

[EPUB] Camomile The Herb Library

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Camomile - Kate Ferry-Swainson - 2003-09-01

Camomile -- soothing, comforting, and calming -- is a favorite in tea. But that's just one of the many ways you can use this versatile herb to capture the scent and healing properties of camomile flowers and essential oils. In this book, you will learn: the best way to grow camomile and tips on the most popular varieties; how to make a variety of therapeutic preparations -- including tisanes, tinctures, infused oils, syrups, and massage oils; simple, tried-&-tested remedies for colds, fevers, headaches, anxiety, cramps, burns, insect bites, and more; and easy recipes for hair, skin, and body care; and instructions for making scented decorations and gifts. Illustrated throughout with beautiful color photographs and historical prints.

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The Herb Almanac - Chelsea Physic Garden - 2021-10-21

A beautiful and accessible seasonal guide to herbalism from the historic botanic garden. Discover the best times of the year for growing specific healing herbs and also when and how to forage for wild medicine, such as water mint, St John's Wort, hawthorn berries and rosehips. Recipes are included for how to use these herbs, along with folklore stories from herb wives and hedge witches, the meanings behind their names and the history of how these natural medicines were discovered. There are plenty of tips for how to create your own medicinal herb garden, even with just a few pots, along with a biodynamic guide for sowing, planting and harvesting. Including detailed hand-drawn line illustrations to help deepen your understanding, The Herb Almanac is the perfect gift for any nature lover. CONTENTS INCLUDES: Introduction Including using herbs as seasonally appropriate remedies and tonics, an overview of herbs in folklore, wild medicine, magic, superstition, ritual, tradition and literature and herbs in religion and floriography (the language of flowers) Gathering and Using Herbs Including safe, legal and successful foraging, a brief introduction to growing your own herbs and preparing, drying and preserving herbs Witches' Brews: Poisonous Plants Including an overview of herbs with interesting stories that cannot be easily used, e.g. wormwood, hemlock and mandrake Herb Encyclopedia Including detailed information on over 50 different herbs

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Handbook of Medicinal Herbs - James A. Duke - 2018-01-18

A Practical, Authoritative Compendium This handbook catalogs 365 species of herbs having medicinal or folk medicinal uses, presenting whatever useful information has been documented on their toxicity and utility in humans and animals. Plants from all over the world - from common cultivars to rare species - are included in these 700 pages. The toxicity of these species varies, but the safety of each has been formally or informally questioned by the Food and Drug Administration, National Cancer Institute, Department of Agriculture, Drug Enforcement Administra-tion, or Herb Trade Association. Easy-to-Locate Facts and Figures Designed to enable fast access to important information, this hand-book presents information in both catalog and tabular forms. In the catalog section, plants are presented alphabetically by scientific name. (The index permits you to locate an herb by its common name.) A detailed sketch of the chief identifying features accompa-nies most catalog entries. For each species the following information, as available, is presented and referenced: Family and colloquial names Chemical content Uses and applications - present and historical Processing, distribution, and economic potential Toxicological agents and degree of toxicity Poison symptoms in humans and animals Treatment and antidotes References to original literature Five Tables of Accessible Data Given a plant species, you can easily determine its toxins; or, given a toxin, you can discover which plants contain it. These and other data are presented in convenient tabular formats as appendixes to the handbook. Other information contained in these tables include toxicity ranking and other toxicity data (as applicable), such as mode of contact, organs affected, and lethal dose; and proximate analyses of selected foods. These tables are titled: Medicinal Herbs: Toxicity Rank

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The Herbalist's Way - Nancy Phillips - 2005-08-19

This updated edition of The Village Herbalist provides a complete guide to the art and practice of herbalism, as well as an introduction to the herbalist's role in family and community life. Inspirational profiles of practicing herbalists from across the country add a human touch to the authors' wealth of practical herbal knowledge. The Herbalist's Way includes time-honored healing wisdom from many cultures, as well as information on: • Roles and responsibilities of herbalists in their communities • Herbal workshops, conferences, and education centers • Growing, drying, and preparing medicinal herbs • Learning to listen to clients and recommend holistic treatments for healing and continued wellness • Licensing, marketing, and other legal and business issues facing modern herbalists • Comprehensive resources and suggestions for building your herbal library

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Ancient Herbs in the J. Paul Getty Museum Gardens - Jeanne D'Andrea - 1982-01-01

The Getty Museum building recreates an ancient Roman villa on the shores of the Pacific Ocean, where guests can feel that they are visiting the Villa dei Papiri before it was buried by the eruption of Mount Vesuvius in AD 79. The climate of southern California has made it possible to plant the gardens with dozens of herbs, flowers, and fruit trees known to the Greeks and Romans. In classical times they were practical as well as beautiful, providing color, perfume, home medicines, and flavorings for food and drink. Martha Breen Bredemeyer, a San Francisco Bay area artist, was inspired to paint two dozen of the garden's herbs. Her watercolor gouaches combine vibrant color with the fragile delicacy of these short-lived plants while her pen-and-ink drawings share their wiry grace. Jeanne D'Andrea discusses twenty-one of the herbs in detail after presenting their place in myth, medicine, and home in the introduction.

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Handbook of Phytochemical Constituent Grass, Herbs and Other Economic Plants - James A. Duke - 2017-12-06

CRC Handbook of Phytochemical Constituents of GRAS Herbs and Other Economic Plants is a unique catalog that includes more than 15,000 phytochemical constituents from over 1,000 higher plant species. This volume covers all of the generally-recognized-as-safe (GRAS) herbs and at least 250 important food and medicinal plants. Each entry features the scientific name, one or more common names, a listing of phytochemical constituents, a single datum or range of quantitative data (wet-weight to dry-weight in parts per million), two-letter abbreviation identifying the plant part, and three-letter abbreviation(s) indicating the source(s) of the data. The extraordinary amount of data compiled into an easy-to-use tabular format makes the CRC Handbook of Phytochemical Constituents of GRAS Herbs and Other Economic Plants a volume useful to all pharmacologists, toxicologists, nutritionists, pharmacognicists, and food scientists.

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The Devil's Library - Tom Pugh - 2016-04-20

“Pugh’s first novel is a magnificent achievement. Let us hope he returns to enthral us with another very soon.” David Dickinson, author of the Powerscourt series The Otiosi? As far as Mathew Longstaff knows, they’re just a group of harmless scholars with an eccentric interest in the works of antiquity. When they ask him to travel east, to recover a lost text from Ivan the Terrible’s private library, he can’t think of anything but the reward – home. A return to England and an end to the long years of exile and warfare. But the Otiosi are on the trail of a greater prize than Longstaff realises – the legendary ‘Devil’s Library’. And they are not alone. Gregorio Spina, the pope’s spymaster and chief censor, is obsessed with finding the Library. It’s not the accumulated wisdom of centuries he’s after – a swamp of lies and heresy in his opinion – but among the filth, like a diamond at the centre of the Devil’s black heart, Spina believes that God has placed a treasure, a weapon to defeat the Antichrist

Eleanour Rohde was a well-known gardener and garden historian with a passion for herbs and herb gardens. In this 1922 book, Rohde provides readers with a second Dark Ages. The two adventurers fight their way south, from the snowfields of Muscovy to the sun-baked plains of Italy, where an ageing scholar and his beautiful, young protégé hold the final piece of the puzzle. But is it already too late? Can the four of them take on the might of the Roman Church and hope to win?

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Let's Get Natural with Herbs - Debra Rayburn - 2007

THE MOST COMPLETE A TO Z REFERENCE GUIDE TO UTILIZING HERBS FOR HEALTH AND BEAUTY. THE HERBAL BIBLE EVERY REFERENCE LIBRARY SHOULD HAVE ON THEIR SHELF. A much needed comprehensive reference guide to ensure the safe and effective use of herbs and their preparations. Millions of people use vitamins or herbs along with prescription drugs and over the counter (OTC) medications. Find out which herbs and other nutritional supplements can help prescriptions work better or reduce adverse reactions. And which combinations are dangerous and should never be taken together.
* Separates fact from fiction concerning herbal medicine!
* Information on more than 400 botanicals ranging from well-known herbs such as Chamomile and Ginseng to less familiar herbs such as Kava and Muirapuama.
* Botanical remedies that enhance the bodys ability to heal itself. These safe, non-invasive therapies are proving to be more powerful than the often harmful drugs and surgeries that comprise the modern medicines of today.
* Appropriate precautions, adverse reactions, and possible prescription drug and over the counter (OTC) interactions with the use of herbs and other nutritional supplements.
* The only natural health reference book that is both comprehensive and user-friendly.

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Complementary and Alternative Therapies and the Aging Population - Ronald Ross Watson - 2011-04-28

The major objective of this book is to review in detail health problems occurring with significant frequency in aging adults which are proposed to be treated or ameliorated using nutraceuticals as foods and dietary supplements as well as other complementary and alternative therapies. Chapters primarily focusing on nutrients have been excluded to maintain a focus on complementary and alternative medicine (CAM). The book is divided into three general sections: 1. Nutraceuticals and Botanicals in Health Promotion - including Specific Nutraceuticals Used in Treating Aged; and General Nutraceutical Approaches to Therapy with emphasis on cancer. 2. Non-nutritional CAM Therapies - including Mind-mediated Therapies; and Physically Applied CAM Therapies 3. Non-dietary Complementary and Alternative Medicine (CAM) Use and Benefits to the Elderly in Health Identifies the important nutritional requirements of the aging population, and how nutraceuticals and other CAM options affect those Addresses the many disease entities and cancers are found with higher frequency in the aged, including cancer, trauma, or infectious disease that can alter intakes of nutraceutical containing foods and/or requirements for various nutrients. Explores the nutritional materials botanical extracts and components that can have important health promotion benefits and risks, to ensure safe consumption Reviews the frequently used non-traditional and often unproven CAM therapies, beyond nutritional and nutraceutical supplements, including a variety of physical and psychosocial treatments.

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The Ladies' Friend, and Family Physical Library With a True Description and Cure of Every Disease, Incident to Women, as Well as Those of Young Children Fifth Edition - S. FREEMAN (M.D.) - 1787

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The Herbal Internet Companion - David J Owen - 2001-11-15

A comprehensive guide to using the Internet for research into all aspects of herbal medicine! This valuable and timely book will help you navigate the sea of information about herbs and herbal remedies on the Internet. In recent years, alternative medicine has come to the forefront of American culture. As editor David J. Owen points out, &

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A Garden of Herbs - Eleanour Rohde - 2007-12-14

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Cunningham's Encyclopedia of Magical Herbs - Scott Cunningham - 2000

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Library Journal - - 2000

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Herbal Medicine Past and Present: A reference guide to medicinal plants - J. K. Crellin - 1990 Volume 2.

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Carey's Library of Choice Literature - - 1836

Containing the best works of the day in biography, history, travels, novels, poetry, etc.

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A Modern Herbal - Alys Fowler - 2019-07-11

THE BEST GARDENING BOOKS OF THE YEAR - GARDENS ILLUSTRATED 'Informative and enthusiastic' i Paper PLANT-BASED MEDICINE FOR A CALMER, HEALTHIER LIFE It's easy to turn to the pharmacy when we're stressed, sick or feeling under the weather, but what if you turned to your garden instead? In this accessible and easy to use manual, horticultural expert, former Gardener's World presenter and Guardian columnist, Alys Fowler, shows how to take control of your health by adopting a more natural lifestyle. For thousands of years, people who had no access to clinical medicine knew how to boost their well-being by using the ingredients they found in plants. Herbs are the people's medicine; often freely available and abundant, they are ready and waiting to be plucked from around you to soothe and heal your body and mind. With guides for how to use and grow over 100 herbs - for example how to use fennel for indigestion, camomile for anxiety and nettle for hayfever - you'll soon be heading into the garden, rather than opening the medicine cabinet. Offering a fusion of botanical, practical, cultural and historical information, A Modern Herbal reveals how common herbs are the simple, cleansing way to better health and happiness. AS SEEN IN THE GUARDIAN 'An important and accessible herbal for the 21st century . . . For anyone delving into herbs for the first time or those who want to broaden their herbal repertoire in the garden and home, this book is much needed' Gardens Illustrated

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Rosemary Gladstar's Medicinal Herbs: A Beginner's Guide - Rosemary Gladstar - 2012-04-30

Craft a soothing aloe lotion after an encounter with poison ivy, make a dandelion-burdock tincture to fix sluggish digestion, and brew up some lavender-lemon balm tea to ease a stressful day. In this introductory guide, Rosemary Gladstar shows you how easy it can be to make your own herbal remedies for life’s common ailments. Gladstar profiles 33 common healing plants and includes advice on growing, harvesting, preparing, and using herbs in healing tinctures, oils, and creams. Stock your medicine cabinet full of all-natural, low-cost herbal preparations.

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The Camomile Lawn - Mary Wesley - 2013-11-12

International Bestseller: A novel of youthful love and loss and “a powerful evocation of the war years” in England (The Guardian). On a hot August evening in 1939, cousins Oliver, Calypso, Polly, Walter, and Sophy spent one last night together, celebrating the end of summer, at the home of their aunt and uncle. Now, forty years later, as the motley cast of characters drive to the funeral of one of their own, they recall how important that night truly was—and all that came after. From Oliver, whose desperation to prove himself in war ended up as his downfall, to Calypso, whose flirtations landed her in an unlikely marriage with even less likely results, to Sophy, whose secrets from that night haunted her for the rest of her life, each of them recalls the twisted paths of love and betrayal they walked as the country came apart around them under the coming shadow of World War II. Mary Wesley masterfully interweaves tragedy and humor in this “extraordinarily accomplished and fast-moving” novel, presenting a tale of both the world at large and the dalliances, allegiances, and losses of her expertly crafted characters (Financial Times).

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Library Chronicle - - 1943

Library Chronicle - - 1943

The Colby Library Quarterly - - 1983

folklore and fortifying recipes for each edible or medicinal plant, and plenty of easy-to-follow instructions to help fill a backyard herbalist's medicine chest with **The Colby Library Quarterly** - - 1983

Chamomile - Moumita Das - 2014-07-14

In use as a medicinal plant since time immemorial in Europe and the Middle East, chamomile is gaining popularity in the Americas, Australia, and Asia. The spectrum of disease conditions in which it is used in traditional medicine systems is, quite simply, mind boggling. There is, without a doubt, a growing demand for this plant and therefore a growing need for an updated ready reference for the researchers, cultivators, and entrepreneurs who wish to work with chamomile. Chamomile: Medicinal, Biochemical, and Agricultural Aspects is just that. Based on extensive research, this book provides the latest information on the medicinal, aromatic, and cultivation aspects of chamomile. It covers chamomile’s geographical distribution, taxonomy, chemistry, pharmacology, genetics, biochemistry, breeding, and cultivation. The book also discusses the profiles of the several medicinally active compounds of the oil and extracts and how their levels could be increased through breeding. The author highlights several potentially useful compounds discovered in the chamomile oil and extracts and discusses the cultivation and postharvest technology aspects of the plant in different agroclimatic zones including that of India. She presents guidelines on the good manufacturing practices laid out in different systems of medicine and provides an overview of the patents and products of chamomile especially important to researchers and entrepreneurs. Although there is a plethora of information available on chamomile, the challenge has been finding a central repository that covers all aspects of the plant. Some books provide general coverage, others focus on only on pharmacological uses, and many are outdated. This book examines all aspects from cultivation and harvesting, to essential oil content and profile as well as pharmacology and biotechnology. It is a reference for current information, an entry point for further study, a resource for using oils and extracts in product development, and a guide for following best agronomic practices.

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The University of Pennsylvania Library Chronicle - - 1944

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A Unique Canvas of Great Taste! - Dawn Giannini - 2014-11-26

Whether you are a novice or experienced cook, this book is for you. Life is busy and it is important to eat healthy and save time while doing it. This book is organized in a manner to help cooks easily plan nutritious meals, effectively manage time, and satisfy families eating it. This book merges her photographs with her love of cooking; creating a way to paint the servings with vibrant colors, delight the pallet in textures, and inspires smile from everyone.

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A Garden of Herbs - Eleanour Sinclair Rohde - 1922

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Be Your Own Herbalist - Michelle Schoffro Cook, PhD, DNM - 2016-03-15

This complete guide will get you growing, harvesting, using, and healing with herbs — the world’s oldest and most effective natural medicines. Popular health writer Dr. Michelle Schoffro Cook profiles thirty-one common and easy-to-grow (or readily available) herbs, sharing scientific discoveries about their usefulness and offering more than one hundred easy ways to use them in delicious recipes, healing teas, and soothing body treatments. You’ll discover ways to delight body and mind as you incorporate Mother Nature’s medicines into daily life, where they nurture and protect.

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Healing Herbs - Tina Sams - 2015-01-30

Ever wondered about the benefits of dandelion, chickweed, and elder? Healing Herbs is an essential reference for the beginning herbalist, featuring 20 common herbs,

many of which are considered weeds, that can often be found in hedgerows, meadows, and wild places. Along with medicinal information, this book includes traditional folklore and fortifying recipes for each edible or medicinal plant, and plenty of easy-to-follow instructions to help fill a backyard herbalist's medicine chest with remedies to keep the whole family happy and healthy. Healing Herbs is conveniently organized by plant, making it easier for the home herbalist to find, identify, and use healing plants from the backyard. Herbalist Tina Sams identifies the 20 most common and healthful herbs and over 100 natural remedies that are easy, inexpensive, and effective. This illustrated guide is fundamental for any nature-lover's library.

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Library Journal - Melvil Dewey - 1965

Includes, beginning Sept. 15, 1954 (and on the 15th of each month, Sept.-May) a special section: School library journal, ISSN 0000-0035, (called Junior libraries, 1954-May 1961). Also issued separately.

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Dunglison's American Medical Library - Robley Dunglison - 1840

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Every Woman Her Own House-keeper; Or, The Ladies' Library - John Perkins - 1796

Every Woman Her Own House-keeper; Or, The Ladies' Library - John Perkins - 1796

The Treasury of Knowledge and Library Reference - Samuel Maunder - 1840

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The Treasury of Knowledge, and Library of Reference - Samuel Maunder - 1847

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Green Medicine - Eliseo Torres - 1983

Traditional Mexican American herbal potions and remedies and their history are explained in an introductory book for the general reader. The importance of curanderismo, or green medicine, in Mexican and Mexican American cultures is explored. A brief history traces the herbal aspects of curanderismo through Mayan and Aztec cultures, the Spanish conquest, and Hippocrates' theory of humors, and finds contributions from many cultures intermixed with native lore. Other chapters discuss where to obtain herbs, preparation methods, and hazards of herb use. A glossary defines 33 substance effect terms. The largest part of the book contains information about 99 of the most widely used herbs arranged alphabetically by their English common name, with their Spanish name and cross-references provided. Entries include history of the herbs, medicinal uses, and preparation methods. A brief, annotated bibliography lists nine books about herbal medicine, Mexican remedies, and curanderismo. (LFL)

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Bibliotheca technologica: or a Philological library of literary arts and sciences The fourth edition: with an alphabetical index, etc - Benjamin MARTIN (Optician) - 1776

Bibliotheca technologica: or a Philological library of literary arts and sciences The fourth edition: with an alphabetical index, etc - Benjamin MARTIN (Optician) - 1776

Bibliotheca technologica: or, A philological library of literary arts and sciences The third edition; with an alphabetical index of the principal matters - Benjamin Martin - 1747

Bibliotheca technologica: or, A philological library of literary arts and sciences The third edition; with an alphabetical index of the principal matters - Benjamin Martin - 1747

The Volume library - Southwestern Company - 1988

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