



## Healing with Plants in the American and Mexican West (Paperback)

By Margarita Artschwager Kay

University of Arizona Press, United States, 1996. Paperback. Condition: New. New. Language: English . Brand New Book. Disenchanted with biomedicine and dismayed by its cost, increasing numbers of people are seeking alternative therapies such as the healing plants discussed in this book. Plant medicine is a billion-dollar business: health food stores, small yerberias, and even giant grocery store chains carry hundreds of medicinal herbs. By one estimate, up to one-third of the U.S. population uses alternative medicine generally in addition to conventional therapy and commonly without telling their doctors. The heart of this volume is a complete description of 100 plants commonly used today, often for the same purposes reported by chroniclers of the Aztecs or eighteenth-century European explorers. Information for each plant includes botanical and common plant names, history, contemporary uses, a description of how the plant is prepared and administered, and brief phytochemical data. Discussions of folk efficacy and folk properties beliefs in how and why the herb heals help to explain the continued use of each plant into the present day. Are any of these plants dangerous, and do any of them really work? Where did they come from, and where are they available now? How can...



**READ ONLINE**  
[ 4.47 MB ]

### Reviews

*The book is fantastic and great. It generally does not expense excessive. Its been designed in an exceptionally easy way and it is simply right after i finished reading through this book by which really changed me, change the way i think.*

-- **Adolfo Lindgren**

*The ebook is great and fantastic. It is among the most remarkable ebook we have go through. I am easily can get a pleasure of looking at a published publication.*

-- **Clement Hessel I**