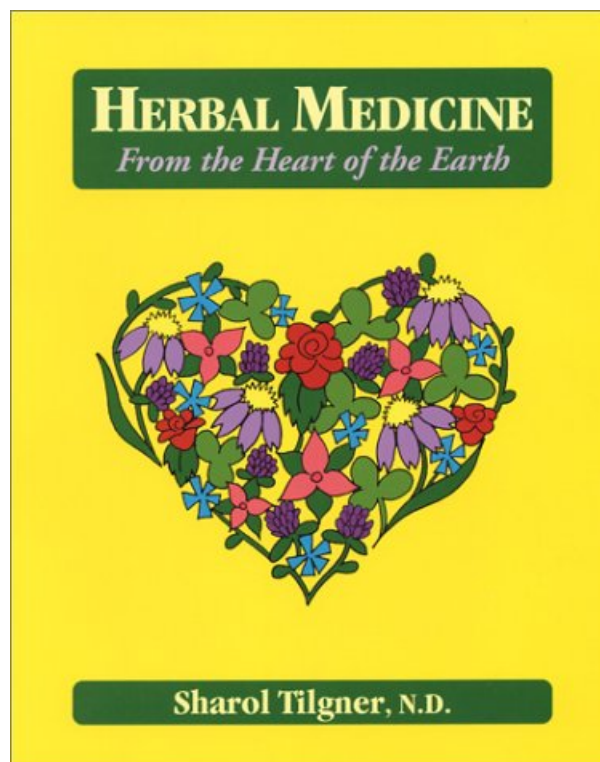


HERBAL MEDICINE FROM THE HEART OF THE EARTH: FROM THE HEART OF THE EARTH BY SHAROL MARIE TILGNER



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HERBAL MEDICINE

From the Heart of the Earth



Sharol Tilgner, N.D.

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Review

Dr. Tilgner has written an impressive well-researched guide on the use of herbs that professionals and lay people alike will find very practical and informative. -- Christiane Northrup, M.D.

Herbal Medicine From The Heart of the Earth is broad enough in scope that it contains within it material enough for three books.... -- Paul Bergner, "Medical Herbalism"

Herbal Medicine is a reference guide that has combined several subjects into one book.... -- Vickie Shufer, "The Wild Foods Forum"

About the Author

Sharol Tilgner is a licensed naturopathic physician in Eugene, Oregon. She graduated from the National College of Naturopathic Medicine in 1990. However her history as an herbalist goes back farther than that. She started her herbal career in 1979. She founded and is currently the president of Wise Woman Herbals, Inc., a 12 year old company which supplies more than 300 herbal products to health care practitioners. Dr. Tilgner was the Director of the Portland Naturopathic Clinic pharmacy for more than two years. She spent three years molding an old cattle ranch into an organic herb farm that is now called Shalimar Gardens. She is currently molding a second farm into a herbal teaching site. She is the editor of Herbal Transitions, associate editor of Medical Herbalism and has produced 2 herbal videos entitled Edible and Medicinal Herbs, Volume 1, and Edible and Medicinal Herbs, Volume II". Dr. Tilgner is a nationally known speaker who lectures at medical colleges and conferences across the United States. She also promotes and sponsors The Pacific NW Herbal Symposium each spring. Her most recent contribution to the herbal world is her new book called Herbal Medicine From the Heart of the Earth.

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HERBAL MEDICINE FROM THE HEART OF THE EARTH: FROM THE HEART OF THE EARTH BY SHAROL MARIE TILGNER PDF

This book is wonderful guide for the budding herbalist as well as an excellent resource for the experienced clinician. The author has combined her triple skills as a physician, farmer and herbal medicine maker into this easy to use and unique book. You will learn how to make herbal medicines as well as cure common health conditions with 107 different herbs and 102 different compound formulas. This book is broad enough in scope that it contains within it enough material for 3 books.

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Most helpful customer reviews

7 of 7 people found the following review helpful.

A lovely book

By Josi Martin

I was very pleased when I received this book. It has a very good breath of information on herbs within it.

A brief chapter on the medicinal properties and actions of herbs, with multiple examples of herbs in each category, is followed by a good materia medica. It only covers 160-170 herbs, and so is not the most comprehensive one available, but each entry is a very good mix of modern medical and traditional herbal details: the part(s) used, taste/smell, "tendencies" (e.g. cooling/drying), dosage, mental picture and specific indications.

There are good size sections on herbal formulae for different conditions (mentioning both appropriate adjunct therapies and any cautions that should be observed) and also on how to make different herbal preparations. There are even a few small chapters on dosages.

All in all, a very good buy !

0 of 0 people found the following review helpful.

Well worth the price

By Katherine King

This book is very helpful if you are into using herbs and tinctures for treatment. It's actually the book that my naturopath uses, now I just skip the expensive doctor visit and check my book.

28 of 28 people found the following review helpful.

Herbal Medicine from the Heart of the Earth

By Pamela Taylor, ND

As a busy naturopathic physician who sees a wide range of patients, I found Dr. Tilgner's book invaluable in researching effective formulas.

Combining both Western and Traditional Chinese Medicine perspectives, Herbal Medicine will be useful to traditional herbalists as well as TCM practitioners.

This would be a primary reference book for conventional medical offices who seek to work with their patients using natural therapies.

But Herbal Medicine is not just for the professional. Dr. Tilgner's straight-forward writing style makes the book easy to use for those new to herbal remedies. Instructions on how and when to take, and not take, the herbs are clear and meet high standards for safe use.

The directions for concocting and using formulas are concise. And I know from using them in my practice, the formulas are extremely effective.

The section on making tinctures, salves, teas and capsules provides clear instructions and information for either creating your own remedies at home, or working in an herbal pharmacy.

If you have to get one book on herbal medicine, this is it! No one who uses natural medicine should be without Herbal Medicine from the Heart of the Earth.

It just as appropriate on the bookshelf of any family or individual interested in safe and effective self-care as it is in the office of a professional health care provider.

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