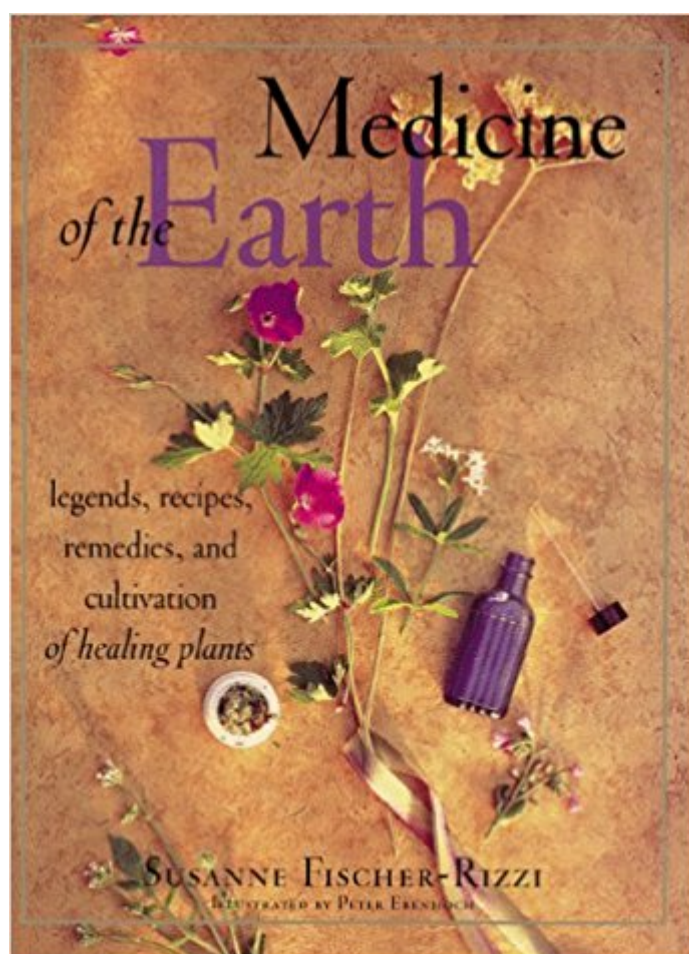


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# Medicine Of The Earth: Legends, Recipes, Remedies, And Cultivation Of Healing Plants



## Synopsis

Culinary recipes, medicinal preparations, cosmetic uses, and aromatherapies of 33 common herbal plants.

## Book Information

Paperback: 320 pages

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## Customer Reviews

Fischer-Rizzi lives in the German Alps and includes many stories of European, especially German, folklore and religious myths as well as pertinent excerpts from literary prose and poetry in what is decidedly not the usual herbal remedy book. After a preface conveying her general attitude toward plants and their growth and use, she considers 33 herbs at length. Each plant appears in several detailed and clear illustrations that accompany its common and scientific names, its botanical description and history, and some anecdotes about it. Practical information on cultivation, healing properties, and culinary, veterinary, and cosmetic uses as well as some recipes and a table of botanical characteristics round out each entry. Warnings are provided wherever necessary. References and an illustrated glossary conclude this attractive addition to herbal literature. William Beatty

Any interested in herbal remedies should make this a part of the home or public library: legends, recipes, and cultivating of healing plants is surveyed in an excellent all-around guide. Plenty examine herbal history and myth: too few follow up on the basics of locating and using the herbs in practical remedies. This fits the bill. -- Midwest Book Review

Stumbling across the current one and only, anemic one star "review", and having the book here in hand, I feel compelled to speak a bit for those whose voices here should be heard, and balance out this review. If you're familiar with this book, please plant your own review here also. Interestingly, 33 herbs are covered, not all the usual suspects either, but interesting mix: angelica, arnica, burdock, calendula, centaury, chicory, coltsfoot, comfrey, cowslip, dandelion, dead nettle, figwort, german chamomile, goldenrod, greater celandine, ground ivy, hemp agrimony, herb robert, horsetail, lady's mantle, male fern, mugwort, mullein, plantain, ramsons, st. john's wort, silverweed, stinging nettle, sweet clover, sweet woodruff, tormentil, valerian, yarrow, and bibliography. So, there are forgotten medicinal plants here, whose information alone makes this a valuable resource. And who could resist quotes from forgotten herbalists as well, like Tabernaemontanus. And did you know that every leaf of a piss-a-beds, aka cankerwort, lion's teeth, priests crown, swine snout, white endive, wild endive, alias The Dandelion, every leaf of plant is unique in shape? So, author sees very deep through the obvious obstruction of the word "weed" that stops most people's inquiry, and knee jerks them towards the roundup, right there. The author also, e.g., points out many different types of horsetails, and their nuances. The Ronald Reagan "seen one redwood, seen them all" virus is still rampant, and thus, who can afford the time to notice the differences? The author has, and you will also, once you've inhaled this contagious collection. Each herb written about has info and insights new to the reader that can break out of the RR trance. If you're yawning, then perhaps you should get back to weeding, but I'd imagine, for beginner to seasoned practitioner, there's a lot of rich material here for everyone, chemist and alchemist, to find fertile shared soil and soul.

Book is great and does the job in identifying the herbs perfectly.

I do not have experience with all medicinal herbs (which is why I've been reading books on the subject) but I do grow comfrey and have some knowledge of this herb. So I read with trepidation the book's suggestion to use comfrey both internally and externally for best results. The author says to use Canadian comfrey roots to make tinctures, teas and salves. The latest medical recommendations are not to use comfrey internally at all because of liver damage potential and I don't think anyone sells comfrey for internal use. I see that this book copyright is 1984 and my edition is 1996. Perhaps this was written before liver damage due to comfrey was discovered. But it calls into question whether I can trust other herbal recommendations and how up to date the information in this book is.

Very disappointed to get an OLD LIBRARY BOOK. Yuk! It got rave review in Herb Companion magazine but doesn't have much to offer in content.

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