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Further Reading Suggestions

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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.

- **Aeon is a publisher that produce many Herbal Medicine related books.** *Their 'Heartwood reading list' can be accessed through this link - https://health.aeonbooks.co.uk/readlist/heartwood/117 Students can access 20% off all books on this list, by entering code 'HEARTWOOD' at checkout. ===== 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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