

National Geographic Guide Medicinal Herbs

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 summarizes all this information in detail under specific sub-headings. A leading medical ethnobotanist tells us the story of her quest to develop new ways to fight illness and disease through the healing powers of plants in this uplifting and adventure-filled memoir. Plants are the basis for an array of lifesaving and health-improving medicines we all now take for granted. Ever taken an aspirin? Thank a willow tree for that. What about life-saving medicines for malaria? Some of those are derived from cinchona and wormwood. In today's world of synthetic pharmaceuticals, scientists and laypeople alike have lost this connection to the natural world. But by ignoring the potential of medicinal plants, we are losing out on the opportunity to discover new life-saving medicines needed in the fight against the greatest medical challenge of this century: the rise of the post-antibiotic era. Antibiotic-resistant microbes plague us all. Each year, 700,000 people die due to these untreatable infections; by 2050, 10 million annual deaths are expected unless we act now. No one understands this better than Dr. Cassandra Quave, whose groundbreaking research as a leading medical ethnobotanist--someone who identifies and studies plants that may be able to treat antimicrobial resistance and other threatening illnesses--is helping to provide clues for the next generation of advanced medicines. In *The Plant Hunter*, Dr. Quave weaves together science, botany, and memoir to tell us the extraordinary story of her own journey. Traveling by canoe, ATV, mule, airboat, and on foot, she has conducted field research in the flooded forests of the remote Amazon, the murky swamps of southern Florida, the rolling hills of central Italy, isolated mountaintops in Albania and Kosovo, and volcanic isles arising out of the Mediterranean—all in search of natural compounds, long-known to traditional healers, that could help save us all from the looming crisis of untreatable superbugs. And as a person born with multiple congenital defects of her skeletal system, she's done it all with just one leg. Filled with grit, tragedy, triumph, awe, and scientific discovery, her story illuminates how the path forward for medical discovery may be found in nature's oldest remedies.

"The division between conventional and traditional medicine is as artificial as the division between science and nature. They can be woven together in a fashion that meets our physical, emotional, and spiritual needs. This is the foundation upon which integrative medicine is built."
-- Tieraona Low Dog, M.D. In *Life Is Your Best Medicine*, Dr. Low Dog weaves together the wisdom of traditional medicine and the knowledge of modern-day medicine into an elegant message of health and self-affirmation for women of every age. This is a book that can be read cover to cover but also dipped into for inspiration or insight about a particular physical or mental health issue or remedy. We learn that, despite the widespread availability of pharmaceutical medications, advanced surgical care, and state-of-the-art medical technology, chronic illness now affects more than 50% of the American population. The evidence is overwhelmingly clear that much of the chronic disease we are confronting

in the United States has its roots in the way we live our lives. Research shows that if Americans embraced a healthier lifestyle, which includes a balance between rest and exercise; wholesome nutrition; healthy weight; positive social interactions; stress management; not smoking; limited alcohol use; and no or limited exposure to toxic chemicals; then 93% of diabetes, 81% of heart attacks, 50% of strokes, and 36% of all cancers could be prevented! This means that each one of us has the power to shift the odds of being healthy in our favor. And if you do get sick, being fit gives you a much better chance for getting well. Your health has a great deal more to do with your lifestyle and a lot less to do with taking prescription drugs than most people realize. Part I. The Medicine of My Life is a personal and passionate introduction to the book Part II. Honoring the Body includes Food, Supplements, Illness, Wholeness Part III. Awakening the Senses includes Nature, Garden, Music Part IV. Listening to Spirit includes Humor, Relationships, Play, Meditation, Animals Epilogue. Contentment

In this giftable mini booklet of *The Little Book of Home Remedies, Beauty and Health*, Barbara H. Seeber and Barbara Brownell Grogan join Dr. Linda White to draw on years of training in the area of natural healing to help you treat aches and pains and manageable ailments naturally. This handy guide provides remedies and advice for dry skin, acne, dandruff and more.

A reference to the medicinal plants and herbs of Eastern and Central North America includes specific remedies for asthma, headaches, colds, stomachaches, depression, and many other common ailments.

How does a rainbow form? What causes it to snow? What makes the wind blow? This adorable reference book introduces young children to every aspect of weather and answers the questions curious kids want to know! Always an important topic for young kids, they'll learn how all the various types of weather systems work, from droughts and deserts to snowflakes and blizzards. Stories are accompanied by 100 colorful photos that capture the awe and wonder of our natural world. This charming book is sure to capture kids' imaginations and become a favorite at storytime, bedtime, and anytime.

"Based on the blog of the same name, *Attainable Sustainable* shows readers how to live a simpler, more self-reliant life. It includes instructions not only for growing and cooking food but also for creating artisanal items for the home as well as navigating the great outdoors"-- A beginner's field guide to North American geology identifies common rocks, minerals, gems, fossils, and land formations.

Features more than five hundred plants and herbs of North America providing information on their location and medicinal uses.

National Geographic Guide to Medicinal Herbs
The World's Most Effective Healing Plants
National Geographic Books

A resource organized by body system lists the key herbal remedies available, their uses and cautionary advice, in a book that includes full-color photos, a glossary and several thematic indexes.

Get the how, when, and why of getting better and staying well with homemade remedies that the doctor orders. National Geographic helps you take charge of health care guided by a physician expert in natural healing, herbal medicine, and home remedies. Never have we needed this advice more than now, as worries about hospital-borne infections, antibiotic resistance, and pandemic threats make us yearn for the days of doctor home visits and mother's chicken soup. We need to rediscover the special care and comfort that comes from caring for health at home, says Dr. Low Dog. In this book she guides us in identifying, responding to, and caring for all the most common ailments, so that when it's time to take care at home, you have a doctor's advice on how. Learn how to make herbal remedies and why you and your family will be healthier for doing so--and get advice on when it's best to consult a health care professional instead.

An illustrated compendium of information on plants and their diverse therapeutic properties and benefits brings together folklore, scientific research, and medical theory to describe hundreds of plants, their origins and geographic distribution, cultivation, and medical applications. Reprint. 10,000 first printing.

Learn how Native Americans have used the bountiful gifts of nature to heal the mind, the body, and the spirit. Bestselling *Healing Secrets of the Native Americans* brings the age-old knowledge and trusted techniques of Native-American healing to a wider audience. Discover how the Native-American tradition uses plants and herbs, heat, movement and sound, visualization, and spirituality to heal dozens of everyday ailments and illnesses--from back pain to insect bites to flu and sore throat and much more and apply it to your life to improve your health and your mind. Broken into sections, the book covers such topics as "The Healing Spirit" (including dream therapy, spirituality, and prayer), "The Native American Spa" (healing with heat, massage, sound and movement, and nutrition), "The Native American Pharmacy" (including more than 40 herbs and plants, how to obtain them, and how to use them), plus remedies for more than 40 ailments from acne to wrinkles.

An essential guide and invaluable resource for anyone interested in herbal medicine, Australian flora and the indigenous Australian culture. Plants have been used for medicinal purposes since earliest recorded history and Australia's varied flora provided Aboriginal people with medicines. With the arrival of Europeans much of this knowledge was overtaken by modern drugs and techniques but today there is a revival of interest in traditional medicines. *Australian Medicinal Plants* covers the Aboriginal use of native plants and explains how the first settlers learned from the Aborigines their medicinal values. There is information on nearly 500 individual plants, how they were used, what their known pharmacological constituents are, where to find them and how to prepare remedies. The species are helpfully arranged in chapters according to their use: for fevers, painkillers, antiseptics and digestive disorders for instance.

A fun, informative and practical introduction to safely foraging with kids, from the UK's bestselling foraging author. In today's world of increasingly sedentary lifestyles and a growing detachment from the food that we eat, it has never been more important to encourage children to put down their screens, get outside and engage with the natural world around them. *Foraging with Kids* is a fun, practical book for parents to work through with their children that encourages families to interact with their environment and gain knowledge and practical understanding of the natural world through exploration and play. The projects are based around 50 easy-to-identify plants that are abundant in parks, forests and hedgerows worldwide, making the challenge of discovering functional flora just as achievable to those who live in the city as in the countryside. Once they have foraged their plants, children will be amazed by the diverse practical uses that they can set them to; from making soap from conkers or setting a delicious egg-free custard with plantain, to stopping minor cuts from bleeding with hedge woundwort. Children will take great pride in seeing their gatherings forming part of the family meal and parents will be amazed at how even the most vegetable-averse child will develop an enthusiastic appetite for a meal that they have contributed to. Illustrated throughout with beautiful hand drawings and with essential information on plant facts and identification, as well as a diverse range of engaging, practical projects that the whole

family will want to get involved with, this is the perfect book for anyone who wants the children under their care to get outside, connect with nature and have a lot of fun in the process.

This book combines how-to advice, knowledgeable commentary, and useful tips on how to take and look at photographs. Throughout, voices and photographs from the greatest of National Geographic

For centuries herbs and spices have been an integral part of many of the world's great cuisines. But spices have a history of doing much more than adding life to bland foods. They have been the inspiration for, among other things, trade, exploration, and poetry. Priests employed them in worship, incantations, and rituals, and shamans used them as charms to ward off evil spirits. Nations fought over access to and monopoly of certain spices, like cinnamon and nutmeg, when they were rare commodities. Not only were many men's fortunes made in the pursuit of spices, spices at many periods throughout history literally served as currency. In *Culinary Herbs and Spices of the World*, Ben-Erik van Wyk offers the first fully illustrated, scientific guide to nearly all commercial herbs and spices in existence. Van Wyk covers more than 150 species—from black pepper and blackcurrant to white mustard and white ginger—detailing the propagation, cultivation, and culinary uses of each. Introductory chapters capture the essence of culinary traditions, traditional herb and spice mixtures, preservation, presentation, and the chemistry of flavors, and individual entries include the chemical compounds and structures responsible for each spice or herb's characteristic flavor. Many of the herbs and spices van Wyk covers are familiar fixtures in our own spice racks, but a few—especially those from Africa and China—will be introduced for the first time to American audiences. Van Wyk also offers a global view of the most famous use or signature dish for each herb or spice, satisfying the gourmand's curiosity for more information about new dishes from little-known culinary traditions. People all over the world are becoming more sophisticated and demanding about what they eat and how it is prepared. *Culinary Herbs and Spices of the World* will appeal to those inquisitive foodies in addition to gardeners and botanists.

Backyard Medicine is a beautiful book, packed with nearly 300 color photographs and over 120 herbal remedies that you can make yourself. It gives a fascinating insight into the literary, historic, and world-wide application of the fifty common plants that it covers. It is the sort of book you can enjoy as an armchair reader or use to harvest and make your own herbal remedies from wild plants. Anyone who wants to improve his or her health in the same way that human-kind has done for centuries around the world, by using local wild plants and herbs, will find this book fascinating and useful.

The Most Thorough Compilation of Home Cures and Remedies Yet! Years ago, every household practiced natural healing by using what they had. Plants grow abundantly all over our roadsides, cities, and in your own backyard, and though once valued and widely used, they've fallen out of fashion over time as people forget the numerous medicinal

uses at our fingertips. This book brings alternative medicine back to the forefront. Researched and written by a practicing medical herbalist and natural healer, and now with even more herbs and medicinal plants, *The Big Book of Backyard Medicine* is the basis for a veritable natural pharmacy that anyone can create. Featuring one hundred specific plants and their associated remedies, and fully illustrated with hundreds of color photographs, this book offers fascinating insights into the literary, historic, botanical, and global applications of common wild plants and herbs that can be used in medicines, including: Ash Chicory Dandelion Forget-me-not Gypsywort Horseradish Mint Red Poppy Thistle Wild carrot Willow And so much more! Anyone who wants to improve his or her health in a completely natural way will find this book to be an absolute must-have for his or her home—and garden.

Best-selling author Dan Buettner debuts his first cookbook, filled with 100 longevity recipes inspired by the Blue Zones locations around the world, where people live the longest. Building on decades of research, longevity expert Dan Buettner has gathered 100 recipes inspired by the Blue Zones, home to the healthiest and happiest communities in the world. Each dish—for example, Sardinian Herbed Lentil Minestrone; Costa Rican Hearts of Palm Ceviche; Cornmeal Waffles from Loma Linda, California; and Okinawan Sweet Potatoes—uses ingredients and cooking methods proven to increase longevity, wellness, and mental health. Complemented by mouthwatering photography, the recipes also include lifestyle tips (including the best times to eat dinner and proper portion sizes), all gleaned from countries as far away as Japan and as near as Blue Zones project cities in Texas. Innovative, easy to follow, and delicious, these healthy living recipes make the Blue Zones lifestyle even more attainable, thereby improving your health, extending your life, and filling your kitchen with happiness.

Health-conscious consumers read nutritional labels, but it's nearly impossible to get the nutrients we need with diet alone. To get the USDA-recommended daily quota of vitamin D, for example, you need to eat 15 eggs or 26 sardines; of iron, 414 almonds or 15 cups of broccoli. So we rely on nutritional supplements—vitamins and minerals, probiotics and enzymes—but the variety of pills, products, and elixirs on the market today is overwhelming. And, as we have seen in recent news, some of these products are downright fakes. Trusted natural health physician and bestselling author Tieraona Low Dog, M.D. provides a personalized approach to using nutritional supplements for your specific health needs, helping you navigate the complex and often confusing landscape of vitamins, minerals, and more. Dr. Low Dog explains the basics about every essential nutritional supplement and guides the reader in creating a personalized supplement plan, tailored to individual genetics, age, gender, and lifestyle. Low Dog evaluates current research, explains the relationship between food and supplements, describes how medications cause chemical imbalances in the body, and advises on how to judge brands and read labels. Low Dog engages and encourages readers to take charge of their own

health and provides guidance to find the right combination of nutritional supplements to improve mood, strength, energy, and well-being.

An illustrated handbook describes the most common edible plants, their range, uses as food, and suggested methods of cooking.

A valuable guide to the healing power of nature retraces humankind's long history of using curative plants and includes an illustrated, annotated listing of one hundred of the most effective medicinal plants.

This comprehensive nature field guide introduces you to constellations and weather, rocks and minerals, plants and wildflowers, and trees and shrubs.

Presents information about 160 North American bird species, including facts about physical features, voice, habitat, food, and a map indicating the regions in which each species can be found.

A listing of five hundred sites new and old, famous and unknown, that have been used to connect humanity with its gods.

This is Charles Darwin's chronicle of his five-year journey, beginning in 1831, around the world as a naturalist on the H.M.S.

Beagle.

Offers everything you need to know about how herbs and spices can enhance your cooking and improve your life.

National Geographic's guide to 36 "super" herbs such as aloe, echinacea, ginkgo, and peppermint includes a wealth of essential information on the history, culture, folklore, and science of traditional and contemporary herbal medicine in all major culture areas of the world. Emphasizing current research and therapeutic uses, the volume provides an A-Z listing of 36 of the more than 80,000 known medicinal plants around the world. Information about each plant includes traditional and current medicinal uses, common and Latin names, description, habitat, cultivation and preparation, research, and caution alerts. Additional essays on the healing plants of Africa, Australia and New Zealand, Central and South America, China, Europe, India, North America, the Middle East, and Oceania provide insightful glimpses into the fascinating range and diversity of local health practices while also revealing the multifaceted roles that herbalists, healers, and herbal-medicine practitioners play in the lives of their patients.

"This comprehensive, authoritative family reference provides quick, efficient relief for hundreds of common ailments. From insect bites, insomnia, and upset stomach to nasal congestion, stress-reducing tips, and hints for heart health, 500 Time-Tested Home Remedies and the Science Behind Them offers accessible and effective recipes (many using three ingredients or less) for DIYers who want to bolster their immune defenses, and treat aches and pains and manageable ailments naturally. A cost-effective alternative to expensive prescriptions and over-the-counter products, these home treatments are easy to prepare. This important reference is both browseable and easy to use a moment's notice. Read it from cover to cover or simply pull it out when you need it. It includes "How it Works" sidebars that explain the science behind proven alternative treatments, a "Spotlight on Superfoods" feature, healthy lifestyle tips, "Myth vs Fact" boxes, and a "Time to Call the Doctor" feature for spotting true emergencies. When

the need arises, you can trust that *500 Time-Tested Home Remedies and the Science Behind Them* will provide you with the information you need to make practical decisions to keep you and your family safe and healthy. "--

For digital camera and smartphone users, this easy how-to guide, written by an experienced National Geographic photographer, imparts the essentials of taking great pictures. This entertaining book from beloved National Geographic photographer and Photo Ark founder Joel Sartore shows aspiring photographers how to take great pictures, from framing and F-stops to editing and archiving. Whether you're using your phone or a DSLR camera, you'll learn the fundamentals of photography--and how to put them to work every day. In a series of short lessons, Sartore explains the basics, from choosing a camera and gear to understanding focus, exposure, composition, and lighting. Using examples from his own work, he applies the basic rules of photography to family, pet, travel, nature, and street photos, and how to get a great shot with the camera on your smartphone. Throughout the book you'll find pro tips, quick assignments, and the behind-the-camera stories of great photographs; helpful notes clarify how to use every piece of advice with your smartphone camera. Fun and informative, this practical book will be your gateway to taking great pictures.

Combines photography with lyrical text celebrating the animal world, in a compilation that includes works by such poets as Emily Dickinson, Robert Frost and Rudyard Kipling.

An expert on human longevity reveals the sometimes unusual but effective secrets of diet, behavior, fitness, and attitude collected from long-lived communities around the world, revealing the critical everyday lifestyle choices and behavior that correspond to a longer, healthier life. Reprint.

In this giftable mini booklet of *The Little Book of Home Remedies, Mind and Body*, Barbara H. Seeber and Barbara Brownell Grogan join Dr. Linda White to draw on years of training in the area of natural healing to help you ease your stress and the effects that it has on the body. This handy guide provides remedies and advice for stress, anxiety, fatigue, depression, and more.

Presents a guidebook which provides identification tips, information on behavior and nesting, locator and range maps, and plumage and species classification data on over one thousand species of birds found in North America.

From headaches to sore feet, muscle cramps to melancholy: the remedies to many ailments can be found in the world of plants. In this guide, both botanists and medical experts explore the healing properties of herbs and other plants to reveal how they have been used in the past and how they can be used today. A resource organized by body system lists the key herbal remedies available, their uses, and cautionary advice, also includes full-color photos, a glossary and several thematic indexes.

Written both for beginners and seasoned herbalists, this medicinal guide to native North American plants and herbs includes a color identification section.

This National Geographic health book provides portable answers to treating common ailments using proven natural therapies. Runny nose, watery eyes, sinus headache? Don't reach for the Claritin. Instead, learn how to treat seasonal allergies with nasal lavage, a time-honored practice. Upset stomach? Forget chalky antacids; instead wear an acupressure wrist band or chew on a teaspoon of fennel, favored by Indians for combating the effects of spicy food. Fight insomnia with valerian root, the leading natural herb to promote quality sleep with no side effects. Sections include: · Acupressure (use a wrist band to relieve motion sickness, soothe sore feet, treat constipation, relieve wrist

tension, alleviate headaches and neck tension, and more) · Aromatherapy (De-stress in the tub, relieve a headache, scent a room to create a mood, mix a body oil, make a compress, and more) · Ayurvedic Medicine (learn the Sanskrit history of "the science of life and longevity," how to evaluate practitioners, about ayurvedic "energy prints," and more) · Breath Therapy (Relax with Wu, Do the 4-7-8 relaxation breath, strengthen diaphragm muscles, use the 20-Cycle Breath to improve concentration, and more) · Herbs (Fennel, Peppermint, Valerian Root, Chamomile) · Hydrotherapy (drink the correct amount of water for your body, fight a cold, treat a bruise, rub away fatigue, soothe a sunburn, and more) · Massage Therapy (learn quickie massages to do on yourself to: release facial tension, relax your shoulders, help your hands, and release your lower back) · Meditation (specific exercises designed to focus on your breath, chant, focus on touch, be mindful) · Nasal Lavage and Steam Therapy (clears sinuses, relieves congestion) · Qigong (a five-minute meditation to focus your qi energy, learn and practice the simple eight postures of qigong) · Reflexology (follow instructions to perform a simple reflexology treatment that can be done anywhere to relax and invigorate your hands) · Shiatsu (learn how to choose a good shiatsu practitioner, follow instructions to perform a full body shiatsu routine on yourself) · Traditional Chinese Medicine (learn about herbs, heat, and cupping) · Yoga (learn or perfect your chair pose, tree pose, and cobra)

"Explore healing properties of plants ; discover remedies to ailments ; uncover ways to stay healthy naturally"--Cover.

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