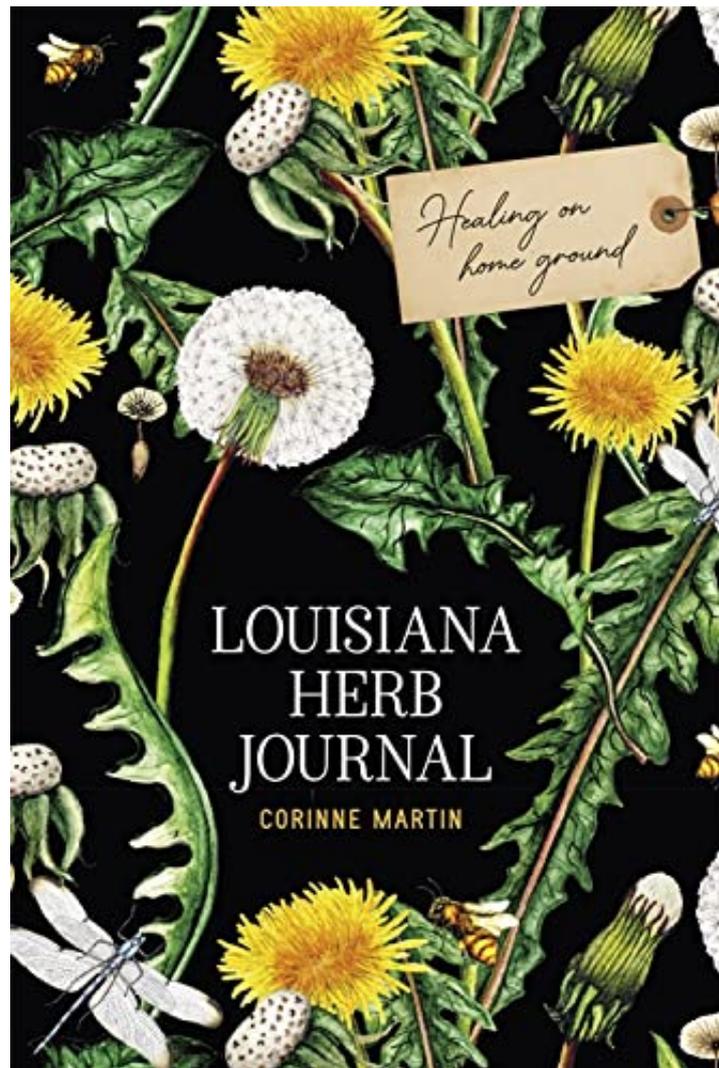


Louisiana Herb Journal: Healing on Home Ground

by

Corinne Martin



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Synopsis

In a world of constant change and crisis, the relationship between humans and their environment has never been more vital. Louisiana Herb Journal invites readers into the world of medicinal herbs, introducing fifty herbs found in Louisiana, with details on identification, habitat, distribution, healing properties, and traditional uses, including instruction on popular preparation methods such as tinctures and teas. Interspersed with these practical details, herbalist Corinne Martin shares stories that foster a true connection between readers and the world around them, from tales of childhood cherry picking to harvest mishaps to folk life traditions passed down through the generations. Accessible to experienced and rookie herbalists alike, Louisiana Herb Journal offers a new way of looking at the natural world, getting to know one's "home ground" through a lens of healing and participation. Family connections, an intimate knowledge of the surrounding lands and waters, strong community bonds, an irrepressible resilience, and a great capacity for celebrating life despite hardships are part and parcel of what it means to be from Louisiana. A celebration of the state and the cultures of those who live there, Louisiana Herb Journal reflects on the value of medicinal herbs in promoting personal healing and addressing current challenges to the state's environmental and economic stability. Readers will gain a deeper recognition of the natural wealth Louisiana enjoys and the ways that our stewardship of wild plants can impact our personal health as well as the state's ecological future.

Sort review

About the Author ELLINGTON DARDEN, PhD, an exercise researcher, was recently named one of the top 10 health leaders by the President's Council on Physical Fitness and Sports. A pioneer of the Nautilus training system, he is the author of more than 40 books, including *The New High-Intensity Training* and *A Flat Stomach ASAP*. He lives in Orlando, FL. --This text refers to an out of print or unavailable edition of this title.

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