Table of Contents

Home Herbals 1
Herbals/Materia Medica 1
Ethnobotany/History 2
Botany/Flora 2
Phytochemistry 2
Technical books – ideal if considering further training to become a medical herbalist 3

Further reading suggestions for Foundation Course students

Note: There will be references to other books, journals, on-line and other resources in every Unit of the course. The following books are not 'essential', but it is a good idea to look at a few and choose **two or three** that catch your eye and suit your personal learning style. They are divided into categories, but there is considerable crossover – some books cover a bit of history, medicinal use and home remedies, for example. Reading online reviews may help you get a feel for the books contents and approach to the subject. The **bold** title may be of particular interest.

Home Herbals

- **Hoffman, D. (2002). The holistic herbal: a safe and practical guide to making and using herbal remedies. Thorsons Press.**
- **Hedley, C.and Shaw, N. (2019) *The Herbal Book of Making and Taking*. Aeon Books. (Available at a discount for Heartwood students.)**
- De Bariacli Levy, J. (1912-2009). *Anything* by Juliet of the herbs, is worth reading, for example, (1991). *The complete herbal handbook for the dog and cat*. Faber and Faber.
- Bove, M. (2000). *An encyclopedia of natural healing for children*. Keats Publishing.
- Bruton-Seal, J and Seal, M. (2008). *Hedgerow medicine: harvest and make your own herbal remedies*. Shropshire: Merlin Unwin Books.
- Kress, H. (2018). *Practical Herbs 1 & 2*. Aeon Books.
- de la Foret, R. (2017). *Alchemy of Herbs: Transform everyday ingredients into foods and remedies that heal*. Hay House Inc.
- Laird, A. (2019). *Root to stem: a seasonal guide to natural recipes and remedies for everyday life.* Penguin Life.
- English, A. (2019) *Wild medicine: Summer*. Aeon Books. (This is a series, that also has Autumn/Winter and Spring volumes).
- Hartvig, K. (2016). *Healing spices: 50 wonderful spices, and how to use them in healthgiving foods and drinks*. Watkins Publishing. Also *Healing Berries* by the same author.
- The Seed Sistas (Fiona Heckels and Karen Lawton). (2019). *The Sensory Herbal Handbook*. Watkins.

Herbals/Materia Medica

* * * Grieve, M. (1931) *A modern herbal*. [online] Available at: http://www.botanical.com/botanical/mgmh/mgmh.html [Accessed 20 August 2018]. You can also

purchase a copy from www.abebooks.co.uk.
Bartram, T. (1988). An encyclopedia of herbal medicine. Grace publishers.
Felter, H.W. and Lloyd, J.U. (1905) Kings American dispensatory.Vol1, 18th ed. Reprinted in 1983. Eclectic Medical Publications, pp.528-533. [online] Available at: https://archive.org/details/kingsamericandis01kinguoft [Accessed 20 August 2018).
Felter, H.W. (1922) *The eclectic material medica, pharmacology and therapeutics*. Reprinted 1983. Eclectic Medical Publications, pp.466-469. [online] Available at: http://www.swsbm.com/FelterMM/Felters_Materia_Medica.pdf [Accessed 20 August 2018].
Mills, S. (1992). *Out of the earth: the essential book of herbal medicine*. Viking Adult.

Ethnobotany/History

* * * Griggs, B. (1997). *Green pharmacy: The history and evolution of western herbal medicine*. 2nd ed. Vermont: Healing Arts Press.
Allen, D. and Hatfield, G. (2012). *Medicinal plants in folk tradition: an ethnobotany of Britain and Ireland*. Oregon: Timber Press.
Baker, M. (1996). *Discovering the folklore of plants*. 3rd ed: Shire publications.
Sinclair Rohde, E. (1922). The old English herbals. London: Minerva Press.
Wood, M. (1993). *The magical staff: essential doctrines of Western vitalist medicine*. North Atlantic Books.

Botany/Flora

* * * Elpel, J.T. (2013). *Botany in a day: the patterns method of plant identification*. 6th ed. Hops Press.
Barker, J. (2001). *The medicinal flora of Britain and Northwestern Europe*. Kent: Winter Press.
Gray, B. (2011). *The Boreal Herbal: wild food and medicinal plants of the north*. Aroma Borealis Press.
Grigson, G. (1958). *An Englishman's Flora*. Paladin.
Manetas, Y. (2012). *Alice in the World of Plants*. Springer.

Phytochemistry

Pengelly, A. (2004). *The Constituents of Medicinal Plants: an introduction to the chemistry and therapeutics of herbal medicines*. CABI Publishing.
Note: '*Botany in a day*' by Thomas Elpel also has a section on the medicinal properties of plants and their chemical constituents.
Anatomy
* * * Waller, P. (2010). *Holistic Anatomy: An integrative guide to the human body*. North Atlantic Books.
Ecological
Buhner, S.H. (2002). *The Lost Language of Plants: The ecological importance of plant medicines for life on earth*. Chelsea Green Publishing.

Technical books – ideal if considering further training to become a medical herbalist

Ganora, L. (2009). *Herbal constituents: Foundations of Phytochemistry*. Lisa Ganora.
Bone, K. And Mills, S. (2013). *The principles and practice of modern Phytotherapy*. 2nd ed. Edinburgh: Churchill Livingstone.
McIntyre, Anne. (2019). *The Complete Herbal Tutor: The Definitive Guide to the Principles and Practices of Herbal Medicine*. Aeon Books.
Mills, S. and Bone, K. (2005). *The essential guide to herbal safety*. Philadelphia: Churchill Livingstone
Ralph, A. Tassell, M. 2020. Native Healers: Foundations in Western Herbal Medicine. Aeon Books Ltd.
Tobyn, G., Denham, A. and Whitelegg, M. (2010). *The western herbal tradition*. Edinburgh: Churchill Livingstone.

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