



Back to Eden: American Herbs for Pleasure and Health: Natural Nutrition with Recipes and Instruction for Living the Edenic Life

Jethro Kloss

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Now in its expanded, updated revised edition, this is the original classic text (with more than 5-million copies sold) that helped create the natural foods industry. It remains today one of the major texts on herbs, natural diet and lifestyle and wholistic health.

Back to Eden: American Herbs for Pleasure and Health: Natural Nutrition with Recipes and Instruction for Living the Edenic Life Details

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ISBN : 9780912800127

Author : Jethro Kloss

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From Reader Review Back to Eden: American Herbs for Pleasure and Health: Natural Nutrition with Recipes and Instruction for Living the Edenic Life for online ebook

Kirsty says

This is very interesting so far... I like how he tries to work with the body to heal using diet, baths and massage, and Herbs (in that order), but I'm only two chapters into it so....

Doug says

A must read for anyone interested in natural health. Especially important for western/eclectic herbalists. Even though i doubt I'll ever agree with him about soy it was amazing how much Jethro intuitively new.

Tyshawn Knight says

If you are knew to herbal cooking, healthy cooking, gardening, healing yourself then you must begin your journey to healthy living with this book. Consider it America's herb Bible. You will want to buy this and keep it in your library because you will have to refer to it often. In fact, I am on my third copy. I bought my first copy in 1989 and I still have ripped cover on my third copy because I use it so much.

DJ Harris says

Jehtro Kloss was a great healer. He dedicated his life to learning, and teaching, about; nutrition, personal rights, freedoms, and herbalism. This incredible book was a compilation of his life's work.

I love this book! Use it all the time. A close friend entrusted it to me and I make good use of it. If you want to find out about natural herbs and remedies for various ailments, this book has a wealth of information. Inside the pages of this masterpiece Jehtro Kloss even discusses his personal life and influences, making it relate-able and understandable for everyone and anyone who reads it.

Preppers will appreciate the sections on farming techniques, crops, growing fruits and vegetables, an extensive listing of fruits, veggies, minerals, vitamins, the history of herbal medicine, herbs, their uses, the body system, the health benefits of water, fish, fresh air, exercise, sleep patterns, oatmeal, fiber, breads, salts, milk, etc. This book is a MUST HAVE for every Bug Out Bag!

Cooks and Bakers will appreciate all the baking recipes, natural ways to make breads, cakes, soups and more, as well as hints on preserving vitamins, cooking utensils to avoid and use, and all the desserts and beverages!

You will come across a few passages that are out-dated, however; for the most part this book is just as

relevant today as the day it was written. I have to HIGHLY RECOMMEND this one for EVERY HOUSEHOLD out there!

Stay Blessed my friends!

Buy your copy of The AUTHENTIC Kloss Family Back to Eden by Jethro Kloss on Amazon Now!

Jared Collier says

this book is very helpful in telling you how to eat, how to prepare it, how to treat illness, etc... I would advise anyone to read this book, but beware it is a very rare book.

Erin ? *Proud Book Hoarder* says

(Also posted on my site The Paperback Stash)

Jethro Kloss was a true healer and crusader for nutrition, personal rights, freedoms, and herbalism. This huge book was his biggest work and deserves to be celebrated for what it is: a lifetime gathering of intense study and dedication to the good of man. And why, yes, I DO live to sound dramatic.

He discusses everything he can think of here. While some of his viewpoints and procedures are now frowned upon - and a few of the herbal remedies taken to the degree he suggests are now believed to be dangerous - the large bulk of his remedies and procedures are still regarded as safe and, in some circles, preferable to things available in modern medicine and society.

Everything from his personal life and influences, to farming techniques, crops, growing fruits and vegetables, an extensive listing of fruits, veggies, minerals, vitamins, the history of herbal medicine, herbs, their uses, the body system, the health benefits of water, fish, fresh air, exercise, sleep patterns, oatmeal, fiber, breads, salts, milk, etc is included here. He even gives his favorite baking recipes, natural ways to make breads, cakes, soups and more, as well as hints on preserving vitamins, cooking utensils to avoid and use, not to mention desserts and beverages.

One really fascinating thing about this book is the large section devoted to water and hydrotherapy. Here we get a rundown of the history of the water cure, various ways to use water to treat - from saunas to foreign bath treatments - temperatures to use when a person is ill to fit their condition, and much much more. Excellent!

This massive bible of sorts ends with various enemas and their purposes, charcoal, guides for people wanting to be a nurse, and different massage techniques. You couldn't ask for much more in one volume. Sure, a little of it is outdated but most of it stands true today and shall forever. The man is to be respected, and his remedies and treatments are invaluable.

Many of his formulas are similar or almost identical to the great Dr. John R Christopher, another pioneer of herbal medicine, the modern Dr. Schulz who has a following of his own, and several other herbalists, naturopaths, massage therapists, hydrotherapists, and nutritionists.

And, even more incredibly, it's under 10 bucks to own - amazing considering its offering.

Buy it? Of course! Why wouldn't you?

K says

This obviously isn't a book that you would read through as if it were a novel, but it is an amazing source of information for those who are just a TINY bit leery of the side affects of modern medicine.

Kate Christensen says

I liked this book. I felt like it was well worth the effort to get through. However, I feel that to get the most out of Kloss' book, you need to find one that was published while he was alive. There are revisions in here that are appalling. Things that he preached against have been put in by editors or his kids or whoever to make it seem like he believed in it (ie vaccinations). Some things are obvious, but others aren't. I plan on finding an older copy for myself.

Jenni Wilson says

Great do-it-yourself health information. Some of it's probably a little outdated, but it's still a great reference.

Annie says

This book is fabulous! A must read for anyone wanting to learn the truth about foods, or looking for an introduction into herbal medicine?

Peter says

The edition I read & used was earlier than this one (the 70's or 80's ?) It is amazing for anyone who want's to understand more about specific health-giving properties of natural foods or use natural remedies & foods to improve their health, or overcome a long list of illnesses.

Using a diet of natural / fresh foods high in sulfur,I managed to clear up a girlfriend's serious case of acne in just one week !

Sky says

this is a book that makes me want to walk up to people and start shacking them while I yell "How come we've forgotten how to be humans?!"

Mylinda says

Read this in connection to a correspondence course on herbal education that I am taking. Interesting that the author knew about the health problems relating to processed food in the early part of the 1900s when it seems like it is a "new discovery" by current authors decrying the same today.

Pamela Kemp says

Back to Eden is often referred to as the bible or herbal medicine. It is a must have for anyone interested in gardening and the healing properties of plants. I never finish reading this book because I refer to it over and over again.

Andrew says

This is an excellent resource covering nutrition, herbal medicine, general health and much more.
