








ARBORVITAE

SCHOOL OF TRADITIONAL HERBALISM





ArborVitae Year 3 Book List

Required Books

-  Herbal Constituents (Ganora) (about \$40 – to be purchased from ArborVitae)
-  Herb, Nutrient, and Drug Interactions: Clinical Implications and Therapeutic Strategies (Stargrove, Treasure, & McKee)
-  Chinese Traditional Herbal Medicine Vol. I Diagnosis and Treatment (Tierra & Tierra)
-  Western Herbs According to Traditional Chinese Medicine: A Practitioner's Guide (Garran)
-  Botany for Gardeners: Third Edition (Capon) Timber Press; 3rd edition, 2010

Recommended Books

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


Traditional Chinese Medicine: *Recommended for studies & for application in clinic*


-  Chinese Medical Herbology & Pharmacology (Chen & Chen)
OR (more affordable) Chinese Herbal Medicine: Materia Medica (Bensky & Gamble)
-  Western Herbs in Chinese Medicine: Methodology and Materia Medica (Garran)
Tongue diagnosis resources
-  Atlas of Chinese Tongue Diagnosis (Kirschbaum)
-  Tongue Diagnosis in Chinese Medicine (Maciocia)
Pulse diagnosis resources
-  Pulse Diagnosis (Li Shi Zhen)




ARBORVITAE

SCHOOL OF TRADITIONAL HERBALISM


 **Chinese Pulse Diagnosis** (Flaws)


 **Handbook of Contemporary Chinese Pulse Diagnosis** (Hammer & Bilton) **Note: More extensive information**

Traditional European Medicine: Recommended for studies & for application in clinic

 **Traditional Western Herbalism and Pulse Evaluation: A Conversation** (Wood, Light, Bégnoche) 2015

Children's Medicine: Recommended for studies & for application in clinic

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

 **Encyclopedia of Natural Healing for Infants and Children.** (Bove) Keat's Publishing, 1996

**Students beginning in the third year of the program are also expected to have all texts from years one & two (or equivalent texts). The recommended books in all three years are also strongly suggested in the area of energetics and applications one uses in clinic. (i.e. if one uses Traditional Chinese assessment the corresponding books are particularly helpful, likewise, for Ayurveda, Traditional European Medicine, Flower Essence Therapy and Nutrition. Questions about this should be directed toward Claudia Keel and Richard Mandelbaum.





ARBORVITAE


SCHOOL OF TRADITIONAL HERBALISM


ArborVitae Year 2 Book List

Required Books

 Botanical Safety Handbook 2nd ed. (ed. Gardner & McGuffin) American Herbal Products Association, 2012


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 prices. If you buy it, make sure to get either the 1st or 3rd edition as the 2nd edition was over edited.


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

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


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


 Stars of the Meadow (Dalton) Steiner Books, 2006


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

 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)



ARBORVITAE

SCHOOL OF TRADITIONAL HERBALISM

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

-  **Gut & Psychology Syndrome** 2nd edition (Cambell-McBride)
-  **Digestive Wellness** 4th 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















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!**
-  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 for \$25 (other source is overly expensive)**
-  Women, Hormones and the Menstrual Cycle, 4th Ed. (Trickey) Trickey Enterprises, 2016
Note: We highly recommend this book but it is extremely expensive!!!







ARBORVITAE

SCHOOL OF TRADITIONAL HERBALISM





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