature & Ecology > Ecosystems > Deserts

Customer Reviews

This work by Charles Kane is an extremely helpful book to have for any level herbalist. I have been studying, using and now, teaching herbal medicine for 20 years and I refer to this book often for Sonoran and southern Utah herbs. Mr. Kane's work is not only accurate (not to be taken for granted in herb books), it is also very well organized and user friendly. He comes from an experienced, hands-on perspective, rather than an academic, theoretical one. He seems like the kind of herbalist

who definitely gets dirt under his fingernails! My one complaint is the book does not cover plants above 5000' in the American southwest. It is a very 'deserty' compilation and is ideal for people in the Tucson-Phoenix region. For those of you looking for a high elevation herbal, get Michael Moore's work. For anyone else, get 3 of Kane's books- one for the house, one for the vehicle and one for a friend. You won't be sorry!

My scores are based on the usefulness of this book for foraging medicinal plants. Overall rating: 4 stars
Number of plants: 3 stars
Treatment lists: 4 stars
Treatment details: 3 stars
Picture types: color photographs, color paintings
Plant identification: 3 stars
Who will find it useful: novice to expert herbalists, homeschoolers, medical professionals, preparedness & self-sufficient folks, chemists
Notes: The best thing about this book is its easy-to-understand explanations of how the chemistry of the plants interact with the body and how to extrapolate these effects to other plants containing similar chemicals. The author's writing style is very colorful and engaging yet also very clear and his medical background adds a high level trustworthiness to his words. The book covers plant treatments for many common complaints and illnesses such as skin rashes, cramping, arthritis, stomach issues, insomnia and other day-to-day ailments. Unfortunately it lacks a good cross-reference between aliment and plant cure, but the book is so pleasant to read that reading it cover-to-cover isn't a chore. This is the most science-based herbal book I've read, but you don't need a science background to understand it. However, since I am a chemist I find this book to be my most trusted herbal reference guide. His footnoting and reference lists are second to none. While the plants he writes about are mainly found in the arid southwest, the biochemical interactions of these plants can be applied to other plants found throughout North America. His glossary is also more comprehensive than that of most other medicinal herb books.

This is an excellent reference book. It is a little dry and the pictures were all in the center rather than with the plant descriptions. I'm sure that was done to save on printing costs--the pictures are on high glossy paper and there are photos as well as phenomenal drawings by Frank Rose. The photos and drawings are probably the best I've ever seen in this type of book. Instead of cross-referencing the pictures to the descriptions the photos are alphabetized making finding the picture very easy. The book is well-written and an excellent reference especially for anyone living in the southwest. When the author does tell personal stories about experiences with the plants, (finding them or using them) they are very good. I wish more of these personal notes were in the book because they were enjoyable, but I suppose there was only so much paper.

Herbal Medicine Of The American Southwest: A Guide To The Identification, Collection, Preparation, And Use Of Medicinal And Edible Plants Of The Southwestern United States by practicing herbalist Charles W. Kane (Tucson Clinic of Botanical Medicine) and featuring elegant and accurate illustrations by Frank S. Rose is the "user-friendly" and easy to use guide perfect for exactly what is described in the title. Herbal Medicine Of The American Southwest informs the reader of how to find the plant, how to prepare it, what it can be used for, what side effects may occur, and what resources might be necessary to further define the plant, giving the overall book a very definitive and notable study of the plants it features. Herbal Medicine Of The American Southwest is highly recommended to all naturalists living in the southwest of America, as well as organic studies students, however especially recommended to all inhabitants of the featured area.

The info is useful and well organized. I love the way it has an index to look up the herbs by the body system. The alphabetic index and the glossary are also very well organized and helpful. The herbs and their uses are just what I was looking for in this part of the country. Some of the medicinal language in the book may get a bit technical for people who do not have a background in the medical fields. However, if you invest in a good medical dictionary to go with it, you should be able to discern everything the author wants to convey. I'm an RN, so it was perfect for me. I have an RN friend and after she saw it, she bought a copy also. My boyfriend wants a copy too.

I bought this book specifically FOR the color photographs - we live in the southwest and it's of course much easier to identify a plant if you can already see it in a color photograph (many of the books we'd looked at were black and white drawings or photographs). The added bonus is that it is chock full of information and a nice, easy-to-read format - just enough information for the budding herbalist, while just enough science to appease those with a lot more experience. Happy to have this one in my library and would highly recommend it to anyone living in the American Southwest with an interest in herbal medicines.

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Medicinal Plants of the American Southwest (Herbal Medicine of the American Southwest)

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

Medicinal Plants of North America: A Field Guide (Falcon Guide Medicinal Plants of North America)

Herbal Antibiotics Secrets: How to Use Herbal Medicine to Prevent, Treat ,and Heal Illness Naturally

The Beginner's Guide to Medicinal Plants: Everything You Need to Know About the Healing Properties of Plants & Herbs, How to Grow and Harvest Them A Modern Herbal (Volume 1, A-H): The Medicinal, Culinary, Cosmetic and Economic Properties, Cultivation and Folk-Lore of Herbs, Grasses, Fungi, Shrubs & Trees with Their Modern Scientific Uses Wicca Herbal Magic: A Beginner's Guide to Practicing Wiccan Herbal Magic, with Simple Herb Spells Medicinal Plants Coloring Book (Dover Nature Coloring Book) Medicinal Plants of the Rocky Mountains (A Pocket Survival Guide) Peterson Field Guide to Medicinal Plants and Herbs of Eastern and Central North America, Third Edition (Peterson Field Guides) Medicinal Plants: A Folding Pocket Guide to Familiar Widespread Species (Pocket Naturalist Guide Series) Medicinal Plants of the Pacific West Edible and Medicinal Plants of the Rockies Medicinal Plants of the Mountain West A Druid's Herbal of Sacred Tree Medicine Chinese Herbal Medicine: Materia Medica (Portable 3rd Edition) An Exposition on the Eight Extraordinary Vessels: Acupuncture, Alchemy, and Herbal Medicine Pocket Atlas of Tongue Diagnosis: With Chinese Therapy Guidelines for Acupuncture, Herbal Prescriptions, and Nutri (Complementary Medicine (Thieme Paperback)) Evidence-Based Herbal Medicine, 1e Desert Life: A Guide to the Southwest's Iconic Animals & Plants and How They Survive

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