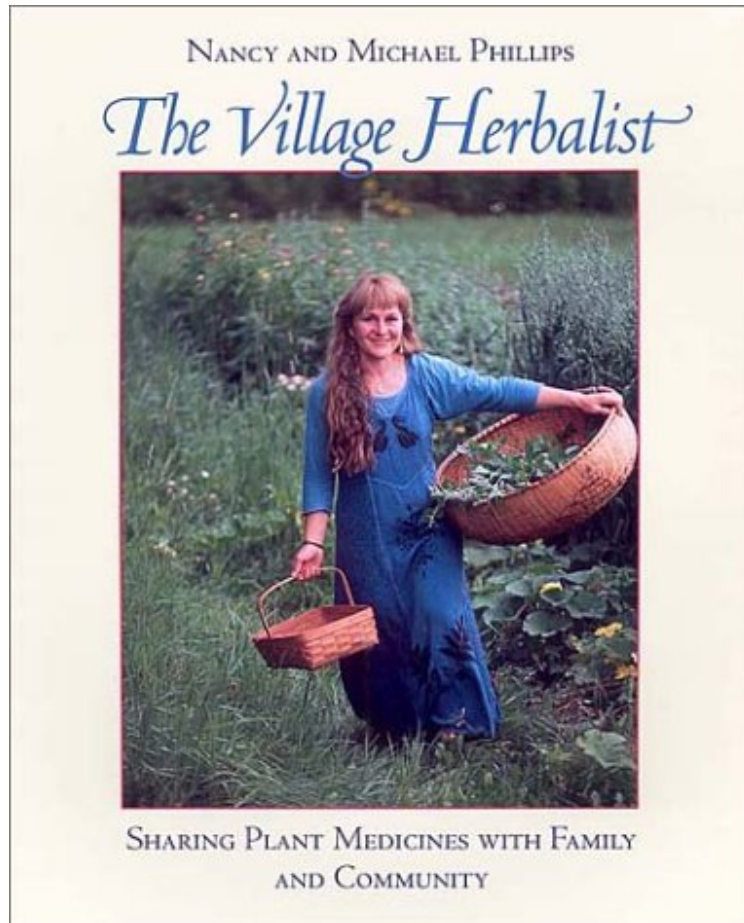


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The Village Herbalist: Sharing Plant Medicines with Family and Community

Nancy Phillips, Michael Phillips
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promote and maintain good health and to alleviate sickness or pain. Today's renaissance of interest in herbal products -- supplements and teas, salves and tinctures -- reflects a deep desire to return to a more gentle, natural path to wellness. As important as the herbs themselves are the herbalists, practitioners of an honored profession that stretches back hundreds of generations. In our stressful, fast-paced society we now more than ever need community healers to help us reclaim our connection to nature's awesome pharmacy. In *The Village Herbalist*, practicing herbalists Nancy and Michael Phillips combine their own accumulated experience and insights with a vast store of knowledge provided by nearly two dozen other experts, who are featured in *Herbalist Profiles* throughout the book...."

From *Library Journal* At one time the only option for treating illness, herbal medicine has been superseded by modern "conventional" medicine, even though many Americans regularly use herbal preparations as part of their health regimen. Longterm practitioners of alternative farming methods (see, e.g., Michael Phillips's *The Apple Grower: A Guide for the Organic Orchardist*), the Phillipses believe that while medical doctors are sometimes needed, herbalists still have much to offer. Writing in a style that is sometimes feisty and frequently spiritual, the authors provide a broad overview of herbal medical practice, offering their philosophy of earth-based healing and wellness, brief information on specific plants, and instructions on preparing some herbal products (such as decoctions, salves, and oils). Given the New Age tone, some readers may view this book with suspicion but they are not the intended audience. This title does not present in-depth information on specific herbs and their culture and use what most public library users want but it instead introduces a philosophy as old as humankind. Recommended for comprehensive collections. Jonathan Hershey, Akron-Summit Cty. P.L., OH Copyright 2002 Reed Business Information, Inc.