



ARBORVITAE


SCHOOL OF TRADITIONAL HERBALISM

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 2nd edition (Winston & Kuhn) Lippincott Williams & Wilkins **Note: not 1st edition! This book is extremely expensive right now, so we recommend either purchasing the ebook or waiting until a newer (and less expensive) version is printed.**
-  The Earthwise Herbal: A Complete Guide to Old World Medicine Plants (Wood) North Atlantic Books, 2008
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-  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 As Medicine (Caldecott) PhytoAlchemy, 2011 **Note: there are other books called Food is Medicine! Please ensure yours is the one authored by Todd Caldecott**
-  Making Plant Medicine (Cech) Horizon Herbs, 2000 **Note: we highly recommend that you only purchase the Kindle edition (available on Amazon for \$9.99), or the paper version from Herbalreads.com for \$25 (other sources are overly expensive)**


Recommended Books

-  Women, Hormones and the Menstrual Cycle, 4th Ed. (Trickey) Trickey Enterprises, 2016
Note: We highly recommend this book but it is extremely expensive!!!


 **Botanical Medicine for Women's Health** (Romm) Churchill Livingstone, 2009

Note: This is an alternative to Trickey's book, though is currently out-of-print and thus too expensive. Dr. Romm is coming out with a new edition of her book in February 2017, which might be more affordable.

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 Botanical-Medical Movements: Vox Populi** (Berman, Flannery) 2001

 **Sauer's Herbal Cures,** (Sauer, transl: Weaver) Routledge, 2001



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