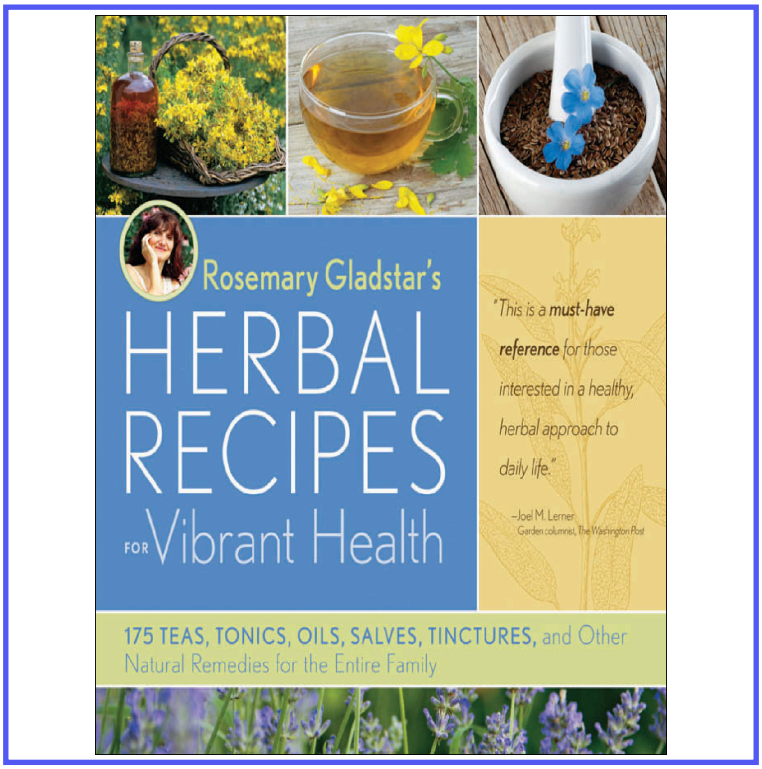


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Contents

Dedication & Acknowledgments

Foreword

1 Eco-Logical Herbalism

2 A Prescription for Life

3 Taming Stress and Anxiety

4 Home Remedies for Everyday Ailments

5 Recipes for Radiant Beauty

6 For Children

7 For Women

8 For Men

9 For Elders

Appendix I:
The Herbal Apothecary: An A-to-Z Guide

Appendix II:
The Art of Making Herbal Remedies

Resources

Index



Dedication

There is a circle, green hands enfolded, lives entwined, of fellow herbalists. I've held each of their hands and laughed and prayed with them, these old friends who influenced my earliest teachings. Their thoughts are embedded in my heart and flow into the words of this book. At a time when herbalism wasn't popular or faddish, we "followed our bliss," our green passion. Now practically elders, ever more impassioned by the green world, we face a new millennium, wondering not what the world has in store for herbalism but what the herbs have in store for us.

With all my heart, this book is dedicated to my family of fellow herbalists. You have guided, nourished, and fed me on this journey into the green. You are the sparks that light my way. May the circle ever grow and the weeds be plentiful.

And in sweet memory of Gail Ulrich; she walked the beauty way.



Acknowledgments

A book is never born alone but is the collective vision and hard work of many. First, I must thank my partner and dearest friend, Robert Chartier, for his unending support, kindness, and passion for the earth. He makes my life more joyful. Great credit must be given to my editor, Nancy Ringer, whose patience and gentlest prodding are the only reasons this book ever made it past the first rough draft. She was a wonder in every way. I also wish to thank Deborah Balmuth of Storey Books for her integrity and vision, as well as the entire Storey staff — what delightful people! I felt nourished and supported in every way.

Thanks also flow readily to Rocio Alarcon, Svevo Brooks, Stephen Buhner, Cascade Anderson Geller, Christopher Hobbs, Tieraona Low Dog, Paul Strauss, and David Winston; their teachings continue to inspire me and are woven into the leafy fabric of my own lessons. My gratitude is great.

Foreword by James A. Duke, Ph.D.

Rosemary, the herb of remembrance, and the memorable Rosemary Gladstar have much in common. Both are stimulating, ethereal, and volatile, beautifully enhancing any setting they chance to alight in. Inspirational, effervescent, innervating . . . enlightening to both the mood and the intellect . . . challenging, whether with aromatic vapors or ephemeral ideas . . . these characteristics are the essence of R(r)osemary.

Photosynthesis, the manufacture of useful things from simple ingredients in the presence of sunshine, blesses our planet with oxygen, green foods, and green medicines; it embraces and purifies the soil, rescues the atmosphere from pollutants, and provides communion and peace. Through photosynthesis, plants draw on the sun's power to prepare the chemicals necessary for life on earth. Anyone who sees Rosemary Gladstar in her green gardens, caressed by spring, summer, and autumn light, wonders whether she, too, might draw her unending energy from the sun. It's no wonder that she is the driving force behind the herbalist movement. She may not have chlorophyll, but she certainly has green charisma, green passion, green wisdom, and green spirit.

It is not only Rosemary's enthusiastic and authoritative lectures, teachings, and writings that I praise, but her unflagging dedication to green causes, such as United Plant Savers, which vigorously promotes the salvation of endangered medicinal plants in North America. Having brought so much to the herbalist movement, Rosemary now brings us this great and useful book, *Rosemary Gladstar's Herbal Recipes for Vibrant Health*. A delightful guide to a green lifestyle, it will certainly help you and your loved ones live healthier, happier, more joyful lives. As Rosemary writes, "Everyday radiant well-being, in mind, body, and soul, is a function of everyday self-care. It's a prescription for life. It's a part of what you do, what you take into your body, and what you feed your mind. Radiant well-being is . . . finding your joy in life. Exploring your passions. . . . Whatever you choose to do, do it well, and do it joyously." The information, advice, recipes, and stories that Rosemary — the gladdest of herbalism's superstars — provides in this treasury will

help and inspire you and your family to achieve radiant well-being and enjoy a well-lived life.

To your health! Think green!



1 Eco-Logical Herbalism

This book began, at the urging of my friends, as a project to collect my various writings and teachings that span the past 30 years into one volume that could serve as a practical home guide to herbal health care. I must admit, I was reluctant at first to take on the project. I couldn't imagine what I might possibly add to the rich treasury of herbal medicine that hasn't already been written — and, in many cases, written quite well. But months later, as I finished up the pages of what has turned out to be a rather hefty volume, I realized that the teachings shared here have a vitally important purpose. They are not necessarily new, astounding, or complex, but they serve as a firm reminder of the roots of herbalism: Our heartfelt connection to the plants. I wanted to create a guide to sustainable herbal medicine for the entire family. My hope is that this book will be used and cherished, the pages dog-eared and the cover crackled with time, and, just as important, that it will bring to the forefront of our consciousness the idea that our health is integrally linked to that of the world around us. Then I will know the book is truly worth not only my time — and yours — but also, perhaps, the lives of the trees that were used to make it.

ancient medicine for modern times

At a time when herbalism is being overrun with the "-tions" of modern culture — that is, standardization, legalization, certification, and other such bureaucratic challenges — I wish simply to remind each of you who pick up this book that herbs have been used by humans as food and as medicine for hundreds of thousands of years, far back into the recesses of time. We have evolved thanks to the generosity of our green neighbors, our lives dependent on them for oxygen, food, medicine, clothing, and spiritual insight. If there's even the smallest shred of truth in the adage "You are what you eat," our bodies are enmeshed with theirs. Plant life has been the basis of our food chain for the past several thousand years. Before we took those first upright awkward steps, teetered, then realized we could run, hunt, and kill, we were gatherers, our sole source of nutrients coming from the plants, the green biomass that grows from the heart of the earth.

Plants were our first and greatest medicine. In fact, the World Health Organization estimates that more than 80 percent of the world's population still uses herbal medicine as a primary system of healing. In this day and age of modern miracle medicine, we're sometimes encouraged to believe that herbalism is merely myths and old wives' tales. If herbs weren't effective medicine, wouldn't a species intelligent enough to put a man on the moon have discarded them a long time ago? In fact, it is in part because plant medicine has been so effective, despite raging plagues, disease, famine, and warfare, that humans have not only survived but multiplied beyond reason.



The terminology of plant medicine changes through the ages, different systems evolve depending on climate and costume, and various plants rise and fall in popularity, but the core truth remains the same: Herbalism is an effective, natural, and inexpensive system of healing readily available to every human who chooses to use it. We have eons of human experience to prove it.

Modern science often validates through meticulous study what our ancestors instinctively knew about the medicinal power of plants. This research has the potential to provide another window into the world of plants. Unfortunately, however, the information provided by science can be misleading because it is often based on studies of a single plant constituent or dosages that are far more concentrated than nature ever intended to provide. Though it's interesting to speculate how herbs work on the body, we're not much closer than we were a few centuries ago to understanding what makes a plant work. The

myriad constituents each plant contains only partially explain its complex actions on the human body. When you consider how many thousands of plants there are, each with its own unique chemical blueprint, you begin to understand the daunting nature of this approach. What's been proved by centuries of empirical evidence is not easily proved by science. The plants pay no attention to our modern predicament. These most ancient of beings simply go on living and growing, thriving and multiplying, providing the substances of our life: food, shelter, medicine, oxygen, and beauty.

honoring the plants

Long before we had electronic databases or comprehensive scientific tomes filled with information about herbs, humans knew and understood the healing power of plants. I am convinced that this knowing came from an intrinsic sense of relationship with the plants, not simply a trial-and-error process, as we often postulate. Imagine, if you would, our ancestors, suffering from burning fevers, congestive croup, or bloody wounds, trying, by trial and error, to figure out which plant worked best for the situation. There are hundreds of thousands of plants on this earth and thousands that grow in any given area. It would have taken eons longer than we've been on this planet to document the information that we know about the medicinal uses of plants. Did we simply experiment until we got it right? No. Trial and error played a part in our understanding, but most of what we know about plant medicines came through and from the plants themselves.

There are innumerable **great minds and souls** who, by their words, deeds, and writings, contributed to the rich body of herbal knowledge that has been passed down to us. Most of the herbalists who were instrumental in creating and recording this collective system of healing will never receive recognition, yet we carry the **seeds of their knowledge** each time we use plants as medicine. So when someone asks me if a particular formula or recipe is my own, I have to smile. What I know about herbs is shared information, passed down to me sometimes from people I know well and often from people who lived hundreds of years