

[PDF] Native American Medicinal Plants An Ethnobotanical Dictionary

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Native American Medicinal Plants-Daniel Moerman 2009-05-13 Describing the medicinal uses of over 2,700 plants by 218 Native American tribes, the author organizes his extensive research into eighty-two categories--including contraceptives, gastrointestinal aids, sedatives, toothache remedies, and more--and provides indexes arranged by tribe, usage, and common name, as well as 150 line drawings.

A Handbook of Native American Herbs-Alma R. Hutchens 1992 This authoritative guide—based on the author's classic reference work, *Indian Herbalogy of North America* —is a portable illustrated companion for the professional and amateur herbalist alike. It provides detailed descriptions of 125 of the most useful medicinal plants commonly found in North America, along with directions for a range of uses, remedies for common ailments, and notes on the herbal traditions of other lands. Entries include staples of folk medicine such as echinacea and slippery elm as well as common kitchen herbs—such as parsley, thyme, and pepper—whose tonic and healing properties are less widely known.

Medicinal Plants Used by Native American Tribes in Southern California-Donna Largo 2009 "The purpose of this project is to provide a resource guide for medical providers and traditional health care practitioners in an effort to better coordinate patient care with traditional practices. This guide will help to illuminate some contraindications of western medicine with Southern California Native American traditional medicine, in hopes of protecting patients from any negative reactions. A secondary purpose ... is to make available information about traditional medicine to anyone interested in disease prevention through Native American knowledge and traditions."--P. 1.

Native American Food Plants-Daniel E. Moerman 2010-10-27 Based on 25 years of research that combed every historical and anthropological record of Native American ways, this unprecedented culinary dictionary documents the food uses of 1500 plants by 220 Native American tribes from early times to the present. Like anthropologist Daniel E. Moerman's previous volume, *Native American Medicinal Plants*, this extensive compilation draws on the same research as his monumental *Native American Ethnobotany*, this time culling 32 categories of food uses from an extraordinary range of species. Hundreds of plants, both native and introduced, are described. The usage categories include beverages, breads, fruits, spices, desserts, snacks, dried foods, and condiments, as well as curdling agents, dietary aids, preservatives, and even foods specifically for emergencies. Each example of tribal use includes a brief description of how the food was prepared. In addition, multiple indexes are arranged by tribe, type of food, and common names to make it easy to pursue specific research. An essential reference for anthropologists, ethnobotanists, and food scientists, this will also make fascinating reading for anyone interested in the history of wild and cultivated local foods and the remarkable practical botanical knowledge of Native American forbears.

Healing Plants-Ana Nez Heatherley 1998 Written both for beginners and seasoned herbalists, this medicinal guide to native North American plants and herbs includes a color identification section.

Secrets of Native American Herbal Remedies-Anthony J. Cichoke 2001 Describes the Native American concept of healing, which stresses the balance of mind, body, and spirit; offers an alphabetical listing of therapies and their recipes; and discusses other healing practices.

Indian Herbalogy of North America-Alma R. Hutchens 1991-08-27 For more than twenty years this pioneering work had served as a bible for herbalists throughout the world. It is an illustrated encyclopedic

guide to more than two hundred medicinal plants found in North America, with descriptions of each plant's appearance and uses, and directions for methods of use and dosage. Native American traditions are compared with traditional uses of the same plants among other cultures where the science of herbs has flourished, particularly in Russia and China. Included is an annotated bibliography of pertinent books and periodicals.

Medicinal and Other Uses of North American Plants-Charlotte Erichsen-Brown 2013-01-09 Chronological historical citations document 500 years of usage of plants, trees, and shrubs native to eastern Canada and northeastern United States. Also complete identifying information, 343 illustrations. "You can't go wrong." — Botanic & Herb Reviews.

Native Plants, Native Healing-Tis Mal Crow 2001-01-01 This book is a must for beginners and serious students of herbs and of Native American ways. This set of herbal teachings, which draws strongly from the Muscogee tradition, presents an understanding of the healing nature of plants for the first time in book form. In a time of expanding awareness of the potential of herbs, this work shines and beckons. Tis Mal examines common wild plants and in a clear and authoritative style explains how to identify, honor, select, and prepare them for use. Illustrated and indexed by plant name and medical topic.

Sacred Plant Medicine-Stephen Harrod Buhner 1996 The historical use of plants by indigenous peoples is explored, and how this connects to universal experiences of the sacred in everyday life.

How Indians Use Wild Plants for Food, Medicine & Crafts-Frances Densmore 2012-03-07 Ethnologist with the Smithsonian Institution offers a wealth of material on nearly 200 plants used by Chippewas of Minnesota and Wisconsin. Emphasis on wild plants and lesser-known uses. 33 plates.

Honoring the Medicine-Kenneth S. Cohen 2018-12-04 For thousands of years, Native medicine was the only medicine on the North American continent. It is America's original holistic medicine, a powerful means of healing the body, balancing the emotions, and renewing the spirit. Medicine men and women prescribe prayers, dances, songs, herbal mixtures, counseling, and many other remedies that help not only the individual but the family and the community as well. The goal of healing is both wellness and wisdom. Written by a master of alternative healing practices, Honoring the Medicine gathers together an unparalleled abundance of information about every aspect of Native American medicine and a healing philosophy that connects each of us with the whole web of life—people, plants, animals, the earth. Inside you will discover • The power of the Four Winds—the psychological and spiritual qualities that contribute to harmony and health • Native American Values—including wisdom from the Wolf and the importance of commitment and cooperation • The Vision Quest—searching for the Great Spirit's guidance and life's true purpose • Moontime rituals—traditional practices that may be observed by women during menstruation • Massage techniques, energy therapies, and the need for touch • The benefits of ancient purification ceremonies, such as the Sweat Lodge • Tips on finding and gathering healing plants—the wonders of herbs • The purpose of smudging, fasting, and chanting—and how science confirms their effectiveness Complete with true stories of miraculous healing, this unique book will benefit everyone who is committed to improving his or her quality of life. "If you have the courage to look within and without," Kenneth Cohen tells us, "you may find that you also have an indigenous soul."

Native American Ethnobotany-Daniel E. Moerman 1998 An extraordinary compilation of the plants used by North American native peoples for medicine, food, fiber, dye, and a host of other things. Anthropologist Daniel E. Moerman has devoted 25 years to the task of gathering together the accumulated ethnobotanical knowledge on more than 4000 plants. More than 44,000 uses for these plants by various tribes are documented here. This is undoubtedly the most massive ethnobotanical survey ever undertaken, preserving an enormous store of information for the future.

Plants of Power-Alfred Savinelli 2002-01-01 Plants of Power is a guide to the sacred plants traditionally used by Native Americans and other indigenous people around the world. Highlighted here are 14 significant plants, with information on their properties, growing conditions, and medicinal applications. Included are descriptions of Native American ceremonies and rituals in which these plants play a central role. Alfred Savinelli has wildcrafted plants for more than 25 years and is an active defender of plant rights.

Sacred Plant Medicine-Stephen Harrod Buhner 2006-02-24 The first in-depth examination of the sacred underpinnings of the world of Native American medicinal herbalism • Reveals how shamans and healers "talk" with plants to discover their medicinal properties • Includes the prayers and medicine songs associated with each of the plants examined • By the author of The Secret Teachings of Plants As humans evolved on Earth they used plants for everything imaginable--food, weapons, baskets, clothes, shelter, and medicine. Indigenous peoples the world over have been able to gather knowledge of plant uses by

communicating directly with plants and honoring the sacred relationship between themselves and the plant world. In *Sacred Plant Medicine* Stephen Harrod Buhner looks at the long-standing relationship between indigenous peoples and plants and examines the techniques and states of mind these cultures use to communicate with the plant world. He explores the sacred dimension of plant and human interactions and the territory where plants are an expression of Spirit. For each healing plant described in the book, Buhner presents medicinal uses, preparatory guidelines, and ceremonial elements such as prayers and medicine songs associated with its use.

American Medicinal Plants-Charles Frederick Millspaugh 1887

Medicinal Wild Plants of the Prairie-Kelly Kindscher 1992 Kindscher documents the medicinal use of 203 native prairie plants by the Plains Indians. He also adds information on recent pharmacological findings to further illuminate the medicinal nature of these plants. He uses Indian, common, and scientific names and describes Anglo folk uses, medicinal uses, scientific research, and cultivation.

Healing Secrets of the Native Americans-Porter Shimer 2004-09-01 Learn how Native Americans have used the bountiful gifts of nature to heal the mind, the body, and the spirit. Bestselling *Healing Secrets of the Native Americans* brings the age-old knowledge and trusted techniques of Native-American healing to a wider audience. Discover how the Native-American tradition uses plants and herbs, heat, movement and sound, visualization, and spirituality to heal dozens of everyday ailments and illnesses--from back pain to insect bites to flu and sore throat and much more and apply it to your life to improve your health and your mind. Broken into sections, the book covers such topics as "The Healing Spirit" (including dream therapy, spirituality, and prayer), "The Native American Spa" (healing with heat, massage, sound and movement, and nutrition), "The Native American Pharmacy" (including more than 40 herbs and plants, how to obtain them, and how to use them), plus remedies for more than 40 ailments from acne to wrinkles.

The Native Americans Herbal Dispensatory HANDBOOK - The Medicine-making Guide to Native Medicinal Plants and Their Uses-Philip Kuckunniw 2020-05-10 Enter a world of spiritual rejuvenation and radiant health with the healing power of herbs. Rich in herbal folklore, tips for growing and harvesting your herbs and over two hundred medicinal and culinary recipes from various cultures, *The Native Americans herbal dispensatory HANDBOOK* will become your trusted companion on the path to natural life. Have you ever wondered what are the benefits of dandelion, chickweed, elderberry, and many other medicinal plants? *Healing herbs* are an essential reference for the beginner herbalist, with 20 common herbs, many of which are considered weeds, which are often found in hedges, meadows and wild places. Along with medicinal information, this book includes traditional folklore and fortifying recipes for each edible or medicinal plant, and many easy-to-follow instructions to help fill an herbalist's kit with remedies to keep the whole family happy and healthy. Medicinal products are conveniently organized by plant, making it easy for the home herbalist to find, identify, and use healing garden plants. The herbalist Tina Sams identifies the 20 most common and healthy herbs and more than 100 natural remedies that are easy, cheap, and effective. This illustrated guide is essential for any nature lover's library. Take a tour of traditional healing practices and traditions of past and present cultures, including Native and South American, Mediterranean, East Asian, and others. Create delicious and exotic dishes, prepare relaxing herbal teas, mix perfumes, and ointments with floral essences from your home garden, prepare elixirs and drugs to treat every ailment, and much more. With this wise book on your kitchen shelf, a rich heritage of herbal craftsmanship and herbal tradition is at your fingertips. *The Native Americans herbal dispensatory HANDBOOK* is a fully illustrated practical guide to the healing properties of herbs. The book includes medicinal herbs with significant therapeutic properties and a section on their historical uses, and *The Native Americans herbal dispensatory HANDBOOK* is a must for all home bookshelves. All parts of plants that can be used for medicinal purposes are shown, from fresh flower petals or leaves to the root, bark, and juice. Each entry details the chemical components of the plant, its actions, and its therapeutic applications. Each section explains the preparation of herbal remedies. There are over 250 safe treatments to help alleviate common ailments, from coughs, colds, and headaches common to specialized treatments for skin conditions, digestive problems, and childhood diseases, including detailed herbal lists for the elderly.

Indian Medicinal Plants-C.P. Khare 2008-04-22 In an easy to use dictionary style of A-Z presentation, this volume lists the taxonomy and medicinal usage of Indian plants. Also given are both traditional Indian and international synonyms along with details of the habitats of the plants. This book, illustrated by over 200 full-color figures, is aimed at bringing out an updated *Acute Study Dictionary* of plant sources of Indian medicine. The text is based on authentic treatises which are the outcome of scientific screening and critical evaluation by eminent scholars. The Dictionary is presented in a user-friendly format, as a compact, handy, easy to use and one-volume reference work.

Indian Medicinal Plants-Srinath Rao 2020-10-27 The demand for medicinal plants is increasing, and this leads to unscrupulous collection from the wild and adulteration of supplies. Providing high-quality planting material for sustainable use and thereby saving the genetic diversity of plants in the wild is important. In this regard, the methods of propagation of some important medicinal plants are provided along with the traditional methods of propagation. Indian Medicinal Plants: Uses and Propagation Aspects offers a unique compendium of more than 270 medicinal plant species from India with detailed taxonomic classifications based on the Bentham and Hooker system of classification. Salient Features: Provides traditional methods of propagation and discusses the propagation of medicinal plants Presents plant properties, plant parts and chemical constituents Describes the medicinal uses of more than 270 medicinal plant species from India This book is of special interest to practitioners of alternative medicine, students of Ayurveda, researchers and industrialists associated with medical botany, pharmacologists, sociologists and medical herbalists.

Medicinal Plants of Native America-Daniel E. Moerman 1986

American Indian Medicine-Virgil J. Vogel 1970 Studies the medicinal practices of American Indians, noting their use of plants and special techniques for treating illness and injuries

Forest Pharmacy-Steven Foster 1995 Noted author/photographer/lecturer/herbalist Steven Foster details the history of American medicinal plants, focusing on products such as taxol, a Pacific yew tree derivative used to treat cancer. He identifies medicinal plants and their uses by Native Americans, physicians, and modern pharmaceutical companies, and addresses issues of overharvesting wild plants, cultivating sustainable supplies, and developing regulatory guidelines.

Keepers of Life-Michael J. Caduto 1998 Through 19 Native American stories and various activities, children learn the invaluable lesson that all living things are intertwined.

Native American Herbalism, Medicinal Plants and Herbal Remedies Handbook-Richard B Horseneck 2020-11-30 *** BONUS CHAPTER INCLUDED ON THE TOP-10 DISEASE-CAUSES OF DEATH IN THE USA AND THE NATIVE AMERICAN HERBAL CURES AND REMEDIES FOR THOSE DISEASES INCLUDING HEART DISEASE, CANCER, RESPIRATORY DISEASES, STROKE, ALZHEIMER'S DISEASE, DIABETES, KIDNEY, LIVER AND BLOOD DISEASES, HIV AND OBESITY, ETC.! *** This book brings you some of the little known, yet extremely effective herbs, medicinal plants, herbal remedies and herbal knowledge of the Native American tribes that were used and continue to be used in the treatment and healing of various diseases, conditions and ailments, thus avoiding the use of modern pharmaceuticals and their disadvantages and dangers such as side effects, costs, etc. The goal of this book is to bring this long-lost knowledge to you so that you may examine whether some of the herbs, medicinal plants and herbal remedies mentioned in this book may be applicable and helpful to your situation. In this book, you will find the following: -Numerous Native American herbs and medicinal plants and their specific uses in the healing of several different diseases and conditions. -The top-10 disease-causes of death in the USA and the Native American herbal cures and remedies for those diseases including heart disease, cancer, lower respiratory diseases (bronchitis, emphysema and asthma), stroke and cerebrovascular diseases, Alzheimer's disease and other forms of dementia, diabetes, influenza and pneumonia, kidney disease, septicemia and other blood diseases, liver disease, HIV and obesity, etc. -The Native American herbal cures and remedies for other specific conditions and ailments (including: backache, burns, easy childbirth, colds, colic, diarrhea, fevers, headache, hemorrhoids, herpes, indigestion, inflammations and swellings, insect bites and stings, rheumatism, skin conditions, thrush, yeast infections, insomnia, depression, etc. - The Native American herbal cures and remedies for dental health including remedies for toothaches, swelling and bleeding, aphthous ulcers, sore throats, periodontal disease, caries, inflammation and antimicrobials for oral health, etc. -The Native American herbal secrets for beauty, personal care and personal hygiene (including remedies for looking good, smelling good, skin care, hair care, preventing bad smells, boosting your longevity, looking young and cosmetics for various functions, etc. -The Native American herbal secrets for finding love, passion, flirting, aphrodisiacs, reversing impotence, getting pregnant, preventing pregnancy (contraceptives) finding a new love, recovering a lost love, solutions for a broken heart, and solutions for building a long-lasting marriage or other romantic relationship. -The basic principles and approaches to achieving healing, good health and wellness in the Native American healing process and why they make the process so potent and effective. -And finally, how to handle, prepare and store your herbs (including: harvesting or gathering, drying, storing, preparing, and making teas/infusions, decoctions, poultices and how to use herbal remedies with children, etc. This book will reveal some herbal secrets that could help you to beat your disease and gain the healing and good health that you have been looking for. You are also sure to benefit from the secrets to beauty, personal care, love,

longevity and other personal wellness issues revealed in this book. Ultimately, this book will make you a healthier, happier person. So, take action now. Get this book now, while you can. Click on the "Buy now" button to get this book right now!

Healing with Medicinal Plants of the West - Cultural and Scientific Basis for Their Use-Cecilia Garcia 2012-09-10

Healing Plants-Alice Micco Snow 2001 A colorfully illustrated introduction to the folk medicine of the Seminole Indians describes a variety of plants and treatments for everything from stroke to back pain.

Iwígara-Enrique Salmón 2020-09-15 Tap into Thousands of Years of Plant Knowledge The belief that all life-forms are interconnected and share the same breath—known in the Rarámuri tribe as iwígara—has resulted in a treasury of knowledge about the natural world, passed down for millennia by native cultures. Ethnobotanist Enrique Salmón builds on this concept of connection and highlights 80 plants revered by North America's indigenous peoples. Salmón teaches us the ways plants are used as food and medicine, the details of their identification and harvest, their important health benefits, plus their role in traditional stories and myths. Discover in these pages how the timeless wisdom of iwígara can enhance your own kinship with the natural world.

Iroquois Medical Botany-James W. Herrick 1997-01-01 The world view of the Iroquois League or Confederacy—the Mohawk, Oneida, Onondaga, Cayuga, Seneca, and Tuscarora nations—is based on a strong cosmological belief system. This is especially evident in Iroquois medical practices, which connect man to nature and the powerful forces in the supernatural realm. Iroquois Medical Botany is the first guide to understanding the use of herbal medicines in traditional Iroquois culture. It links Iroquois cosmology to cultural themes by showing the inherent spiritual power of plants and how the Iroquois traditionally have used and continue to use plants as remedies. After an introduction to the Iroquois doctrine of the cosmos, authors James Herrick and Dean Snow examine how ill health directly relates to the balance and subsequent disturbance of the forces in one's life. They next turn to general perceptions of illness and the causes of imbalances, which can result in physical manifestations from birthmarks and toothaches to sunstroke and cancer. In all, they list close to 300 phenomena. Finally, the book enumerates specific plant regimens for various ailments with a major compilation from numerous Iroquois authorities and sources of more than 450 native names, uses, and preparations of plants.

Cattail Moonshine & Milkweed Medicine-Tammi Hartung 2016-09-20 International Herb Association's 2017 Thomas DeBaggio Book Award Winner 2016 Silver Nautilus Book Award Winner History, literature, and botany meet in this charming tour of how humans have relied on plants to nourish, shelter, heal, clothe, and even entertain us. Did you know that during World War II, the US Navy paid kids to collect milkweed's fluffy white floss, which was then used as filling for life preservers? And Native Americans in the deserts of the Southwest traditionally crafted tattoo needles from prickly pear cactus spines. These are just two of the dozens of tidbits that Tammi Hartung highlights in the tales of 43 native North American flowers, herbs, and trees that have rescued and delighted us for centuries.

Medicinal Plants of Native America-Daniel E. Moerman 1986

American Indian Healing Arts-E. Barrie Kavasch 2013-02-20 American Indian Healing Arts is a magical blend of plant lore, history, and living tradition that draws on a lifetime of study with native healers by herbalist and ethnobotanist E. Barrie Kavasch. Here are the time-honored tribal rituals performed to promote good health, heal illness, and bring mind and spirit into harmony with nature. Here also are dozens of safe, effective earth remedies--many of which are now being confirmed by modern research. Each chapter introduces a new stage in the life cycle, from the delightful Navajo First Smile Ceremony (welcoming a new baby) to the Apache Sunrise Ceremony (celebrating puberty) to the Seminole Old People's Dance. At the heart of the book are more than sixty easy-to-use herbal remedies--including soothing rubs for baby, a yucca face mask for troubled skin, relaxing teas, massage oils, natural insect repellents, and fragrant smudge sticks. There are also guidelines for assembling a basic American Indian medicine chest. From the Trade Paperback edition.

Body into Balance-Maria Noel Groves 2016-04-02 Silver Nautilus Book Award Winner for Health & Healing An antacid or an aspirin may soothe your pain, but it doesn't cure the cause of your symptoms. Headaches, indigestion, fatigue, allergies, anxiety, eczema, high blood pressure, and other conditions are clues to a deeper imbalance in your body, and learning to read those clues is a key step in maintaining optimal health. Herbalist Maria Noël Groves shows you how to read your body's signals and support your own wellness with herbal remedies and other natural treatments. You'll learn how each of your major body systems — respiratory, digestive, immune, nervous, memory, reproductive, circulatory, and more — optimally functions, and you'll discover how to use natural remedies to nourish and repair problem areas,

restore lost vitality, support your body as a whole, and prevent future problems. Groves includes in-depth instructions, with step-by-step photographs, for making your own herbal remedies, as well as expert guidance on buying and effectively using commercial preparations.

After the First Full Moon in April-Josephine Grant Peters 2016-06-03 In this extraordinary book Josephine Peters, a respected northern California Indian elder and Native healer, shares her vast, lifelong cultural and plant knowledge. The book begins with Josephine's personal and tribal history and gathering ethics. Josephine then instructs the reader in medicinal and plant food preparations and offers an illustrated catalog of the uses and doses of over 160 plants. At a time of the commercialization of traditional ecological knowledge, Peters presents her rich tradition on her own terms, and according to her spiritual convictions about how her knowledge should be shared. This volume is essential for anyone working in ethnobotany, ethnomedicine, environmental anthropology, Native American studies, and Western and California culture and history.

Handbook of Medicinal Plants-Zohara Yaniv 2005-07-25 Stay up-to-date with this important contribution to rationalized botanical medicine The Handbook of Medicinal Plants explores state-of-the-art developments in the field of botanical medicine. Nineteen experts from around the world provide vital information on natural products and herbal medicines—from their earliest relevance in various cultures to today's cutting-edge biotechnologies. Educated readers, practitioners, and academics of natural sciences will benefit from the text's rich list of references as well as numerous tables, figures, and color photographs and illustrations. The Handbook of Medicinal Plants is divided into three main sections. The first section covers the use of herbal medicines throughout history in China, Australia, the Americas, the Middle East, and the Mediterranean, emphasizing the need for future medicinal plant research. The second section discusses the latest technologies in production and breeding, crop improvement, farming, and plant research. The third section focuses on groundbreaking advances in the medicinal application of therapeutic herbs. In the Handbook of Medicinal Plants, you will gain new knowledge about: recent research and development in Chinese herbal medicine modern methods of evaluating the efficacy of medicinal plants by "screening" the newest developments of in vitro cultivation prevention and therapy of cancer and other diseases using medicinal plants the challenges and threats to medicinal plant research today trends in phytomedicine in the new millennium The Handbook of Medicinal Plants demonstrates the global relevance of sharing local knowledge about phytomedicines, and highlights the need to make information on plants available on a worldwide basis. With this book, you can help meet the challenge to find scientifically rationalized medicines that are safer, more effective, and readily available to patients from all walks of life.

Duke's Handbook of Medicinal Plants of the Bible-James A. Duke 2007-12-26 Known for their ease of use, artful presentation of scientific information, and evidence-based approach, James Duke's comprehensive handbooks are the cornerstone in the library of almost every alternative and complementary medicine practitioner and ethnobotanist. Using the successful format of these bestselling handbooks, Duke's Handbook of Medicinal Plants of the Bible covers 150 herbs that scholars speculate, based on citations, were used in Biblical times.

Medicine Ways-Clifford E. Trafzer 2001 This volume examines the ways people from a multitude of indigenous communities think about and practice health care, within historical and sociocultural contexts. It explores diseases such as cancer, diabetes and Nativeidentified problems, it also covers historical and cultural experiences such as assimilation, poverty and federal and state policies and initiatives. The book also looks at applied solutions that are based in community perogatives and worldviews, whether indigenous, Christian, biomedical or all three. -- Amazon.com.

Northeast Medicinal Plants-Liz Neves 2020-05-26 In Northeast Medicinal Plants, herbalist Liz Neves is the reader's trusted guide to finding, identifying, harvesting, and using 111 of the region's most powerful wild plants. Readers will learn how to safely and ethically forage, and how to use wild plants in herbal medicines including teas, tinctures, and salves. Plant profiles include clear, color photographs, identification tips, medicinal uses and herbal preparations, and harvesting suggestions. Lists of what to forage for each season makes the guide useful year-round. Thorough, comprehensive, and safe, this is a must-have for foragers, naturalists, and herbalists in Connecticut, Maine, Massachusetts, New Hampshire, New Jersey, New York, Pennsylvania, Rhode Island, and Vermont.

Plants Have So Much to Give Us, All We Have to Do Is Ask-Mary Siisip Geniusz 2015-06-22 Mary Siisip Geniusz has spent more than thirty years working with, living with, and using the Anishinaabe teachings, recipes, and botanical information she shares in Plants Have So Much to Give Us, All We Have to Do Is Ask. Geniusz gained much of the knowledge she writes about from her years as an oshkaabewis, a

traditionally trained apprentice, and as friend to the late Keewaydinoquay, an Anishinaabe medicine woman from the Leelanau Peninsula in Michigan and a scholar, teacher, and practitioner in the field of native ethnobotany. Keewaydinoquay published little in her lifetime, yet Geniusz has carried on her legacy by making this body of knowledge accessible to a broader audience. Geniusz teaches the ways she was taught—through stories. Sharing the traditional stories she learned at Keewaydinoquay’s side as well as stories from other American Indian traditions and her own experiences, Geniusz brings the plants to life with narratives that explain their uses, meaning, and history. Stories such as “Naanabozho and the Squeaky-Voice Plant” place the plants in cultural context and illustrate the belief in plants as cognizant beings. Covering a wide range of plants, from conifers to cattails to medicinal uses of yarrow, mullein, and dandelion, she explains how we can work with those beings to create food, simple medicines, and practical botanical tools. *Plants Have So Much to Give Us, All We Have to Do Is Ask* makes this botanical information useful to native and nonnative healers and educators and places it in the context of the Anishinaabe culture that developed the knowledge and practice.

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