



# Herbal BOOK List

Much as your awareness is drawing you toward herbalism, Books also have a way of finding you when you're ready.

I find it a fun challenge to decide which to share with you.

It depends on which area of herbalism draws you... IE. Cooking with spices. Or more heady material if you're interested in pursuing the clinical herbalism route.

Home herbalist is my favorite for beginners. Natural beauty always begins on the inside so here are some suggestions. Simple tea recipes are here... and for a list of herbs and what they do (you remember in class it is not that simple) though it's a great place to start also. Or maybe you're into botany or horticulture. So many ways to be with herbalism.

Keep in mind, Kim will be offering classes on many of these topics. Stay tuned. Retreats and our 5 month program covers quite a bit for those interested to really get in and explore herbs along with your own healing journey.

These books are primarily western herbal books. There are many herbal traditions around the world, such as Ayurveda and Traditional Chinese Medicine (TCM), etc... . We carry many of those books too, but this list is a place to start.

We sell a variety of books at the shop, thank you for your support purchasing them there.

Or please support your local bookstore. Last resort is Amazon 😊

Here are several ideas to get you started. Have fun and remember herb and healing books are dangerously addictive. When you open an herbal book, its one entry way into a simply magical realm of healing plants and mother's nature way.

My top 10 are:

1. Healing Wise by Susun Weed this was my 1st herbal book in the early 90's 😊
2. Peterson's Field Guide offers a variety of plant books. Edible Wild Plants Eastern/Central North America.
3. Botany in A Day by Thomas Elpel
4. Herbal Recipes for Vibrant Health by Rosemary Gladstar
5. The Complete Herbal for the Dog (natural rearing) Juliette de Bairacli Levy
6. Children's Health by Rosemary Gladstar
7. Natural Pregnancy by Aviva Romm
8. The Way of Herbs by Michael Tierra
9. Secret Teachings of Plants by Stephen Harrod Buhner
10. The Holistic Herbal by David Hoffman
11. Heal Your Body by Louise Hay

We may add to this list – it could be endless. Again I want to remind you, keep it simple. Remember from our class, deepening a relationship with friends (including plants) takes time. Take it slow.