



A Field Guide to Medicinal Plants and Herbs: Of Eastern and Central North America (Peterson Field Guides)

Steven Foster, James A. Duke

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With more than 300 photos, this new edition shows how to identify more than 500 healing plants.

Descriptive text includes information on where the plants are found, as well as their known medicinal uses.

An index to medical topics, symbols next to plant descriptions, and organization of plants by colors all make this an essential guide to understanding the traditional medicinal uses of the plants around us. At a time when interest in herbs and natural medicine has never been higher, the second edition of this essential guide shows how to identify more than five hundred kinds of healing plants. More than three hundred new color photos illustrate their flowers, leaves, and fruits. The updated descriptive text includes information on where the plants are found as well as their known medicinal uses. An index to medical topics is helpful for quickly locating information on specific ailments, from asthma and headaches to colds and stomachaches. Symbols next to plant descriptions give readers a quick visual alert to plants that are poisonous or may cause allergic reactions. Organized by plant color for fast identification, this guide is an indispensable tool for understanding the traditional medicinal uses of the plants and herbs around us.

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