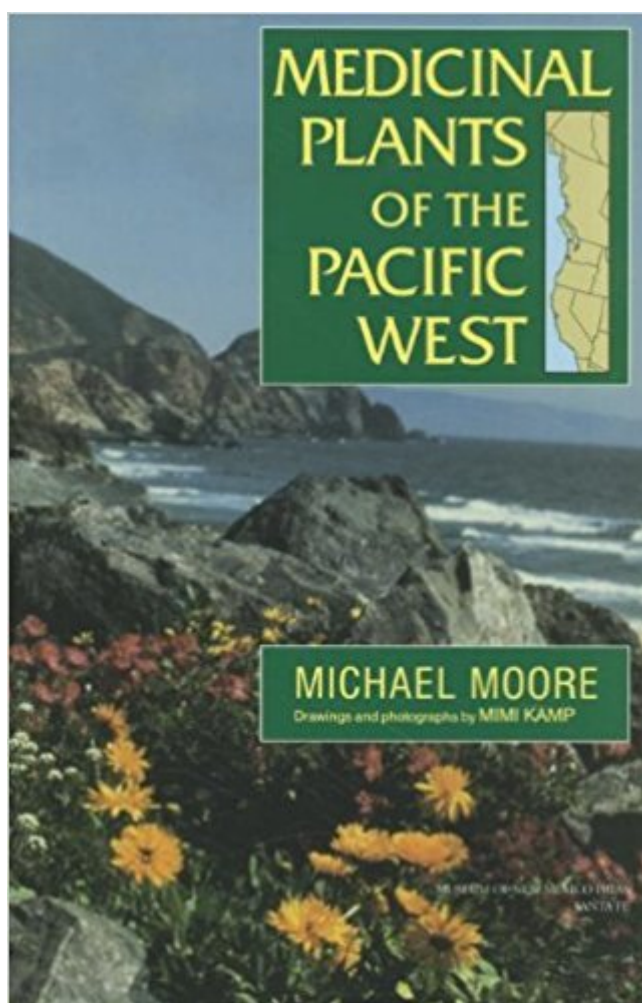


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Medicinal Plants Of The Pacific West



Synopsis

Michael Moore, renowned herbalist, teacher, and author of several medicinal plant books, presents a one-of-a-kind guide to over three hundred species of plants geographically ranging from Baja California to Alaska. This uniquely attractive book educates the reader to both native and introduced species within this region. With over eighty line drawings, forty-four color photographs, maps, and a glossary, this book contains clear and reliable information on identification and safe use of the plants; appearance, habitats, collecting methods, and storage; therapeutic uses, constituents, and preparations; potential toxicities and medical contraindications; and tea-making, tincturing, and salve making.

Book Information

Paperback: 360 pages

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Average Customer Review: 4.6 out of 5 stars 73 customer reviews

Best Sellers Rank: #72,629 in Books (See Top 100 in Books) #115 in Books > Health, Fitness & Dieting > Alternative Medicine > Herbal Remedies #155 in Books > Science & Math > Biological Sciences > Plants #1465 in Books > Science & Math > Nature & Ecology

Customer Reviews

Michael Moore wrote numerous classic works on the herbal plants of the West and Southwest, including *Los Remedios: Traditional Herbal Remedies of the Southwest*, *Medicinal Plants of the Desert and Canyon West*, and *Medicinal Plants of the Mountain West*, as well as a host of clinical herb manuals. He was the founder and director of Southwest School of Botanical Medicine, in Bisbee, Arizona, where he worked as a writer, researcher, therapist, and teacher for professional herbalists.

I have been looking for books on how to make medicines and identify plants. This book has been very helpful and I plan on buying more of his books. The book is well organized has some color

pictures, location maps, line drawings, information on plant appearance, habitat, constituents, collecting and preparation, stability, medicinal uses and contraindications. It has a supplemental herb list, a therapeutic use list, glossary and index of plant names. The only thing I do not like and it is not just with this book but with almost all of the plant identification books, is that they do not have color pictures for all of the plants. They need that and when they do pictures they need the photos of all the plant parts. Many times drawings are just not good enough especially if you are new to this. The only reason for the four stars is the lack of color pictures.

I like Moore's style. Completely thorough, with lots of HUMOR!! He explains everything. Tells you exact proportions and measurements to work with the plants. Excellent plant descriptions with line drawings and photos, Great maps for every plant shows distributions. Covers desert and coastal species. The best book to have everything all in one place in your hands. I can't recommend it enough!

One of three of my trusted "go-to" books on the subject (the other two being Moore's Medicinal Plants of the Mountain West and Kane's Herbal Medicine of the American Southwest). Lacking color photos, like the other... but really, this book really breaks down the plants we have on the west coast. It's been a great help in identifying the plants in San Diego, where I currently reside.

Pairs really well with "Plants of the Pacific Northwest Coast" and "Northwest Foraging: The Classic Guide to Edible Plants of the Pacific Northwest"

I can't quit reading and rereading this book. A native Oregonian, I had no idea some of the so-called "weeds" on my property were not only edible, but also medicinal! This book has changed my way of looking at the plants I once ignored. I've tried several of the teas and concoctions. Great instructions! Inspiring. Easy to read -- I feel like the author's my new best friend. Medicinal Plants of the Pacific West

A thorough monograph of each species features complete descriptions for identification and collection, medicinal uses and preparation. Range maps aid in understanding general locales, drawings are accurate and useful, text is based on a sound grasp of cell chemistry without overdoing the technicalities, and is relatively myth-dispelling. Responsible and authoritative from a practical intimacy, this hands-on guide also provides a glossary and cross-references. A valuable

addition to the herbals shelf, it would be nice to see this volume as a spiral-bound guide for field use. The best yet of Moore's well-devoted works in my library.

This book is very informative. The only problem I had with the book was the pictures. Most of them are hand drawn in black and white. It does have some color photos but not very many. I opted for the Peterson Field Guide instead.

a few color pictures, the rest black white line drawings. Almost no value to identify most of the plants.

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