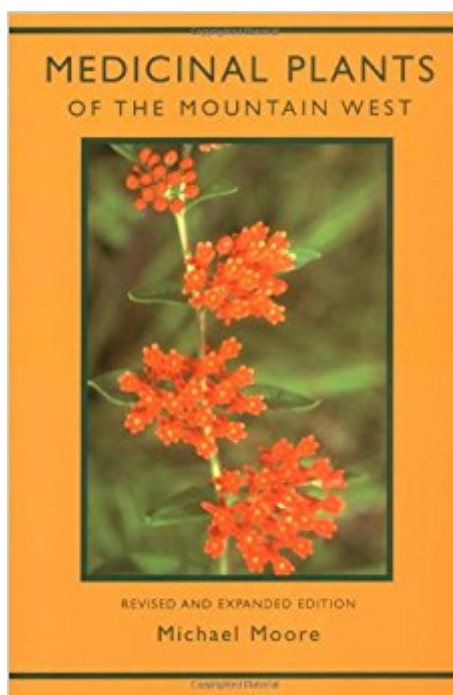


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Medicinal Plants Of The Mountain West



Synopsis

In the first update since the original printing in 1979, renowned herbalist Michael Moore adds another twenty years of research and expertise working with medicinal plants to his classic *Medicinal Plants of the Mountain West*. In this greatly expanded revised and enlarged edition, the book covers the entire range of medicinal herbs found in New Mexico, Arizona, west Texas, Nevada, Utah, Colorado, and California.

Book Information

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Customer Reviews

Michael Moore's celebrated companion guides comprehensively cover the entire range of medicinal herbs found in New Mexico, Arizona, West Texas, Nevada, Utah, Colorado, and the California desert. *Medicinal Plants of the Mountain West* is the long-established classic work on medicinal herbs of the Western uplands. An authoritative presentation of more than 100 species, it is unsurpassed as a field guide and for its authoritative information on collection and medicinal preparation. *Medicinal Plants of the Desert and Canyon West* focuses on the plant life of rocky and arid lands of the West, and includes even more detailed information on the preparation and use of these vital herbs. --This text refers to an out of print or unavailable edition of this title.

Michael Moore wrote numerous classic works on the herbal plants of the West and Southwest, including *Los Remedios: Traditional Herbal Remedies of the Southwest*, *Medicinal Plants of the Desert and Canyon West*, and *Medicinal Plants of the Pacific West*, as well as a host of clinical herb manuals. He was the founder and director of Southwest School of Botanical Medicine, in Bisbee,

Arizona, where he worked as a writer, researcher, therapist, and teacher for professional herbalists.

This book provides more detail than other medicinal herb books. There is a good discussion of the plant, its appearance, uses, collection times and contraindications. There is also a good discussion of how to make the tinctures, teas, salves, etc. Dosages are also included. I particularly like the medicinal history of the plant through the ages. Different cultures used the plant for different things and I find this helpful. Best value for money spent.

This was a recommended read. Still have not been through the whole book but consider it a resource . . .

Vast knowledge in this book.

Wealth of knowledge

Been borrowing copies and reading at friends' houses for years. Now I finally have a copy of my own. Thanks to Michael for all the work he has done researching and publishing information for plant enthusiasts.

I love his style of writing. He gives a lot of information and makes it interesting too. Most herbs have drawings but only a small percentage of herbs covered in the book has a photo.

This is a good descriptive book with black and white drawings and one section of around 50 color pics. It should come in handy in the Colorado Rockies. It's always a good idea to get a couple books like these on the same topic by different authors, or search the internet, to cross-reference and double and triple check to make sure that you've properly identified each species.

This is an awesome book on medicinal plants by Michael Moore. It is very thorough and gives a ton of uses for plants.

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