
Herbal medicine is the most time-tested healing tradition in the world, having evolved over hundreds of thousands of years in disparate regions and diverse cultures. In The Desktop Guide to Herbal Medicine, renowned herbalist Brigitte Mars draws from healing traditions around the world to offer a concise, comprehensive, eclectic guide to the vast array of medicinal herbs commonly available in North America. You'll find detailed monographs of more than 180 herbs, from the commonplace tea and raspberry to the weedy dandelion and goldenrod to the more exotic ho shou wu and zedoary. Each mono