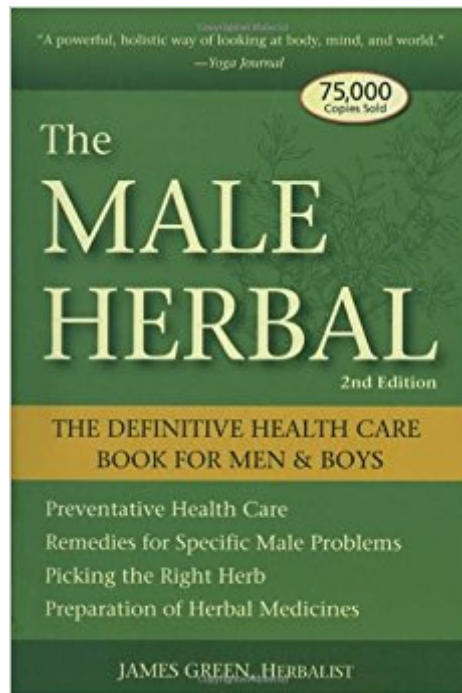


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The Male Herbal: The Definitive Health Care Book For Men And Boys



Synopsis

In this long-awaited second edition of *THE MALE HERBAL*, James Green gives men and boys the tools they need to create or maintain physical and emotional health through a customized herbal program. By following Green's newly developed constitutional model and referencing the comprehensive alphabetical herbal listings, men can create an herbal program attuned to their unique body type, lifestyle, and health needs. Featuring life-changing information about common plants, herbal alternatives to Viagra, medicinal uses of herbs for male-specific issues, and nearly thirty recipes for teas, tinctures, salves, and tonics, this updated guide emphasizes prevention and health with sensitivity and wisdom.

Book Information

Paperback: 352 pages

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Best Sellers Rank: #119,201 in Books (See Top 100 in Books) #100 in Books > Health, Fitness & Dieting > Men's Health #178 in Books > Health, Fitness & Dieting > Alternative Medicine > Herbal Remedies

Customer Reviews

"*THE MALE HERBAL* is more than an outstanding book for men's health care. It is an infusion of wit and wisdom, a balm for the soul of everyone, no matter the gender. James Green is an honest herbalist and a true teacher. This book will become like a familiar friend, ready and waiting to offer counsel, comfort, and expertise." -Cascade Anderson Geller, Herbalist and director of Herbs as Rewarding Companions "Although geared to men and boys, this book is so full of insights for maintaining health and vitality that all sexes will benefit from it. Beautifully written, it is a must for anyone seeking to understand holistic health." -Candis Cantin, Herbalist and author of *Pocket Guide to Ayurvedic Healing*"*THE MALE HERBAL* opens up the world of self-care with herbs for men. Veteran herbalist James Green explains the male reproductive anatomy and function, discusses common health conditions that specifically affect men, and introduces the reader to the materials

and methods of the holistic herbalist."-Paul Bergner, editor of Medical Herbalism Journal

* The long-awaited update of the best-selling herbal handbook specifically for men and boys, covering physical and emotional health. * Organized alphabetically by herb for easy reference. * Includes 28 recipes for herbal tonics; life-changing information about common plants and herbs; and a new section on herbal alternatives to Viagra.

James Green is one of my favorite teachers- my love for his wisdom began back in 1979, I was so happy to revisit the herb world with him through these pages. This is definitely the definitive book on male health. He not only shares herbal knowledge but also his very interesting thoughts and theories. He transforms simple testosterone man into the complex sensitive being of feelings and heart similar to women's health, embracing the male reproductive transitions of maiden, mother, and crone, I love it.

I like this and would recommend this to anyone.

A herbalist recommended that I get this book for my husband, and he loved it, The book should be required reading for all males of any age. It is like a manual for the male body. It takes you through all stages of life as a male.

Good book. I haven't found but a handful of books specif to issues and the corresponding herbs that men deal with.

Outstanding work. A true masterpiece. A book I recommend to all students in my herb classes and one I have referred to often over the years.

This is a great book for men. It tells many things the most of never learned but needed to know.

Good book!

Great book for all men to read and keep their homes. Gives great information for men and how to keep healthy.

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