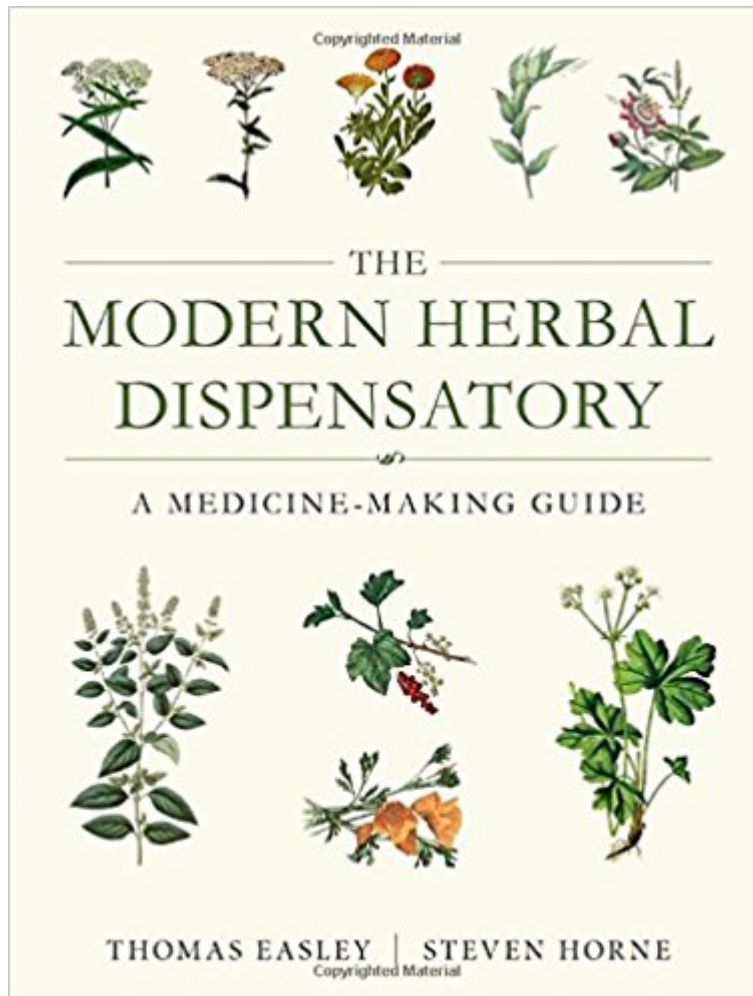




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The Modern Herbal Dispensatory: A Medicine-Making Guide



Synopsis

This comprehensive, full-color guide provides detailed, easy-to-follow instructions for making and using approximately 250 herbal medicines at home, including practical tips and numerous effective formulas developed and tested by the authors, both expert herbalists with years of experience. Readers who appreciate the health-giving properties of herbal medicines but are discouraged by the high price of commercial products can now make their own preparations for a fraction of the cost. The authors tell you everything you need to know about harvesting, preparing, and administering herbs in many different forms, including fresh, bulk dried herbs, capsules, extracts in water, alcohol, glycerin, vinegar and oil, and even preparations like essential oils and flower essences. The book also covers topical applications of herbs as salves, lotions, poultices, tooth powders, ear drops, and more, and includes an extensive chapter on herbal hydrotherapy. The Modern Herbal Dispensary explains why different preparations of the same herb will obtain better results, demonstrating how capsules, teas, tinctures, or glycerites of the same plant will not have exactly the same effect on the body. Leading herbalists Thomas Easley and Steven Horne have tested and proven the herbal formulas they offer, along with suggestions for treating more than one hundred illnesses. They lay out the principles of herbal formulation and also provide instructions on how to prepare single herbs, a procedure that has been largely ignored in other references. More comprehensive than any other guide, thoroughly researched, beautifully illustrated, and presented with ease of use in mind, this book will take its place as the premier reference for those who want to produce all the herbal remedies they need, and to save money in the process.

Book Information

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Customer Reviews

“This is a phenomenal addition to the herbal bookshelf. It fills the need for a large, comprehensive herbal formulary—the likes of which we have not seen for a hundred years—yet it is so much more than that: a complete guide to the serious use of herbs—from the field and forest to the single remedy or formula in clinic.” —Matthew Wood, author of *The Earthwise Herbal* books “This is now the standard medicine-making textbook for schools of herbal medicine. It contains more methods and more forms than anything else in print, all clearly explained and demonstrated, with bonus materials on herbal energetics and materia medica.” —Paul Bergner, director, North American Institute of Medical Herbalism, editor, *Medical Herbalism* journal “The *Modern Herbal Dispensatory* relies on the solid foundation that comes from direct interaction with living, breathing botanicals. To this it adds a specificity gleaned from twenty-first century science: clear guidelines rooted in chemistry and physiology provide definitive answers to questions of extraction method, solvent, timing, and formulation. If you’ve ever wondered which extraction method to use for a given plant, or felt reluctant to try advanced techniques like percolation, this clear and concise reference guide will become a trusted companion. A must-have for herbal educators, clinicians, and manufacturers alike!” —Guido MasÃ©, cofounder and codirector, Vermont Center for Integrative Herbalism “Thomas Easley and Steven Horne have done it once again. In the *Modern Herbal Dispensatory*, historic traditions of medicine making have been captured and shared in a way that empowers the modern lay herbalist to capture the benefits of botanical medicine in the most accessible and potent form. Weaving together folk teachings and scientific perspectives, this book bridges the spectrum of herbal medicine to provide an inspiring, detailed, and practical handbook for herbalists at all levels of experience. This guide should be on the bookshelves of every herbal school, home apothecary, and herbal production facility.” —Emily Ruff, executive director, Florida School of Holistic Living

Thomas Easley is coauthor of *Modern Herbal Medicine* and founder of the Eclectic School of Herbal Medicine. He is a clinical herbalist and professional member of the American Herbalists Guild. Easley integrates modern science and the deep and rich tradition of Western herbalism into a unified and systematic approach to health and healing. Easley emphasizes foods as primary medicine and uses intensive diets as well as stress reduction techniques, nutritional supplements, and exercise to help people achieve their health goals. His approach draws on his extensive clinical experience, which spans 14 years of full-time practice and over 10,000 clients. Steven Horne is a professional member and former president of the American Herbalists Guild and a professional

member of the International Iridology Practitioner's Association, having also served on the board of directors of both organizations. He has spoken at numerous conventions and conferences and has helped to start four different herbal companies, giving him extensive practical experience in formulating and manufacturing herbal extracts. Horne maintains a part-time consulting practice, working one-on-one with clients to help them resolve their health problems.

This is a really good herbal book for newbies to herbalism and old hands. If you want to learn how to make your own medicines the book is very thorough from basic infusions to soxhlet extraction. Thomas includes several lovely formula recipes as well. The herbal monographs are basic but they include very good dosage information. If you want an ode to marshmallow this isn't it. But if you want to know how to effectively dose it, this is a great book. This book should have a place in every studying herbalist's library.

This book clarified advanced techniques with terminology I could read as re-read to ensure I understood the concepts well. It also shared information that other herbalists tend to 'keep to themselves' as herbal blends or recipes that they do not share. I appreciate the gold mine of herbal information! I can't wait to see his next offering!

I am very happy to have purchased The Modern Herbal Dispensatory. Contained within is everything you could need to know about how to make your own herbal medicines. I really could not have asked for more out of this book, and was pleasantly surprised to see percolation extraction covered, as well as Soxhlet extraction, which I'd never even heard of before! How to harvest and dry your own herbs, energetics, formulae, dosages, extraction techniques, and individual instructions on how to prepare a plethora of herbs; this book has it all. Thomas, thank you for a reference book that I know I'll use again and again.

I am very excited about this book: Is like opening Pandora's box of wonders. It is beautifully crafted with great pictures. It is easy readable for beginners like me and explain scientific concepts plainly. Explains step by step herbal properties and energetics and the different methods of extraction for medicinal components. For me; this book is my basic text and reference guide for my health and wellbeing studies. I simply love the way they expose thoroughly the information and all it's content. I gladly will recommend this work to everybody: Mauricio Guzman Facebook name: Mauricio Fermentos Germinados

I envision this book will be on the required reading list of serious herbalists across the country in short order. It links the art and science of traditional herbalism beautifully while making it relevant to modern times. This book certainly raises the bar and lends enormous credibility to herbalism as a whole. It's a gold mine brimming with treasures! The level of insight offered allows anyone at any level to begin their journey and participate in taking back their own health.

I found this book to be very useful. I particularly enjoy the advanced extractions methods that are discussed in Chapter 7. This has inspired me to experiment with percolation, distillation, and soxhlet. The book also presents other unique ways of using herbal preparations that not often found elsewhere. As a student herbalist, this is a book I keep handy and reach for when I want to double check my recipes. Any and all teachings by Thomas Easley are good additions to any herbalist's toolkit.

I've had this book for a week and I have not put it down once. This is a great read for a beginner and an expert in herbs and herbal medicine. This book gives in dept looks into the history of herbal medicine, as well as several methods of making herbal medicine. I am a beginner, but with the instructions in this book I feel confident in making my own herbal medicines. The best parts of the book, for me, were the formulas and the section of most common herbs with the recommended dosage amount.

Suberb.....every sentence shows that we are dealing with an expert [in the modern and traditional way of herbs]Highly recommended. Kindle edition is fine.

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