



The Herbal Apothecary: 100 Medicinal Herbs and How to Use Them

J.J. Pursell

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“A brilliant addition to any library.” —Rosemary Gladstar, herbalist and bestselling author

More and more people are exploring the healing possibilities of plant-based medicines, and health shops across the country now stock their shelves with natural remedies, but treatments can easily be made at home. *The Herbal Apothecary* profiles 100 of the most important medicinal plants with striking photographs and step-by-step instructions for making herbal teas, tinctures, compresses, and salves to treat everything from muscle strain to the common cold or anxiety. This holistic guide also includes advice for the home gardener on growing and foraging for medicinal plants.

Incorporating traditional wisdom and scientific information, *The Herbal Apothecary* provides an accessible and comprehensive introduction to plant-based medicine. With the guidance of naturopath JJ Pursell, herb enthusiasts can learn how to safely create their own remedies using plants they know and love.

The Herbal Apothecary: 100 Medicinal Herbs and How to Use Them Details

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Author : J.J. Pursell

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From Reader Review The Herbal Apothecary: 100 Medicinal Herbs and How to Use Them for online ebook

Brittany says

A nice overview about what everything is but a lack of recipes

Rosemarie says

I bought this book to keep on my health bookshelf. I read most of it when I first got it, then realized recently that I never finished reading the last two chapters! The book is very well organized with information on different ways to use herbs (poultice, infusion, tincure, etc), supplies needed to make everything, descriptions of various herbs, as well as recipes for herbal applications for various problems. Definitely a book to have on hand.

Jenny says

This is an excellent introductory book for the aspiring herbalist interested in holistic, plant-based medicine. While it only scratched the surface, the book was perfectly suited for beginners who are just trying their hand at herbal remedies. It wasn't the most scientific book I've come across on the topic, but Pursell was methodically thorough in her approach; I never felt overwhelmed by the content. I highly recommend this book for those who are considering pursuing herbalism as a serious hobby.

Joanie says

Probably a book I'll add to my personal library at some point.

Claudia Turner says

One of the most important book purchases I've made this years or ever. It's very organized and well written, and full of useful information about herbs and holistic whole body healing with herbal remedies. They aren't a complete replacement for other western methods we need sometimes, and people who think they are need to grow up, but anyone who discredits the importance of these ancient, natural remedies also needs to have their head examined. JJ Pursell is an incredibly informed, intelligent voice in the holistic community and everyone should get a copy of this book whether out of curiosity or a step toward building knowledge and a personal practice of herbal care.

Dna says

Must buy! I just love the way this book is organized and the quality of information is A+. Simple clear directions. Now, if I could figure out where to find this stuff around Hamilton for free...

Lisa says

Excellent information & enjoyable read.

Good book for beginners & intermediate herbalist. Anyone looking for a more holistic approach to healing should start with this book.

Anna Nesterovich says

Wow! I'll be the first one to give it one star! Such a privilege. The reason for this rating is that science and superstitions intertwined so tightly in there, they are impossible to untangle. I really think those two approaches must be separated into different books, so the reader could choose.

Pragzz says

Simple, comprehensive book for a beginner or amateur naturopath. Great pictures, well-written and explained, with step-by-step instructions on how to use the herbs the author introduces.

Melissa says

I can say in one word what I thought of this book.....AMAZING! If you are interested in medicinal herbs remedies you need to look at this book. The layout cover to back will hold your attention. After a short introduction of the herbalist life the author jumps the reader into the different systems of the human body such as the cardiovascular system or the endocrine system. It helps anyone interested in herbal remedies to understand how the body works so they can understand which herbs would work for an ailment.

Next the reader gets a bit of botany class that is very interesting. The photos of the plants are vibrant and show the plant to help you identify it easily. Each plant has its medicinal uses, cultivation and how to use it as a remedy explained. Some of the plants shown I have never heard of which lead to one issue I had with the listings. It would have been nice to have a reference of where these plants are considered native.

The fun begins in the Herbalist Laboratory as the section was titled. Here you get to read how to apply the remedy. The application may be a tea, salve, capsule or something else. There are also recipes listed and broken down into categories for sore throat as an example. Once again photos are used to show the ingredients and possibly how to work with them. After familiarizing yourself with some recipes and how to make them, more recipes and how to administer them are outlined based upon complaint.

I really believe that if you are interested in home remedies you need to check this book out.

I received this book in exchange for my review.

Rebekka Steg says

The Herbal Apothecary is a visually stunning and beautiful book. It covers in depth 100 different medicinal herbs, but also the many ways to store, and use them. How to put together compounds, treatment plans etc. I received an advanced reader's copy from Netgalley, but loved it so much that I am ordering my own copy to keep on hand.

Terri Lynn says

This is a marvelous book for those who would like to use plants for medicinal purposes whether to make a cream for skin irritations to a tea for insomnia. Each plant/herb is shown, information is given about it, and the process of creating products from it -including doses- is given. The author is Dr. JJ Pursell, a board-certified naturopathic doctor who has worked with medicinal herbs for over 20 years.

Martina says

I really wanted to like this book. But it seems it should have been called The Herbal Quackery. For all the "medicinal" claims it makes so confidently, there are no sources cited to support them. While I understand that not all folk medicines come with a research pedigree, I did expect a bit more than just the author's say so about what to use for what ailment. I did give the book a couple of stars for presentation and photographs. It is a good looking book, just too many unsubstantiated claims about the supposed healing properties of plants.

Lydia says

Loads of information

What can I say, if you're interested in growing and eating(or drinking) your own herbs. This is the book for you. You wouldn't believe what's already growing in your own back yard that you can make into tea!

Lanigan Vitaceae says

Clear instructions for making tons of medicines for many ailments. Beautiful pics too!
