




# ARBORVITAE

## SCHOOL OF TRADITIONAL HERBALISM


### ArborVitae Year 2 Book List


#### Required Books

**Botanical Safety Handbook** 2<sup>nd</sup> ed. (ed. Gardner & McGuffin) American Herbal Products Association, 2012

 **Botany for Gardeners: Third Edition** (Capon) Timber Press; 3<sup>rd</sup> edition, 2010


*Eclectic material medicas as reference texts (provided by ArborVitae free as ebooks or pdfs):*


 **King's American Dispensatory**, (Felter, Lloyd), 1898

 **Botany: Plants and Plant Form: An Illustrated Guide** (Wohlmuth & Leach), MacPlatypus Productions, 2001

#### Recommended Books


##### Strongly Recommended


 **Herbal Medicine** (Weiss) Thieme, 2001 **Note:** this book is currently out of print and many sources list this at too high a price. Make sure to get either the 1<sup>st</sup> or 3<sup>rd</sup> edition as the 2<sup>nd</sup> edition was over edited.


 **Women, Hormones and the Menstrual Cycle, 4<sup>th</sup> Edition** (Trickey) Trickey Enterprises, 2016 **Note:** Do NOT buy this book yet – it is extremely expensive!


 **Human Physiology- An Integrated Approach** (Silverthorn) Pearson – any edition

**Flower Essence Therapy:** *Recommended for studies & for application in clinic*

 **Stars of the Meadow** (Dalton) Steiner Books, 2006

 **Bach Flower Remedies: Form and Function** (Barnard), 2004


 **Collected Writings of Edward Bach: The Man Who Discovered the Bach Flower Remedies** (Bach, Barnard) 1998


 **Flower Essence Repertory: A Comprehensive Guide to North American and English Flower Essences for Emotional and Spiritual Well-Being** (Kaminski & Katz), 1994

**Ayurveda:** *Recommended for studies & application in clinic*


 **Ayurvedic Medicine: the Principle of Traditional Practice**, (Pole), Singing Dragon 2006,


2013 (US)

 Dispensing with Tradition: A Practitioners Guide to Using Indian and Western Herbs the Ayurvedic Way (McIntyre, Boudin) Artemis House, 2012

 Herbal Treatment of Children: Western and Ayurvedic Perspectives (Mcintyre) Elsevier (2005)


**Food & Nutrition:** *Recommended for studies & application in clinic*

 Gut & Psychology Syndrome 2<sup>nd</sup> edition (Cambell-McBride)

 Digestive Wellness 4<sup>th</sup> ed. (Lipski) McGraw Hill 2012

 Nutrition and Physical Degeneration (Price) 1939 - 2009

 Foraging and Feasting (Falconi) Botanical Arts Press 2013

 Nourishing Traditions (Fallon, Enig) New Trends 1999, 2002

\*\*Students beginning in the second year of the program are also expected to have all texts from year one (or equivalent texts). Questions about this should be directed toward Claudia Keel and Richard Mandelbaum.















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### ArborVitae Year 1 Booklist

#### Required Books

-  Medical Herbalism (Hoffmann) Healing Arts Press, VT, 2003
  -  The Practice of Traditional Western Herbalism (Wood) North Atlantic Books 2004
  -  The Web That Has No Weaver (Kaptchuk) McGraw-Hill 1983 or 2000
  -  Herbal Therapy and Supplements: A Scientific and Traditional Approach 2<sup>nd</sup> edition (Winston & Kuhn) Lippincott Williams & Wilkins; **Note: not 1<sup>st</sup> edition!**
  -  Earthwise Herbs vol. 1 & 2 (Wood) North Atlantic Books, 2008, 2009
  -  Botanical Medicine for Women's Health (Romm) Churchill Livingstone, 2009
  -  Newcomb's Wildflower Guide (Newcomb) Little, Brown, and Co., 1977
  -  The Tree Identification Book (Symonds) William Morrow and Co., 1958
  -  The Shrub Identification Book (Symonds) William Morrow and Co., 1963
  -  Food is Medicine (Caldecott) PhytoAlchemy, 2011
- Note:** there are other books called Food is Medicine! Please ensure yours is the one authored by Todd Caldecott

#### Recommended Books

##### Strongly Recommended

-  Making Plant Medicine (Cech) Horizon Herbs, 2000
- Note:** Richo is coming out with a new edition of this book soon. We will let you know when it is available (and depending on the price, may make it a required book); for now, if you want to purchase this book, we highly recommend that you only purchase the Kindle edition (available on Amazon for \$9.99), or the paper version from [Herbalreads.com](http://Herbalreads.com) for \$25 (other source is overly expensive)
-  Women, Hormones and the Menstrual Cycle, 4<sup>th</sup> Ed. (Trickey) Trickey Enterprises, 2016
- Note:** We highly recommend this book but Do NOT it is extremely expensive!!!

## Children's Health

- 🌿 **Herbal Treatment of Children: Western and Ayurvedic Perspectives** (Mcintyre) Elsevier (2005)
- 🌿 **Encyclopedia of Natural Healing for Infants and Children.** (Bove) Keat's Publishing, 1996.
- 🌿 **The Nourishing Traditions Book of Baby & Child Care,** (Fallon-Morell, Cowan) New Trends, 2013

## Food, Wild Foods & Nutrition

- 🌿 **Nutrition and Physical Degeneration** (Price) 1939 - 2009
- 🌿 **Foraging and Feasting** (Falconi) Botanical Arts Press 2013
- 🌿 **Nourishing Traditions** (Fallon, Enig) New Trends 1999, 2002
- 🌿 **Edible Wild Mushrooms of North America** (Fischer, Bessette) U. of Texas Press, 1992
- 🌿 **Identifying and Harvesting Edible and Medicinal Plants,** (Brill) Hearst Books, 1994
- 🌿 **The Omnivore's Dilemma** (Pollan) Penguin Press
- 🌿 **In Defense of Food** (Pollan) Penguin Press

## Materia Medica

- 🌿 **The Book of Herbal Wisdom** (Wood) North Atlantic Books, 1999
- 🌿 **Dispensing with Tradition: A Practitioners Guide to Using Indian and Western Herbs the Ayurvedic Way** (McIntyre, Boudin) Artemis House, 2012
- 🌿 **Medicinal Mushrooms** (Hobbs) Interweave Press, 1996
- 🌿 **The Fungal Pharmacy** (Rogers) North Atlantic Books 2011

## History

- 🌿 **Vitalism, The History of Herbalism, Homeopathy, and Flower Essences,** *originally entitled The Magical Staff* (Wood) 1993, 2000
- 🌿 **America's Botanico-Medical Movements: Vox Populi** (Berman, Flannery) 2001
- 🌿 **Sauer's Herbal Cures,** (Sauer, transl: Weaver) Routledge, 2001

