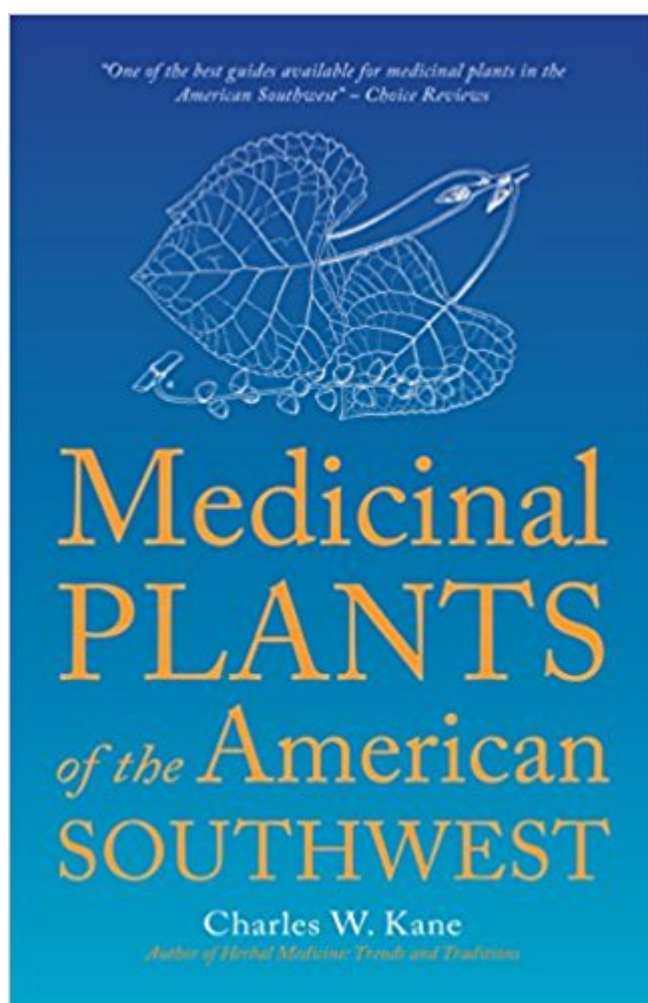


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# Medicinal Plants Of The American Southwest (Herbal Medicine Of The American Southwest)



## Synopsis

Newly updated for 2016 (expanded photo section; additional profiles: Bouvardia, Red betony, and Texas ranger) Covering more than 160 southwestern plant medicines, within 102 profiles, Medicinal Plants of the American Southwest presents each plant's medicinal use, therapeutic indication, geographic range, botanical description, chemical composition, preparation, dosage, and cautions. A comprehensive preparation segment includes instruction on the making and use of teas, tinctures, syrups, salves, ointments, oils, washes, fomentations, and other modes of application. Readers will also find the therapeutic index, glossary, bibliography, and general index valuable additions. 112 color photos further assist the reader in plant identification. First published in 2006 (as Herbal Medicine of the American Southwest) Medicinal Plants of the American Southwest is considered by most familiar with Kane's writing to be his seminal work. Regularly updated every 2-3 years, this title continues to inform and inspire all who find interest in the therapeutic uses of southwestern plants. Printed and bound in the USA.

## Book Information

Series: Herbal Medicine of the American Southwest

Paperback: 392 pages

Publisher: Lincoln Town Press; Reissue edition (August 1, 2011)

Language: English

ISBN-10: 0977133370

ISBN-13: 978-0977133376

Product Dimensions: 5.5 x 8.5 inches

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 50 customer reviews

Best Sellers Rank: #105,509 in Books (See Top 100 in Books) #4 in [Books > Medical Books > Pharmacology > Reference](#) #5 in [Books > Science & Math > Nature & Ecology > Ecosystems > Deserts](#)

## Customer Reviews

'One of the best guides available on medicinal plants in the American Southwest.' -- Choice Reviews '[Medicinal Plants of the American Southwest] is highly recommended to all naturalists living in the southwest of America, as well as organic studies students, however especially recommended to all inhabitants of the featured area.' -- Midwest Book Review 'The plant monographs are a combination of folk medicine, well-researched scientific findings, and conclusions

found in the latest scientific journals. The bibliography is arranged clearly and neatly. I particularly like the way in which the author lists references separately for each plant, making it easy and accessible for the reader who may choose to do further research on an individual plant. The author's photography is also commendable...which will make field identification of the plants nearly effortless.' -- HerbalGram

'The author has a functional belief in self-healing; the approach here is to offer nonpharmaceutical alternatives to standard medical therapeutics.' -- The Bloomsbury Review

'The comprehensive field guide to plants from Acacia to Yucca instructs on collection, preparation and use of the Southwest's botanical bounty.' -- Arizona Highways

'As a working model of a modern herbal, the value of this book transcends both the limits of its geographic scope and its focus on nondomestic plant species. It should be of interest to lay readers and scientists alike, consumers and practitioners of herbal medicine, ethnobotanists, pharmacognosists, policy-makers, regulators and those interested in the utilization of wild medicinal plant species.' --

Phytomedicine

'researched, practical, and pertinent, this work serves as a resource for those who are interested in finding medicine from the land.' --Paper Clips

'he equips the reader with practical information that can be readily applied, while at the same time lending insights that can only come from someone with a true passion for, and intimate knowledge of, botanical medicines.' --Alternative Medicine Review

'Succinct practical indications and usage profiles of over [160] mostly SW desert plants by a herbalist who walks his talk.' --Herbal Bookworm

Titles: Medicinal Plants of the American Southwest (2006/2009/2011), Herbal Medicine: Trends and Traditions (2009), Sonoran Desert Food Plants (2011), Southern California Food Plants (2013), and Wild Edible Plants of Texas (2016).

I bought this book specifically FOR the color photographs - we live in the southwest and it's of course much easier to identify a plant if you can already see it in a color photograph (many of the books we'd looked at were black and white drawings or photographs). The added bonus is that it is chock full of information and a nice, easy-to-read format - just enough information for the budding herbalist, while just enough science to appease those with a lot more experience. Happy to have this one in my library and would highly recommend it to anyone living in the American Southwest with an interest in herbal medicines.

Our family spends a lot of time in the great outdoors and I've often wondered about the edible nature of the plants at my feet. Mr. Kane's book, Medicinal Plants

of the American Southwest provided some of the answers I was looking for. With color photos and helpful index I can now identify many of the plants I once took for granted. Great book which I hope to put to good use in the years to come!

Very good book. If you live in Arizona you should have this book !

I wish there were more pictures. All the pictures are in the middle of the book, of course I can easily search for the pictures online of the plants but I wish this was more like a field guide.

An excellent work! If you are interested in Medicinal Plants of the American Southwest, this is an essential book. Charles Kane presents a thorough and articulate coverage of the Medicinal Plants found in the area, together with information on their location, identification, preparation and uses. I would recommend this book to any serious herbalist.

This is an excellent reference book. It is a little dry and the pictures were all in the center rather than with the plant descriptions. I'm sure that was done to save on printing costs--the pictures are on high glossy paper and there are photos as well as phenomenal drawings by Frank Rose. The photos and drawings are probably the best I've ever seen in this type of book. Instead of cross-referencing the pictures to the descriptions the photos are alphabetized making making finding the picture very easy. The book is well-written and an excellent reference especially for anyone living in the southwest. When the author does tell personal stories about experiences with the plants, (finding them or using them) they are very good. I wish more of these personal notes were in the book because they were enjoyable, but I suppose there was only so much paper.

I hope to be using the info in this book soon. It is very informative on how & when & what parts of the plant to collect.

Covers a lot of information. Not as user friendly as I would like but kept it anyway, due to the contents.

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Herbal Plants for Healing, Skin and Beauty House Plants: A Guide to Keeping Plants in Your Home (House Plants Care, House Plants for Dummies, House Plants for Beginners, Keeping Plants in Your Home, DIY House Plants Book 1) HERBAL ANTIBIOTICS: 56 Homemade Holistic Herbal Remedies to Help Prevent, Treat, And Heal Illnesses Naturally (Herbal Antibiotics, Herbal Remedies) Air Plants: A Beginners Guide To Understanding Air Plants, Growing Air Plants and Air Plant Care (Air Plants, Ornamental Plants, House Plants) Best Natural Scrubs and Herbal Remedies For Your Health and Beauty : (Body Scrubs, Medicinal Herbs, Essential Oils) (Body and Face Scrubs, Herbal Medicine) Medicinal Herbs: Aromatherapy, Essential Oils and Medicinal Herbs To Improve Your Health (Medicinal Herbs For Beginners Book 1) A Modern Herbal, Volume 2: The Medicinal, Culinary, Cosmetic and Economic Properties, Cultivation and Folk-Lore of Herbs, Grasses, Fungi Shrubs & [MODERN HERBAL V02] Herbal Recipe Remedies: 30 Herbal Remedies That Work! (Herbal Recipes Private Collection Book 1) The Encyclopedia of Medicinal Plants: A Practical Reference Guide to over 550 Key Herbs and Their Medicinal Uses The Earthwise Herbal, Volume I: A Complete Guide to Old World Medicinal Plants The Herbal Lore of Wise Women and Wortcunners: The Healing Power of Medicinal Plants Chinese Medicinal Plants, Herbal Drugs and Substitutes: An Identification Guide American Medicinal Leaves And Herbs; Guide To Collecting Herbs and Using Medicinal Herbs and Leaves Alternative Medicine: Homeopathic Medicine, Herbal Medicine and Essential Oils for Total Health and Wellness Herbal Medicine Natural Remedies: 150 Herbal Remedies to Heal Common Ailments House Plants: Volume III: 2 Book Boxset - Air Plants & Your First Cacti (Ornamental Plants, House Plants, Indoor Gardening 3) Foraging: A Beginners Guide To Foraging Wild Edible Plants (foraging, wild edible plants, foraging wild edible plants, foraging for beginners, foraging wild edible plants free,) Herbal Medicine of the American Southwest

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