

## Flowering Plants Encyclopedia Of Psychoactive Drugs

Traces the history of the use of hallucinogenic drugs and discusses the psychological and physical effects of LSD, marijuana, mescaline, and other drugs.

Advocates the use of an intuitive cognition in order to discover plants' medicinal and nutritional purposes, including discussions of the scientific model's limits and how, once cultivated, it can be applied to disciplines such as medicine.

Presenting the forbidden works of Chaos, Vampiric and Luciferian Sorcery. A grimoire which explores the dark feminine current of HECATE, Witch Moon explores ritual and dream Lycanthropy, Chaos Sorcery and Luciferian Ritual practice as well as the darksome practice of Vampirism and Predatory Spirituality. The Nine Angles and the Trapezoid workings, inspired by Anton LaVey and presented around the cult of Daeva-Yasna, the persian demon-sorcery of Yatuk Dinoih. Contains the Rituals of Dream, ritual and astral vampirism as an initiatory tool, other Cabalistic workings presenting the Qliphoth. Contains the Grimoire based on Ancient Egyptian Vampirism, LIBER AAPEP, Luciferian Magick practice, The Chaos Cult Workings of Choronzon as Vampire, The Rites of Hecate, the Infernal and Luciferian Sabbat, and the foundations of Satanic practice in Magick.

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Look at drugs produced from plants in the nutmeg, marijuana, cactus, morning glory, bean, and potato families and traces the use of hallucinogenic plants. Plants as Medicine.... A Natural Approach to Self-Health Medical Botany: Plants Affecting Man?s Health, Walter H. Lewis, Memory P.F. Elvin-Lewis Medical Botany is a fascinating look at the facts and fictions surrounding plants and man?not only which plants affect our bodies, but how they affect them. Authoritative, rich in anecdote and lore, lavishly illustrated, this encyclopedic reference brings within your reach the curative, healing, poisonous, allergenic, and psychoactive properties of thousands of plants. Its ready reference format allows you to turn instantly to information about a specific plant?s properties, its history, its use in orthodox medicine (where applicable) and its use in folk medicine. Discover a wealth of information on plants that have been used for such purposes as to treat peptic ulcers, to assist in the fight against cancer (in combination with chemotherapy), to help alleviate gout and diabetes, and to promote the healing of wounds. Each section begins with historical background of the plants discussed, with colorful stories ranging from Socrates? fatal hemlock to Timothy Leary?s experiments. There are informative discussions of how your body works, with sections covering heart and circulation, metabolism, nervous system, urogenital system, gastrointestinal tract,

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allergies, ear, internal poisons, and more. This intriguing compendium/reference will enlighten, entertain, and give you a healthier knowledge of plants. Praise for Medical Botany... "Skillfully organized, neatly written, highly informative, and well illustrated, this is a stimulating and useful reference volume. It is not a mere catalog of medicinal plants but a carefully prepared review of injurious, healing and nourishing, and psychoactive plants...should be a lasting joy for reference and a source of continued satisfaction..." ?American Scientist "I would recommend this text highly...useful for the layman who wishes an introduction to the topic. The authors have provided a fresh look at a classic subject and should be commended for their efforts." ?Economic Botany "...a vast compendium of information on medically important plants, both harmful and useful...commendable." ?New England Journal of Medicine

Harold Roth is a leading authority on plant/herbal magic. His new book, *The Witching Herbs*, is an in-depth exploration of 13 essential plants and herbs most closely associated with witchcraft—13 because it's the witching number and reflects the 13 months of the lunar calendar. The plants are poppy, clary sage, yarrow, rue, hyssop, vervain, mugwort, wormwood, datura, wild tobacco, henbane, belladonna, and mandrake. Roth writes simply and clearly on a vast amount of esoteric information that

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is not easily found elsewhere and will be greeted enthusiastically by those who already have extensive experience and libraries. It is unique in that it combines mysticism with practical instructions for growing each plant, based on Roth's 30 years of gardening expertise. Each chapter focuses on one plant and includes information on its unique plant spirit familiar, clear how-to instructions for magical projects, and pragmatic information on growing and cultivating. Roth writes, "This book is a great choice for intermediate-to-advanced witches who would like to work more closely with the traditional witching herbs, especially the baneful plants with their rather difficult spirits. Working directly with spirits is one of the fundamentals of the Craft." *The Witching Herbs* is the essential plant-worker's guide. Roth is not only a successful gardener, but also a magician and scholar of the occult. No other book blends clear, practical gardening techniques with equally lucid and sophisticated plant magic so successfully.

"The first edition of *Poisonous Plants* was extremely well received, praised for its combination of wide coverage, ease of use and superb color illustrations. The second edition is a complete revision and contains over 50% additional text and illustrative material, with special attention to North America. The new edition of this practical reference work will be valued by a wide range of professional groups for many years to come."--BOOK JACKET.

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How can an award-winning source book that helps consumers find health information be improved? Health expert Alan Rees has done just that in his sixth edition by providing practical advice on using the Internet, tips on where to find Spanish-language health pamphlets, and recommendations on what's most important in the world of alternative medicine. The sixty edition provides users with an annotated guide to health-related resources-hotlines, newsletters, pamphlets, Web sites, CD-ROMS, magazines, books, and more! Readers are given a description on each resource and how to best use it. World-renowned anthropologist and ethnopharmacologist Christian Ratsch provides the latest scientific updates to this classic work on psychoactive flora by two eminent researchers. • Numerous new and rare color photographs complement the completely revised and updated text. • Explores the uses of hallucinogenic plants in shamanic rituals throughout the world. • Cross-referenced by plant, illness, preparation, season of collection, and chemical constituents. Three scientific titans join forces to completely revise the classic text on the ritual uses of psychoactive plants. They provide a fascinating testimony of these "plants of the gods," tracing their uses throughout the world and their significance in shaping culture and history. In the traditions of every culture, plants have been highly valued for their nourishing, healing, and transformative properties. The most powerful of those plants, which are known to transport the human mind into other dimensions of consciousness, have always been regarded as sacred. The authors detail the uses of hallucinogens in sacred shamanic rites while providing lucid explanations of the biochemistry of these plants and the

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cultural prayers, songs, and dances associated with them. The text is lavishly illustrated with 400 rare photographs of plants, people, ceremonies, and art related to the ritual use of the world's sacred psychoactive flora.

Guide to cultivating peyote and other psychoactive cacti and extracting active properties, including obtaining seeds, growing a variety of cacti, cloning, and grafting, and extracting the maximum output of mescaline and other alkaloids, descriptions of procedures used for extracting mescaline from peyote and San Pedro, and legal aspects prepared by Attorney Richard Glen Boire.

Shamanism can be defined as the practice of initiated shamans who are distinguished by their mastery of a range of altered states of consciousness. Shamanism arises from the actions the shaman takes in non-ordinary reality and the results of those actions in ordinary reality. It is not a religion, yet it demands spiritual discipline and personal sacrifice from the mature shaman who seeks the highest stages of mystical development.

In this volume, Elizabeth Silverthorne has gathered an intriguing array of folklore about forty-four of Texas' most fascinating wildflowers, such as water lily, Queen Anne's Lace, honeysuckle, dogwood, and morning glory.

An in-depth investigation of traditional European folk medicine and the healing arts of witches • Explores the outlawed “alternative” medicine of witches suppressed by the state and the Church and how these plants can be used today • Reveals that female shamanic medicine can be found in cultures all over the world • Illustrated with color and black-and-white art reproductions dating back to the 16th century Witch medicine is wild medicine. It does more than make one healthy, it creates lust and knowledge, ecstasy and mythological insight. In Witchcraft Medicine the authors take the reader on a journey that examines the women who mix

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the potions and become the healers; the legacy of Hecate; the demonization of nature's healing powers and sensuousness; the sorceress as shaman; and the plants associated with witches and devils. They explore important seasonal festivals and the plants associated with them, such as wolf's claw and calendula as herbs of the solstice and alder as an herb of the time of the dead--Samhain or Halloween. They also look at the history of forbidden medicine from the Inquisition to current drug laws, with an eye toward how the sacred plants of our forebears can be used once again.

An examination of the sacred botany and the pagan origins and rituals of Christmas • Analyzes the symbolism of the many plants associated with Christmas • Reveals the shamanic rituals that are at the heart of the Christmas celebration The day on which many commemorate the birth of Christ has its origins in pagan rituals that center on tree worship, agriculture, magic, and social exchange. But Christmas is no ordinary folk observance. It is an evolving feast that over the centuries has absorbed elements from cultures all over the world--practices that give plants and plant spirits pride of place. In fact, the symbolic use of plants at Christmas effectively transforms the modern-day living room into a place of shamanic ritual. Christian Räscht and Claudia Müller-Ebeling show how the ancient meaning of the botanical elements of Christmas provides a unique view of the religion that existed in Europe before the introduction of Christianity. The fir tree was originally revered as the sacred World Tree in northern Europe. When the church was unable to drive the tree cult out of people's consciousness, it incorporated the fir tree by dedicating it to the Christ child. Father Christmas in his red-and-white suit, who flies through the sky in a sleigh drawn by reindeer, has his mythological roots in the shamanic reindeer-herding tribes of arctic Europe

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and Siberia. These northern shamans used the hallucinogenic fly agaric mushroom, which is red and white, to make their soul flights to the other world. Apples, which figure heavily in Christmas baking, are symbols of the sun god Apollo, so they find a natural place at winter solstice celebrations of the return of the sun. In fact, the authors contend that the emphasis of Christmas on green plants and the promise of the return of life in the dead of winter is just an adaptation of the pagan winter solstice celebration.

The most comprehensive guide to the botany, pharmacology, cultural, ritual, and personal use of erotically stimulating substances from antiquity to the present day • Details the use, preparation, and dosage of more than 400 plant, animal, mineral, and synthetic substances, both common and exotic, as well as their botany, science, and legal status • Explores the historical and present use of aphrodisiacs and their role in sexual practices, culture, and art • Richly illustrated throughout with more than 800 color photographs

The culmination of more than 30 years of cultural, anthropological, and scientific research, this encyclopedia examines the botany, pharmacology, history, preparation, dosage, and practical use of more than 400 erotically stimulating substances from antiquity to the present day. From plants and animals that enhance fertility and virility, like celery, snails, or oysters, to substances that induce arousal, like ephedra, opium, or cannabis, the encyclopedia is richly illustrated with more than 800 color photographs--many of which are from the authors' extensive fieldwork around the world. Exploring individual, medicinal, and ritual use through historic and contemporary artwork, personal accounts, and literature as well as ayurvedic, tantric, shamanic, and European folklore practices and recent pharmacological research, the authors look at the revolving cycle of acceptance and condemnation of aphrodisiacs, the qualities

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that incur the label of “aphrodisiac,” the role of mind and setting, and the different ways aphrodisiacs stimulate desire--either physically, through the senses and vital organs, or mentally, through heightened awareness and altered consciousness. This comprehensive guide reveals these “remedies of the love goddess” as holy remedies whose proper use can help reestablish harmony with oneself, one’s partner, and the universe.

Exploring the elements of reality in early modern witchcraft and popular magic, through a combination of detailed archival research and broad-ranging interdisciplinary analyses, this book complements and challenges existing scholarship, and offers unique insights into this murky aspect of early modern history.

Plants of the Victorian High Country allows walkers with little botanical knowledge to identify plants they are likely to encounter along the popular tracks of Victoria's High Country. This Second Edition has been revised and expanded to describe 133 plants from the montane, sub-alpine and alpine zones, categorising them into five easily distinguished groups: herbs, daisy herbs, low woody shrubs, tall shrubs and trees, and eucalypts. The guide features a glossary of botanical terms, straightforward identification keys, clear photos of the leaves, flowers and stems of the plant, and includes notes on Aboriginal plant usage. If you are a nature lover, planning to walk in the Victorian High Country, this book is an essential addition to your backpack.

Psychedelic Shamanism presents the spiritual and shamanic properties of psychotropic plants and discusses how they can be used to understand the structure of human consciousness. Author Jim DeKorne offers authoritative information about the cultivation, processing, and correct dosages for various psychotropic plant substances including the belladonna alkaloids, d-lysergic acid amide, botanical analogues of LSD,

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mescaline, ayahuasca, DMT, and psilocybin. Opening with vivid descriptions of the author's personal experiences with psychedelic drugs, the book describes the parallels that exist among shamanic states of consciousness, the use of psychedelic catalysts, and the hidden structure of the human psyche. DeKorne suggests that psychedelic drugs allow us to examine the shamanic dimensions of reality. This worldview, he says, is ubiquitous across space, time, and culture, with individuals separated by race, distance, and culture routinely describing the same core reality that provides powerful evidence of the dimensional nature of consciousness itself. The book guides the reader through the imaginal realm underlying our awareness, a world in which spiritual entities exist to reconnect us with ourselves, humanity, and our planet. Accurate drawings of plants, including peyote, *Salvia divinorum*, and San Pedro, enhance the book's usefulness. For all those who might like to believe that drug use has been relegated to the suburban rec rooms and ghetto crack houses of the late twentieth century, *The Encyclopedia of Psychoactive Substances* offers shocking, yet thoroughly enlightening evidence to the contrary. In fact, from Neolithic man to Queen Victoria, humans have abused all sorts of drugs in the name of religion, tradition, and recreation, including such "controlled substances" as chocolate, lettuce, and toads. From glue-sniffing to LSD to kava, *The Encyclopedia of Psychoactive Substances* provides the first reliable, comprehensive exploration of this fascinating and controversial topic. With over one hundred entries, acclaimed author Richard Rudgley covers not only the chemical and botanical background of each substance, but its physiological and psychological effect on the user. Of particular value is Rudgley's emphasis on the historical and cultural role of these mind-altering substances. Impeccably researched and hugely entertaining, *The Encyclopedia of Psychoactive*

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Substances will appeal to anyone interested in one of the most misunderstood and yet also most widespread of human activities - the chemical quest for an altered state of consciousness.

This book provides a clear and comprehensive overview of psychoactive medicinal plants, explaining in detail the species that are most commonly used in medicine, and describing their mechanism of action, the implicated toxin, clinical manifestation and therapeutic role. It explores the recent research in the area of psychoactive medicinal plants and fungal neurotoxins, and presents the various biochemical pathways involved and the bioactive targets. The book also discusses the current literature in the field, including the latest methodology used to identify the active compounds, their pharmacological and physiological properties along with their clinical efficacy. Compiling the most up to date information on major psychoactive medicinal plants and fungal neurotoxins, the book covers all major classes of psychoactive drugs, including stimulants, cognitive enhancers, sedatives and anxiolytics, psychotherapeutic herbs, analgesics and anesthetic plants, hallucinogens and cannabis.

A Dictionary of Hallucinations is designed to serve as a reference manual for neuroscientists, psychiatrists, psychiatric residents, psychologists, neurologists, historians of psychiatry, general practitioners, and academics dealing professionally with concepts of hallucinations and other sensory deceptions.

An updated edition of the best-selling highly illustrated garden plant reference, featuring more than 8,000 plants and 4,000 photographs. Choose the right plants for your garden and find all the inspiration and guidance you need with The RHS Encyclopedia of Plants & Flowers. Drawing on expert advice from the RHS, this best-selling ebook features a photographic catalogue of more than 4,000 plants and flowers, all

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organised by colour, size, and type, to help you select the right varieties for your outdoor space. Discover perennials, bulbs, shrubs, and trees, succulents, and ornamental shrubs, all showcased in beautiful, full-colour photography. Browse this photographic catalogue to find at-a-glance plant choice inspiration. Or use the extensive plant dictionary to look up more than 8,000 plant varieties and the best growing conditions. This new edition features the latest and most popular cultivars, with more than 1,400 new plants added, as well as updated photography, comprehensive hardiness ratings, and a brand-new introduction. Fully comprehensive yet easy to use, the RHS Encyclopedia of Plants & Flowers is the inspirational, informative guide every gardener needs on their bookshelf.

"Pharmako poeia: plant powers, poisons, and herbcraft focuses on familiar psychoactive plant-derived substances and related synthetics, ranging from the licit (tobacco, alcohol) to the illicit (cannabis, opium) and the exotic (absinthe, salvia divinorum, nitrous oxide)"--Provided by publisher.

Accessible guide for healthcare professionals offers data on drug abuse. Updated edition includes material on gamma hydroxybutyrate and the Internet as an information resource. Also discusses LSD, OTC, cannabis, opioids, performance-enhancing drugs, and volatile substances.

The widespread use of effective prescription drugs for erectile dysfunction has helped advance societys acceptance of talking about sexual dysfunction for both men and women. As the authors elegantly describe, sexual dysfunction and attempts at treating it have been around for as long as sexuality itself. Its no surprise that history is full of myths about

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aphrodisiacs. Despite all the advances we have made in medicine, the myth of the aphrodisiacs is as powerful as ever. However, sexual dysfunction is very often a complex problem requiring careful, thoughtful and educated treatment. Rarely is there quick natural fix. Consumers need to do their homework before buying into the claims of companies selling natural aphrodisiacs. This book is an excellent resource for those seeking to educate themselves about the history, effectiveness, safety and future of natural aphrodisiacs. Nevertheless, the information contained within the text is also important and valuable for both sides of the patient-physician equation in the treatment of sexual dysfunction. Siobhan Hyland McGaughey, M.D. Urologist Urology Associates of central Missouri Columbia, MO 65201 The authors have expressed very clearly the various merits and demerits of natural aphrodisiac products on the market. Discussion on the future prospects of plant used as aphrodisiacs is excellent information for the phytochemists who are interested to pursue research limitations in the area of existing natural aphrodisiacs and their standardizations is consistent with the rising interest of global consumers in green environment. A special effort in creating the drawings of the natural products for enabling readers to identify the natural products is phenomenal. I recommend this book to the lovers of natural

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products without any hesitation. I hope that manufacturers, scholars and consumers of natural aphrodisiac products will take advantage of this document in years to come. Usha Chowdhary, Ph.D. Professor, Human Environmental Sciences Central Michigan University Mount Pleasant, MI 48859 The latest research on herbal aphrodisiacs cited by the authors is very impressive. The appropriate quotations at the beginning of each chapter are very fascinating. It is a comprehensive compendium on natural aphrodisiacs comprising their origin, myth, chemistry, pharmacology, risk and romance. Hand drawings of the plants are excellent and depict their morphological characteristics that can be helpful in identifying them. The book is actually a ready reckoner for physicians, pharmacist, or herbalists for guiding the patients who are incorporating natural products in their daily regime. K. C. Varma, Ph.D. Emeritus Professor & Chief Editor Indian Journal of Natural Products, India

"Enraged, Energized, Exultant. You won't know how to feel after reading Stephen Harrod Buhner's The Lost Language of Plants. This is a devastating expose about how we are polluting our environment with the pharmaceuticals that Western medicine has developed to heal us. We are ingesting Prozac, Premarin, and antibiotics whether we want to or not." "Yet, as we foul air and water with toxic residues, we overlook the power of the planet's natural healers,

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stabilizers, and chemists - plants. Buhner sees plants as fully sentient beings, adjusting and fine-tuning to the environment just as they have done for the past 500 million years. Until recently, humans shared the language of plants, but increasingly we have lost our ability to communicate with the natural world. Buhner shows us a path back to our shamanic roots."--BOOK JACKET.

A highly original collection of high magnification photographs that unlock the hidden beauty of seeds and fruit, from the author of *Microsculpture The Hidden Beauty of Seeds & Fruits* is a photographic study that celebrates the wonders of nature and science in mind-blowing magnification. Levon Biss' striking photography captures the breathtaking and beautiful details of the world of carpology, the study of seeds and fruits. Each picture reveals minute features and textures that are normally invisible to the naked eye, providing the audience with an insight into strange and often bizarre adaptations that have evolved over thousands of years. After spending months searching through the carpological collection at the Royal Botanic Garden Edinburgh, Biss selected over a hundred striking samples to be featured in this book. Captioned with scientific text that provides the backstory for each specimen, *The Hidden Beauty of Seeds & Fruits* is guaranteed to amaze, entertain, and educate.

What are hallucinogenic plants? How do they affect

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mind and body? Who uses them - and why? This unique Golden Guide surveys the role of psychoactive plants in primitive and civilized societies from early times to the present. The first nontechnical guide to both the cultural significance and physiological effects of hallucinogens, **HALLUCINOGENIC PLANTS** will fascinate general readers and students of anthropology and history as well as botanists and other specialists. All of the wild and cultivated species considered are illustrated in brilliant full color. A Brilliant accompaniment to R G Wasson's *Soma Divine Mushroom of Immortality* and R G Wasson's *Wondrous Mushroom*.

Seeds are nature's consummate survivors. The next time you admire a field of waving green grassland or a stunning grove of acacia, stop to consider how it got that way—often against incredible odds. Seeds can survive freezing temperatures and drought. They can pass through our digestive systems without damage and weather a trip across the ocean, hitching a ride on marine debris. They can even endure complete desiccation, a feat taken to extraordinary lengths by the date palm, a seed from which was recovered from the palace of Herod the Great was germinated after some two thousand years. *The Book of Seeds* takes readers through six hundred of the world's seed species, revealing their extraordinary beauty and rich diversity. Each page pairs a beautifully composed photo of a seed—life-

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size, and, in some cases, enlarged to display fine detail—with a short description, a map showing distribution, and information on conservation status. The whole spectrum of seeds is covered here. There are prolific species like corn and less widely distributed species, like the brilliant blue seeds of the traveler's palm or the bird of paradise flower, aptly named for its distinctive orange coiffure. There are tiny seeds and seeds weighing up to forty pounds. And while seeds in all their shapes, sizes, and colors grant us sustenance, there are even some we would be wise to treat with caution, such as the rosary pea, whose seeds are considered more toxic than ricin. The essential guide to these complex plant creations, *The Book of Seeds* offers readers a rare, up-close look that will inspire scientists and nature lovers alike.

A RUSA 2007 Outstanding Reference Title *The Encyclopedia of the Developing World* is a comprehensive work on the historical and current status of developing countries. Containing more than 750 entries, the *Encyclopedia* encompasses primarily the years since 1945 and defines development broadly, addressing not only economics but also civil society and social progress. Entries cover the most important theories and measurements of development; relate historical events, movements, and concepts to development both internationally and regionally where applicable;

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examine the contributions of the most important persons and organizations; and detail the progress made within geographic regions and by individual countries.

The most complete visual record of cannabis culture ever published, this book explores the therapeutic, historical, and cultural uses of this plant in traditions around the world.

The most comprehensive guide to the botany, history, distribution, and cultivation of all known psychoactive plants • Examines 414 psychoactive plants and related substances • Explores how using psychoactive plants in a culturally sanctioned context can produce important insights into the nature of reality • Contains 797 color photographs and 645 black-and-white illustrations In the traditions of every culture, plants have been highly valued for their nourishing, healing, and transformative properties. The most powerful plants--those known to transport the human mind into other dimensions of consciousness--have traditionally been regarded as sacred. In *The Encyclopedia of Psychoactive Plants* Christian Rätsch details the botany, history, distribution, cultivation, and preparation and dosage of more than 400 psychoactive plants. He discusses their ritual and medicinal usage, cultural artifacts made from these plants, and works of art that either represent or have been inspired by them. The author begins with 168 of the most well-known

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psychoactives--such as cannabis, datura, and papaver--then presents 133 lesser known substances as well as additional plants known as “legal highs,” plants known only from mythological contexts and literature, and plant products that include substances such as ayahuasca, incense, and soma. The text is lavishly illustrated with 797 color photographs--many of which are from the author’s extensive fieldwork around the world--showing the people, ceremonies, and art related to the ritual use of the world’s sacred psychoactives.

The Encyclopedia of Psychoactive Drugs: Flowering plants  
Flowering Plants

This book highlights the results from over a year of ethnobotanical research in a rural and an urban community in Jamaica, where we interviewed more than 100 people who use medicinal plants for healthcare. The goal of this research was to better understand patterns of medicinal plant knowledge, and to find out which plants are used in consensus by local people for a variety of illnesses. For this book, we selected 25 popular medicinal plant species mentioned during fieldwork. Through individual interviews, we were able to rank plants according to their frequency of mention, and categorized the medicinal uses for each species as “major” (mentioned by more than 20% of people in a community) or “minor” (mentioned by more than 5%, but less than 20% of people). Botanical identification of plant specimens collected in the wild allowed for cross-linking of common and scientific plant names. To supplement field research, we undertook a comprehensive search and review of the ethnobotanical and biomedical literature. Our book

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summarizes all this information in detail under specific sub-headings.

Featuring gardening tips, recipes, and beautiful full-color pencil drawings of each vegetable, this book for farm-to-fork aficionados and gardeners with an esoteric bent explores the secret history of 48 well known and rare vegetables, examining their symbolism, astrological connections, healing properties, and overall character. A fascinating introduction to vegetable gardening and cooking, *A Curious History of Vegetables* sets horticulture in its historical, cultural, and cosmological contexts. The author offers his deep understanding of the theory of biodynamic gardening and useful tips on light and warmth, ground covers, composts, crop rotation and weeds. Woven in with folk tales and stories from history, each entry also includes delicious historical recipes for each vegetable.

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