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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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