



The Practice of Traditional Western Herbalism: Basic Doctrine, Energetics, and Classification

By Matthew Wood

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The Practice of Traditional Western Herbalism places the function of western herbs in their true historical context, apart from homeopathy, traditional Chinese medicine, and Ayurveda. Recently there has been a revival of interest in western herbalism, but practitioners haven't been able to explore its benefits due to a void of information on the topic—the system of medicine the herbs fit into had all but disappeared. To remedy the situation, herbalist Matthew Wood has researched the old-time practices and reconstructed them for modern use. In resuscitating western herbal medicine and bringing it up to date, he gives his readers a powerful tool for holistic theory and treatment. Wood makes the point that plant medicines, because they are made from a broad range of chemical components, are naturally suited for the treatment of general patterns in the body. He argues against the biomedical model of standardization, in which herbs are refined and advertised as if they were drugs suited to an exact disease or condition.

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Editorial Review

Review

"*The Practice of Traditional Western Herbalism* is a rallying cry to reexamine our vibrant past traditions and stay true to our roots. This superb book from an incisive mind states the options succinctly."- Keith Robertson

About the Author

Matthew Wood is a registered herbalist with the American Herbalists Guild, and has maintained a private practice as an herbalist for twenty years. He lives and practices at Sunnyfield Herb Farm in Minnetrista, Minnesota.

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From reader reviews:

Andrew Drake:

Spent a free time for you to be fun activity to complete! A lot of people spent their free time with their family, or their particular friends. Usually they performing activity like watching television, planning to beach, or picnic in the park. They actually doing same task every week. Do you feel it? Do you wish to something different to fill your own personal free time/ holiday? May be reading a book could be option to fill your free time/ holiday. The first thing that you'll ask may be what kinds of publication that you should read. If you want to consider look for book, may be the e-book untitled *The Practice of Traditional Western Herbalism: Basic Doctrine, Energetics, and Classification* can be very good book to read. May be it can be best activity to you.

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Dexter Forsyth:

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