



Rodale's 21st-Century Herbal: A Practical Guide for Healthy Living Using Nature's Most Powerful Plants

By Michael Balick

[Download now](#)

[Read Online](#) 

Rodale's 21st-Century Herbal: A Practical Guide for Healthy Living Using Nature's Most Powerful Plants By Michael Balick

It turns out that Mother Nature is a brilliant chemist. Our ancestors have used indigenous herbs in daily life for thousands of years due to these plants' ability to heal and promote good health. Now modern science has identified the compounds that give herbs their medicinal qualities, scent, and flavor. The extraordinary diversity of herbal plants has the potential to improve our health and well-being, and we are wholeheartedly incorporating herbs, both fresh and dried, into our lifestyles?for well-being, healing, gardening, beauty, ceremony, and a richer, fuller life.

Presented in three parts, *Rodale's 21st-Century Herbal* by Michael Balick first explores the historical relationship between people and herbal plants and how it has evolved over time. In the second part, readers will delve into an A-to-Z encyclopedia of 180 of the most useful herbs from around the globe, not only familiar herbs like bilberry and nasturtium, but also cutting-edge herbs from other cultures, like red bush tea and maca, that are now available in the West. The final section highlights how herbs create a "fuller" life and features herbal cooking techniques, ways to use herbs for beauty and the bath, ideas for daily herbal use (such as green cleaning, fragrances, decor, smudging, and dyeing), gardening and growing how-tos (with illustrated garden designs), and advice for holistic herbal pet care.

 [Download Rodale's 21st-Century Herbal: A Practical Gui ...pdf](#)

 [Read Online Rodale's 21st-Century Herbal: A Practical G ...pdf](#)

Rodale's 21st-Century Herbal: A Practical Guide for Healthy Living Using Nature's Most Powerful Plants

By Michael Balick

Rodale's 21st-Century Herbal: A Practical Guide for Healthy Living Using Nature's Most Powerful Plants By Michael Balick

It turns out that Mother Nature is a brilliant chemist. Our ancestors have used indigenous herbs in daily life for thousands of years due to these plants' ability to heal and promote good health. Now modern science has identified the compounds that give herbs their medicinal qualities, scent, and flavor. The extraordinary diversity of herbal plants has the potential to improve our health and well-being, and we are wholeheartedly incorporating herbs, both fresh and dried, into our lifestyles?for well-being, healing, gardening, beauty, ceremony, and a richer, fuller life.

Presented in three parts, *Rodale's 21st-Century Herbal* by Michael Balick first explores the historical relationship between people and herbal plants and how it has evolved over time. In the second part, readers will delve into an A-to-Z encyclopedia of 180 of the most useful herbs from around the globe, not only familiar herbs like bilberry and nasturtium, but also cutting-edge herbs from other cultures, like red bush tea and maca, that are now available in the West. The final section highlights how herbs create a "fuller" life and features herbal cooking techniques, ways to use herbs for beauty and the bath, ideas for daily herbal use (such as green cleaning, fragrances, decor, smudging, and dyeing), gardening and growing how-tos (with illustrated garden designs), and advice for holistic herbal pet care.

Rodale's 21st-Century Herbal: A Practical Guide for Healthy Living Using Nature's Most Powerful Plants By Michael Balick Bibliography

- Sales Rank: #373239 in Books
- Published on: 2014-04-29
- Released on: 2014-04-29
- Original language: English
- Number of items: 1
- Dimensions: .37" h x 1.13" w x 7.48" l, 2.95 pounds
- Binding: Hardcover
- 512 pages

 [Download Rodale's 21st-Century Herbal: A Practical Gui ...pdf](#)

 [Read Online Rodale's 21st-Century Herbal: A Practical G ...pdf](#)

Download and Read Free Online Rodale's 21st-Century Herbal: A Practical Guide for Healthy Living Using Nature's Most Powerful Plants By Michael Balick

Editorial Review

From the Author

After many years of research and writing, I'm delighted that the "21st Century Herbal: A Practical Guide for Healthy Living Using Nature's Most Powerful Plants" was released by Rodale Press on April 29th. This book was a lot of fun to work on--it's modeled after the "Herball, Or Generall Historie of Plantes" written by John Gerard and published in 1597. His was a remarkable book, a medical self help reference that physicians and families could turn to for healing wisdom, using herbs. I've tried to do something similar, while updating the medical, horticultural, botanical, phytochemical, culinary, craft and gardening information. Included are "Field Notes" or observations made on traditional uses of plants during NYBG ethnobotanical journeys. There is also an extraordinary collection of color photos--180+ herbs taken by my friend Steven Foster, the noted herbalist and very talented plant photographer. I'm grateful that other friends contributed to this project, including Drs. Tieraona Low Dog and Andrew Weil. This book resulted from a discussion that Ethne Clarke and I had way back when during a visit hosted by Tom Newmark at his spice farm and ecolodge in Costa Rica, Finca Luna Nueva. A great environment to think, talk, plan and be humbled and inspired by the wisdom and beauty of nature. Thanks to many friends who contributed in so many ways and to the great folks at Rodale and NYBG for a beautifully designed book and remarkable writing experience!

About the Author

Author Michael J. Balick holds a PhD in biology from Harvard University and is Vice President for Botanical Science, Director and Philecology Curator of The Institute of Economic Botany at The New York Botanical Garden. An ethnobotanist with a specialty in global medicinal and food plants and the role they play in traditional healing systems, Dr. Balick has conducted field work with indigenous cultures around the world for more than 30 years.

Users Review

From reader reviews:

Linda Gabriel:

As people who live in the modest era should be revise about what going on or data even knowledge to make these people keep up with the era that is always change and move forward. Some of you maybe can update themselves by studying books. It is a good choice for you personally but the problems coming to you actually is you don't know which one you should start with. This Rodale's 21st-Century Herbal: A Practical Guide for Healthy Living Using Nature's Most Powerful Plants is our recommendation to make you keep up with the world. Why, since this book serves what you want and wish in this era.

Shannon Thompson:

Spent a free the perfect time to be fun activity to perform! A lot of people spent their leisure time with their family, or their own friends. Usually they accomplishing activity like watching television, likely to beach, or picnic inside park. They actually doing ditto every week. Do you feel it? Would you like to something different to fill your free time/ holiday? May be reading a book is usually option to fill your cost-free time/ holiday. The first thing that you will ask may be what kinds of reserve that you should read. If you want to

test look for book, may be the book untitled Rodale's 21st-Century Herbal: A Practical Guide for Healthy Living Using Nature's Most Powerful Plants can be fine book to read. May be it can be best activity to you.

James Ritchey:

Don't be worry for anyone who is afraid that this book will filled the space in your house, you will get it in e-book technique, more simple and reachable. This particular Rodale's 21st-Century Herbal: A Practical Guide for Healthy Living Using Nature's Most Powerful Plants can give you a lot of good friends because by you looking at this one book you have thing that they don't and make an individual more like an interesting person. This particular book can be one of one step for you to get success. This reserve offer you information that maybe your friend doesn't understand, by knowing more than some other make you to be great people. So , why hesitate? Let me have Rodale's 21st-Century Herbal: A Practical Guide for Healthy Living Using Nature's Most Powerful Plants.

Carlos Mendoza:

A lot of people said that they feel bored when they reading a guide. They are directly felt that when they get a half regions of the book. You can choose the actual book Rodale's 21st-Century Herbal: A Practical Guide for Healthy Living Using Nature's Most Powerful Plants to make your own reading is interesting. Your skill of reading proficiency is developing when you similar to reading. Try to choose very simple book to make you enjoy you just read it and mingle the feeling about book and reading especially. It is to be initially opinion for you to like to start a book and go through it. Beside that the guide Rodale's 21st-Century Herbal: A Practical Guide for Healthy Living Using Nature's Most Powerful Plants can to be your new friend when you're sense alone and confuse using what must you're doing of their time.

Download and Read Online Rodale's 21st-Century Herbal: A Practical Guide for Healthy Living Using Nature's Most Powerful Plants By Michael Balick #I69GPS8NY3F

Read Rodale's 21st-Century Herbal: A Practical Guide for Healthy Living Using Nature's Most Powerful Plants By Michael Balick for online ebook

Rodale's 21st-Century Herbal: A Practical Guide for Healthy Living Using Nature's Most Powerful Plants By Michael Balick Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Rodale's 21st-Century Herbal: A Practical Guide for Healthy Living Using Nature's Most Powerful Plants By Michael Balick books to read online.

Online Rodale's 21st-Century Herbal: A Practical Guide for Healthy Living Using Nature's Most Powerful Plants By Michael Balick ebook PDF download

Rodale's 21st-Century Herbal: A Practical Guide for Healthy Living Using Nature's Most Powerful Plants By Michael Balick Doc

Rodale's 21st-Century Herbal: A Practical Guide for Healthy Living Using Nature's Most Powerful Plants By Michael Balick MobiPocket

Rodale's 21st-Century Herbal: A Practical Guide for Healthy Living Using Nature's Most Powerful Plants By Michael Balick EPub