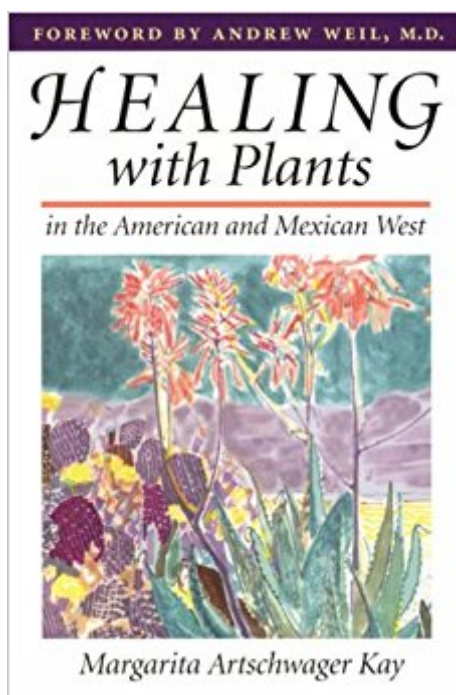


The book was found

# Healing With Plants In The American And Mexican West



## Synopsis

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 health-care practitioners gain the confidence of their patients to learn whether they are using alternative medicines for specific illnesses, symptoms, or injuries? Perhaps most intriguing, which of these plants might be waiting to take the place of known antibiotics as pathological organisms become increasingly resistant to modern miracle drugs? Answers to these and other questions will pique the interest of general readers and will be an invaluable resource for health-care providers—especially nurses and other primary-care providers, who often must find an interface between biomedical and more traditional therapies. For all readers, the book opens a window into many ethnic cultures of the region—Mexican American communities, desert Pima, coastal Seri, and others. Here is the fascinating saga of how their healing plants from prehistoric times melded with Old World herbs brought by the Europeans to create the unique pharmacopoeia available today here and in other parts of the world. Plants included: Acacia (Cassie, Acacia) Achillea (Yarrow) Agastache (Giant Hyssop) Agave (Century Plant) Allium (Garlic, Onion) Aloe (Aloe) Ambrosia (Ragweed) Anemopsis (Yerba Mansa) Arctostaphylos (Bearberry, Uva Ursi) Argemone (Prickly Poppy) Aristolochia (Bithwort, Snakeroot) Arracacia (Arracacha) Artemisia (Wormwood, Mugwort, Western Mugwort, Sagebrush) Asclepias (Milkweed) Baccharis (Desert Broom, Seep Willow) Bocconia (Tree Celandine) Buddleia (Butterfly Bush) Bursera (Elephant Tree) Caesalpinia (Mexican Bird-of-Paradise) Cannabis (Marijuana) Capsicum (Chili) Carnegiea (Saguaro) Casimiroa (Zapote) Cassia (Senna) Cereus (Cactus) Chenopodium (Goosefoot, Wormseed) Citrus (Lemon, Lime, Orange) Datura (Jimson Weed) Ephedra (Mormon Tea) Equisetum (Horsetail) Eryngium (Eryngo, Button Snakeroot) Eucalyptus (Eucalyptus) Euphorbia (Spurge) Eysenhardtia

(Kidneywood)Gnaphalium (Everlasting, Cudweed)Guaiacum (Lignum Vitae)Guazuma (Guazuma)Gutierrezia (Turpentine Bush)Haematoxylon (Logwood)Haplopappus (Jimmyweed)Heterotheca (Telegraph Plant, Falso Arnica)Hintonia (Copalquâ;n)Ibervillea (Coyote Melon)Jacquinia (Jacquinia)Jatropha (Limberbush)Juniperus (Juniper)Karwinskia (Coffeeberry)Kohleria (Tree Gloxinia)Krameria (Ratany)Lantana (Lantana)Larrea (Creosote Bush, Greasewood)Ligusticum (Lovage)Lippia (Oregano)Lysiloma (Featherbush)Malva (Mallow)Mammillaria (Pincushion Cactus)Mascagnia (Mascagnia)Matricaria (Chamomile)Mentha (Mint)Nicotiana (Tobacco)Ocimum (Basil)Opuntia (Cholla, Prickly Pear)Perezia (Perezia)Persea (Avocado)Phaseolus (Bean)Phoradendron, Stru

## Book Information

Paperback: 315 pages

Publisher: University of Arizona Press; First Edition edition (July 1, 1996)

Language: English

ISBN-10: 0816516464

ISBN-13: 978-0816516469

Product Dimensions: 6.5 x 1 x 9.5 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 2 customer reviews

Best Sellers Rank: #341,662 in Books (See Top 100 in Books) #17 inÂ Books > Medical Books > Pharmacology > Reference #514 inÂ Books > Science & Math > Biological Sciences > Botany #571 inÂ Books > Health, Fitness & Dieting > Alternative Medicine > Herbal Remedies

## Customer Reviews

"Superbly well-organized and well-written." &#151;Western Historical Quarterly"A work of scholarship and a fascinating read." &#151;Western Journal of Nursing Research"This work has broad, general appeal and illuminates many ethnic cultures. I should find a wide reading audience." &#151;Come-All-Ye"Extremely well researched, and full of fascination to the 'medical cultural brokers' Kay sees as her major audience." &#151;NAHUA Newsletter"Dr. Kay has done an admirable job in providing researchers and the general public with a book that will not only substantiate the use of many traditional remedies of the Southwest and Northern Mexico, but will also offer a springboard to research on the potential value of incorporating some of these remedies into modern self-care and health care. . . . It will no doubt become a classic work and an oft-cited reference in this increasingly important subject" &#151;Herbalgram

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 health-care practitioners gain the confidence of their patients to learn whether they are using alternative medicines for specific illnesses, symptoms, or injuries? Perhaps most intriguing, which of these plants might be waiting to take the place of known antibiotics as pathological organisms become increasingly resistant to modern miracle drugs? Answers to these and other questions will pique the interest of general readers and will be an invaluable resource for health-care providers--especially nurses and other primary-care providers, who often must find an interface between biomedical and more traditional therapies. For all readers, the book opens a window into many ethnic cultures of the region--Mexican American communities, desert Pima, coastal Seri, and others. Here is the fascinating saga of how their healing plants from prehistoric times melded with Old World herbs brought by the Europeans to create the unique pharmacopoeia available today here and in other parts of the world. Plants included: Acacia (Cassie, Acacia) Achillea (Yarrow) Agastache (Giant Hyssop) Agave (Century Plant) Allium (Garlic, Onion) Aloe (Aloe) Ambrosia (Ragweed) Anemopsis (Yerba Mansa) Arctostaphylos (Bearberry, Uva Ursi) Argemone (Prickly Poppy) Aristolochia (Bithwort, Snakeroot) Arracacia (Arracacha) Artemisia (Wormwood, Mugwort, Western Mugwort, Sagebrush) Asclepias (Milkweed) Baccharis (Desert Broom, Seep Willow) Bocconia (Tree Celandine) Buddleia (Butterfly Bush) Bursera (Elephant Tree) Caesalpinia (Mexican Bird-of-Paradise) Cannabis (Marijuana) Capsicum (Chili) Carnegiea (Saguaro) Casimiroa (Zapote) Cassia (Senna) Cereus (Cactus) Chenopodium (Goosefoot, Wormseed) Citrus (Lemon, Lime, Orange) Datura (Jimson Weed) Ephedra (Mormon Tea) Equisetum (Horsetail) Eryngium (Eryngo, Button Snakeroot) Eucalyptus (Eucalyptus) Euphorbia

(Spurge)Eysenhardtia (Kidneywood)Gnaphalium (Everlasting, Cudweed)Guaiacum (Lignum Vitae)Guazuma (Guazuma)Gutierrezia (Turpentine Bush)Haematoxylon (Logwood)Haplopappus (Jimmyweed)Heterotheca (Telegraph Plant, Falso Arnica)Hintonia (CopalquAn)Ibervillea (CoyoteMelon)Jacquinia (Jacquinia)Jatropha (Limberbush)Juniperus (Juniper)Karwinskia (Coffeeberry)Kohleria (Tree Gloxinia)Krameria (Ratany)Lantana (Lantana)Larrea (Creosote Bush, Greasewood)Ligusticum (Lovage)Lippia (Oregano)Lysiloma (Featherbush)Malva (Mallow)Mammillaria (Pincushion Cactus)Mascagnia (Mascagnia)Matricaria (Chamomile)Mentha (Mint)Nicotiana (Tobacco)Ocimum (Basil)Opuntia (Cholla, Prickly Pear)Perezia (Perezia)Persea (Avocado)Phaseolus (Bean)Phoradendron, Struthanthus, Loranthus (Mistletoe)Physalis (Tomatillo)Pinus (Pine)Pithecellobium (Monkey Pod)Plantago (Plantain)Plumeria (Frangipani)Populus (Cottonwood, Poplar)Porophyllum (Odora)Prosopis (Mesquite)Psacalium (Indian-Plantain)Punica (Pomegranate)Quercus (Oak)Randia (Randia)Rhynchosia (Rosary Bean)Ricinus (Castor Bean)Rosa (Rose)Rosmarinus (Rosemary)Ruellia (Ruellia)Rumex (Dock, Sorrel)Ruta (Rue)Salix (Willow)Salvia (Sage)Sambucus (Elder)Senecio (Ragwort, Groundsel)Simmondsia (Jojoba)Smilax (Sarsaparilla)Solanum (Nightshade, Horsenettle, Potato)Sphaeralcea (Globe Mallow)Tagetes (Marigold)Tecoma (Trumpet Bush)Turnera (Damiana)Valeriana (Valerian, Garden Heliotrope)Vallesia (Vallesia)Zea mays (Corn, Maize)Zexmenia (Zexmenia)Zornia (Snakeweed)

great condition

This book is a thorough cataloguing of how plants were and still are used in medicine by Native American and Mexican culture. The author obtained her information by interviews with patients and pouring through endless articles on the subject. It is a study of ethnobotany in the American and Mexican West that is both interesting and useful, especially to the professional who is treating patients who might also be taking these medicines.

[Download to continue reading...](#)

House Plants: A Guide to Keeping Plants in Your Home (House Plants Care, House Plants for Dummies, House Plants for Beginners, Keeping Plants in Your Home, DIY House Plants Book 1) Air Plants: A Beginners Guide To Understanding Air Plants, Growing Air Plants and Air Plant Care (Air Plants, Ornamental Plants, House Plants) Easy Mexican Cookbook (Mexican Cookbook, Mexican Recipes, Mexican Cooking 1) Healing with Plants in the American and Mexican West Healing: Reclaim Your Health: Self Healing Techniques: Fasting, Meditation, Prayer, Healing Medicine, and

Energy Work (Channeling, Shamanism, Chakra Healing, ... Qigong Healing, Ayahuasca Book 1)  
Crystals and Gemstones: Healing The Body Naturally (Chakra Healing, Crystal Healing, Self  
Healing, Reiki Healing) House Plants: Volume III: 2 Book Boxset - Air Plants & Your First Cacti  
(Ornamental Plants, House Plants, Indoor Gardening 3) Foraging: A Beginners Guide To Foraging  
Wild Edible Plants (foraging, wild edible plants, foraging wild edible plants, foraging for beginners,  
foraging wild edible plants free,) Reiki: The Healing Energy of Reiki - Beginner's Guide for Reiki  
Energy and Spiritual Healing: Reiki: Easy and Simple Energy Healing Techniques Using the ...  
Energy Healing for Beginners Book 1) Voices in the Kitchen: Views of Food and the World from  
Working-Class Mexican and Mexican American Women (Rio Grande/Río Bravo: Borderlands  
Culture and Traditions) Crystals: The Ultimate Guide To: Energy Fields, Auras, Chakras and  
Emotional Healing (Aura, Healing Stones, Crystal Energy, Crystal Healing, Energy Fields, Emotional  
Healing, Gemstone) Crystal Healing: Simple Guide To Understanding The Benefits Of Crystals  
(Healing Stones ,Energy Healing,Crystal Healing Book 2) Crystal Healing: The Ultimate Reference  
Guide To Understanding The Benefits of Crystals (Healing Stones, Energy Healing, Crystal Healing,  
Chakras Book 1) Crystal Healing: The Ultimate Reference Guide To Understanding The Benefits of  
Crystals (Healing Stones, Energy Healing, Crystal Healing, Chakras) Traqueros: Mexican Railroad  
Workers in the United States, 1870-1930 (Al Filo: Mexican American Studies Series) Walls and  
Mirrors: Mexican Americans, Mexican Immigrants, and the Politics of Ethnicity Air Plants: Everything  
that you need to know about Air Plants in a single book (air plants, air plant care, terrarium, air plant  
book) Animal Talk: Mexican Folk Art Animal Sounds in English and Spanish (First Concepts in  
Mexican Folk Art) Truly Mexican: Essential Recipes and Techniques for Authentic Mexican Cooking  
Easy Mexican Food Favorites: A Mexican Cookbook for Taqueria-Style Home Cooking

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)