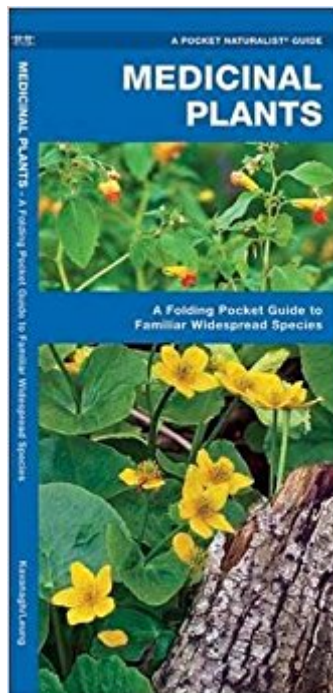




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# Medicinal Plants: A Folding Pocket Guide To Familiar Widespread Species (A Pocket Naturalist Guide)



## Synopsis

This guide describes how to use common wild plants to help treat injuries and backcountry maladies with wild plants. This beautifully illustrated guide highlights over 80 familiar species of medicinally relevant, widespread trees, shrubs and wildflowers. The plants are sorted into categories based on the injuries/ailments they can help to alleviate. It also identifies the most commonly encountered noxious plants. This indispensable guide is an excellent source of essential information for hikers and campers of all ages.

## Book Information

Age Range: 10 and up

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## Customer Reviews

"In many parts of the world medicinal plants still play an important role in primary health care, and in addition they remain promising sources for lead compounds for new therapeutic agents. This book presents an overview of a series of medicinal plants from the East." — L. Pieters, department of pharmaceutical sciences, University of Antwerp, Belgium

Zoologist Jim Kavanagh has made a career out of introducing novices to plants, animals, the sciences and world cultures. In addition to creating over 500 simplified nature guides, he has also authored guides to languages, cities and outdoor skills. An avid traveler and backpacker, Kavanagh's path has taken him around the world to many remote destinations including the upper , Africa, Australia, and the Arctic Circle (and this is just the As). He is also the author of a

series of state-specific guides to common species and natural attractions and a children's book on evolution.

I have already carried this outside w/ me to help identify plants I do not normally harvest. If I think I have correctly identified one I take a small piece and take it to the herbalist a few miles away to make sure the guide and I are correct.

I ordered this for my husband to put in his "go bag". As a former Marine, he is very critical of anything produced that doesn't accurately help the user or is what he considers a fluff product. He really likes this! It is small and compact and laminated so as to be waterproof. Clear language and good pictures make this perfect for identifying the plants.

Very cool pocket guide. We added it to our camping stuff and plan on using it for educational scavenger hunts. The descriptions are good, I like that it is durable. This is not a big in-depth know everything about the plant guide since it's made for "pockets" but would serve as a good quick reference when needed. I like it.

Very good job of describing the plant and it's medical uses. The only reason I did not give it a full five stars is that I would rather have actual photos rather than the color drawings. Yes the drawings are good, but nothing beats a good photo. They have photos on the cover why not in the rest of the pamphlet?

I love this handy guide, the pictures are excellent. Jus starting out foraging, don't leave home without it. Good buy.

It's indispensable for the back country hiker, and just plain interesting

Always study medicinal plants from a field guide or better yet, holistic practitioner. many plants have multiple uses and depending on the plant some parts are helpful and others are harmful. This is a good quick reference but is by no means a definitive guide.

great book very informative

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