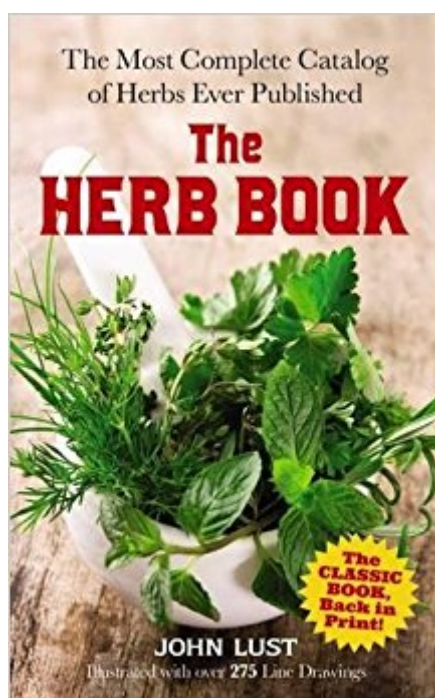


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# The Herb Book: The Most Complete Catalog Of Herbs Ever Published (Dover Cookbooks)



## Synopsis

"I have an old copy of this book that I've had for years and would never let go of, no matter how many times I moved and thinned out my books. This is a re-release and I'm really happy to see it back in print. Part two of the book is the real treasure. It is an alphabetical list of herbs that gives detailed information about their properties, including any cautions required." —Lora's Rants & Reviews

Also known as "The Natural Remedy Bible," *The Herb Book* provides a comprehensive resource for building a livelier, healthier, happier life. More than 2,000 listings offer remedies for ragged nerves, nightmares, and coughing fits as well as suggestions for adding spice to recipes, coloring fabrics, freshening breath, and a host of other benefits. Complete and concise descriptions of herbs, illustrated by more than 275 line drawings, offer the most comprehensive catalog of "miracle plants" ever published. Written by an expert and pioneer in the field, this easy-to-use reference features three parts. The first presents introductory historical information and background for using the rest of the book. The second part features individual numbered listings of medicinal plants with their botanical descriptions and uses. The third part emphasizes the variety of uses for the plants listed in Part 2, including mixtures for medicinal treatments, nutritious and culinary plants, cosmetic and aromatic purposes, plant dyes, and other applications. The book concludes with a captivating look at plant-related astrology, lore, and legends.

## Book Information

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## Customer Reviews

Soothe your nerves, cure your cough, color your fabrics, perfume your bath, stimulate your lover, spice your sauces, stop your nightmares, freshen your breath -- with herbs... The most complete catalog of nature's "miracle plants" ever published. --This text refers to an out of print or unavailable edition of this title.

Soothe your nerves, cure your cough, color your fabrics, perfume your bath, stimulate your lover, spice your sauces, stop your nightmares, freshen your breath -- with herbs... The most complete catalog of nature's "miracle plants" ever published. --This text refers to an out of print or unavailable edition of this title.

Love it! explained well. Full of information, comprehensive. From Botanical terms, explanation of how to use herbs. Modern and ancient lore of herbs. Which herbs to use for health and a lot more! I recommend this book to anyone that loves gardening and likes organic living.

it is pretty complete and useful the thing I like about it is that it goes at the subject from different approaches ... from symptoms, from herbs themselves, from how to use them, etc ...for instance, several herb books I have will only list herbs themselves and then explain their uses etc ... what if I have a symptom and want to look up known herbs that covers those? I will have to look thru all herbs to find the ones that will deal with the symptom I am concerned with? only thing I don't like is briefness of coverage of subjects ... but then if I use this as a starter and from there go into other books, knowing which ones I need to check on further if needed ... a lot of time is saved

Wonderful book. Got it for my love when his original one was old and got torn up. He was so happy to receive it and it practically looks brand new. Thank you so much!

My book came creased at the binding (as if someone flipped through it already) and looking slightly used already with creased cover etc. I'm a bit disappointed because this is the first time I got something 'sold by ' that is not the quality it's suppose to be in (new). Also the price on the back of the book is \$8.95... I paid \$9.95. I'm not going to send it back despite all this because it's too much hassle, and I guess it would eventually get worn like this as I use it anyway. :(Despite the disappointing quality it arrived in, this is a great reference book. To give you a general idea, here's a brief overview of the contents. Part I consists of:- an intro to plants and plant names- a glossary of botanical terms- brief section on growing or gathering an keeping herbs- brief descriptions of how to

use herbs (making tinctures, syrups etc.)- a nice index of medicinal effects and herbs that give those effects- herbs listed according to organs and body conditions. Part II consists of the plants and descriptions along with nice simple line drawings. Part III is a very nice touch. It covers some interesting topics such as:- the legend and lore behind some of the plants- scents- dyes in plants (with a cool chart of what plants create what color to dye cloths, mostly wool)- plants for drinking (herbal teas, juices, alcoholic beverages)- a section on diet, briefly describing some key minerals and vitamins and what plants contain them- natural cosmetics (geranium leaves for cleansing oily skin?)- a few recipes- plants and astrology- other cool bits of info. It feels almost like a farmer's almanac but with only plant related wisdom. If you're interested in herbs in any way, get this.

Must have for all Herbalist Libraries, if you only have enough cash for one herbal, buy this one

This book includes a 333 page section with detailed listings of about 2000 herbs, their uses, where they grow, etc. It also includes a history of herb study and use, a glossary of botanical terms, how to grow and dry and store herbs, how to prepare herbs for medicinal use, tea recipes, dyeing information. There is so much useful information in this book, anyone is sure to find what they need. The author's writing style is very easy to understand. This contributes to the usefulness of the book. If the information is difficult to understand then it is useless. This is not the case with this book. The information is presented in an easy to use format. This Book is one of the best of my collection.

A Lust book! The real and original thing when it comes to herbal references.

The main reason I didn't give it 5 stars is because I only have read 3 books on the subject. I bought it about 2 years ago, browsed thru it once then let it gather dust. I picked it up about a year ago and have probably referenced it 1 to 2 times a week, since. I guess I had to figure out how to use it. Or figure out that since it gives you all of the possible benefits/negatives of a particular herb, I could be much more precise in choosing the correct herb, staying away from a herb that might give me what I want, but also create another problem. I also like that you can either start from the actual herb first to see what it helps, or start from a general condition that you want to improve on and find the herbs that fit or find a specific condition and the herbs that work for that. Also, if you are into finding herbs in the wild, which I'm not, I couldn't imagine a better book for you.

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