



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)**
-  The Ayurveda Bible: The Definitive Guide to Ayurvedic Healing (McIntyre) Firefly Books, 2012

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



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 **America's Botanico-Medical Movements: Vox Populi** (Berman, Flannery) 2001

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

