



# Herbal Folk Medicine: An A to Z Guide

*Thomas Broken Bear Squier, Lauren David Peden*

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Our ancestors looked to plants and herbs for relief from common ailments such as colds, bruises, stomachaches, and sore muscles. Today we can look to those same herbs for relief from the skyrocketing cost of commercial medicines.

- Medieval Europeans used St. John's wort to fight melancholia. Today we call it depression, but St. John's wort is still an effective remedy for many people.
- Garlic has many uses, from fighting colds and infections to repelling ticks. The people of China have called it an official medicine since the sixth century.
- Plains Indians have known for centuries that echinacea can fight colds by boosting immunity.

This practical A to Z guide from Squier and Peden is the perfect introduction for anyone who wants to share in the immense wealth of herbal folk medicine. You'll learn the historical and modern uses of every major medicinal herb, as well as how to prepare them and even harvest them from the wild. The engaging entries and cross-referenced appendix of ailments make *Herbal Folk Medicine* an excellent resource you will treasure.

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