

The Complete Medicinal Herbal Penelope Ody

Getting the books **The Complete Medicinal Herbal Penelope Ody** now is not type of challenging means. You could not single-handedly going taking into account ebook addition or library or borrowing from your contacts to admittance them. This is an entirely simple means to specifically get lead by on-line. This online declaration **The Complete Medicinal Herbal Penelope Ody** can be one of the options to accompany you once having extra time.

It will not waste your time. receive me, the e-book will very melody you new thing to read. Just invest tiny era to entry this on-line statement **The Complete Medicinal Herbal Penelope Ody** as skillfully as review them wherever you are now.

The Complete Book of Herbs and Spices - Claire Loewenfeld
1974

Herbal Home Health Care -
John R. Christopher 1976-01-01

Natural Therapies for Overcoming Opioid Dependency - Catherine Browne 2018-11-13
With opioid dependency at epidemic levels, Catherine

Browne, a doctor of acupuncture and Oriental medicine, provides an accessible and practical guide to the effective use of natural therapies in helping people wean off opioids, manage withdrawal symptoms, and address pain without opioids. Drawing on her extensive clinical experience, Dr. Browne explains how Chinese medicine, acupuncture and

acupressure, herbs, essential oils, nutritional supplements, meditation, and exercise can be used to address addiction and restore the body to optimal functioning. Individuals and families who are struggling with addiction, as well as medical practitioners and holistic healthcare professionals, will find help and encouragement in Dr. Browne's detailed protocols and advice for integrating natural therapies with traditional medical treatment. *The Complete Guide to Medicinal Herbs* - Penelope Ody 1993

Your Brain On Plants -

Nicolette Perry 2018-09-18

A practical, authoritative reference guide to more than 50 medicinal plants that offer natural, safe ways to optimize your brain health. Expert authors and mother-daughter team Elaine and Nicolette Perry have mastered an ever-growing body of scientific research (some of which they themselves pioneered) on how medicinal plants can help you

sleep soundly, reduce stress, improve your memory, and simply feel better—in body and mind. Organized to easily steer you toward the best remedies for your individual needs, *Your Brain on Plants* presents: Calming Balms Cognition Boosters Blues Busters Sleep Promoters Pain Relievers Extra Energizers Mind-Altering Plants Plant Panaceas Within each of these chapters are detailed entries for the medicinal plants and herbs suited to the task, including what scientists know about them, their active ingredients, and guidelines regarding their safe use. Make-at-home recipes for foods, teas, tinctures, balms, and cordials demonstrate how simple it is to benefit from everything these plants have to offer. Plus, foods naturally containing ingredients proven to alleviate symptoms appear throughout the book, along with complementary wellness practices such as meditating (on a chamomile lawn), qi gong (in a wildflower meadow), and walking (in woodland). Praise

for Your Brain on Plants “Two qualified nutritional specialists have assembled a clear, concise reference of well-known plants believed to benefit the brain . . .

Fascinating facts and bits of folklore, controversies, and important herb-drug interactions add to this timely and intriguing text.” —Choice “This unique volume focusing on plants for mental health will be of interest to anyone considering herbal medicines.” —Booklist

Tumeric - Penelope Ody
2018-09

Turmeric has been used medicinally in South Asia for over 4,000 years, now its antioxidant and anti-inflammatory properties are being examined to develop treatments for a host of illnesses, from diabetes and cancer to Parkinson's and heart disease. In Turmeric Penelope Ody provides an encyclopaedic history of turmeric and its therapeutic role. From its cultivation to its traditional use in Chinese and Ayurvedic medicine to its centrality to the

Asian diet (along with a wide range of recipes, Ody is always aware that it is as a spice that most people will consume turmeric). Turmeric has been a traditional herbal remedy for centuries and Penelope Ody investigates its suitability for twenty-first century stresses, separating the hysteria about its benefits from a realistic evaluation into how it can help to improve every reader's health.

The Natural Pharmacy - Miriam Polunin 1992

A guide to natural and alternative methods of healing explores the medicinal uses of more than 250 minerals, plants, and other organic materials, displaying each ingredient in an A-to-Z photographic catalog section. Original.

Secrets of Self-Healing -

Maoshing Ni 2007-12-27

Read Maoshing Ni's posts on the Penguin Blog. A guide to natural healing that combines the wisdom of Eastern tradition with Western medicine and nutritional science. Secrets of Self-Healing ranges from

treating common ailments with healing foods and herbs to the all-round balancing of mind and body that is essential for vitality, wellness, and longevity. In Part One, Dr. Mao explains that diet, exercise, self-awareness, a positive emotional life, living in harmony with the environment, and spiritual growth are crucial for vibrant, lasting health. He shows, for example, how simple self-assessments can help prevent disease, how negative emotions can make us ill, how clutter in our homes can create imbalances in our bodies, and how Eastern and Western medicine can work together to fight cancer. Then, in Part Two, he reveals his favorite natural remedies for more than sixty-five common ailments, such as sore throat, dandruff, headaches, high blood pressure, sunburn, insect bites, indigestion, and jet lag. Inspirational and practical, *Secrets of Self-Healing* will put readers on the path to a balanced and healthy life.

[The Modern Herbal Dispensatory](#) - Thomas Easley

2016-11-29

The definitive, full-color guide to making and using approximately 250 herbal medicines at home, with instructions for everything from harvesting to administering low-cost, DIY remedies. This comprehensive, full-color guide provides detailed, easy-to-follow instructions for making and using approximately 250 herbal medicines at home, including practical tips and numerous effective formulas developed and tested by the authors, both expert herbalists with years of experience. Readers who appreciate the health-giving properties of herbal medicines but are discouraged by the high price of commercial products can now make their own preparations for a fraction of the cost. The authors tell you everything you need to know about harvesting, preparing, and administering herbs in many different forms, including fresh, bulk dried herbs, capsules, extracts in water, alcohol, glycerin, vinegar and oil, and even preparations like

essential oils and flower essences. The book also covers topical applications of herbs as salves, lotions, poultices, tooth powders, ear drops, and more, and includes an extensive chapter on herbal hydrotherapy. The Modern Herbal Dispensary explains why different preparations of the same herb will obtain better results, demonstrating how capsules, teas, tinctures, or glycerites of the same plant will not have exactly the same effect on the body. Leading herbalists Thomas Easley and Steven Horne have tested and proven the herbal formulas they offer, along with suggestions for treating more than one hundred illnesses. They lay out the principles of herbal formulation and also provide instructions on how to prepare single herbs, a procedure that has been largely ignored in other references. More comprehensive than any other guide, thoroughly researched, beautifully illustrated, and presented with ease of use in mind, this book will take its

place as the premier reference for those who want to produce all the herbal remedies they need, and to save money in the process.

[Magic Medicine Plants](#) - Reader's Digest 1994

The Herbal Apothecary - JJ Pursell 2016-01-27

A comprehensive and practical reference to using medicinal herbs for natural healing from JJ Pursell, the founder of The Herb Shoppe and one of the leading names in the fields of herbalism and naturopathy.

The Herbal Medicine-Maker's Handbook - James Green 2000-09-01

THE HERBAL MEDICINE-MAKER'S HANDBOOK is an entertaining compilation of natural home remedies written by one of the great herbalists, James Green, author of the best-selling THE MALE HERBAL. Writing in a delightfully personal and down-home style, Green emphasizes the point that herbal medicine-making is fundamental to every culture on the planet and is accessible to everyone. So, first

head into the garden and learn to harvest your own herbs, and then head into your kitchen and whip up a batch of raspberry cough syrup, or perhaps a soothing elixir to erase the daily stresses of modern life.

Natural Pharmacy - Miriam Polunin 1992

Encyclopedia including a history of medicine past and present, a full-colour catalogue of over 230 ingredients of medicine, and a detailed profile of those ingredients, both listed alphabetically by their latin names. Also includes a section on home remedies and a glossary, bibliography and index. First published in the UK by Dorling Kindersley (1992).

Wilderness Medicine - M. D. Forgey 2012-11-06

With help just a quick 911 phone call away, it's hard to imagine the consequences of experiencing an emergency in remote lands. *Wilderness Medicine: Beyond First Aid* is a comprehensive text for the recognition, treatment, and prevention of wilderness

emergencies.

Herbs for a Healthy Pregnancy - Penelope Ody 1999

A guide to alternative medicine by a respected herbalist provides information on each stage of pregnancy, along with a description of what ailments are possible, and what herbal treatments can counter them. Original.

National Geographic Guide to Medicinal Herbs - Rebecca L. Johnson 2012-03

A resource organized by body system lists the key herbal remedies available, their uses and cautionary advice, in a book that includes full-color photos, a glossary and several thematic indexes.

The Chinese Medicine Bible - Ody 2010

The Chinese Medicine Bible explores the key principles of Chinese alternative therapies, explaining the importance of balancing yin and yang and the nuances of the five element theory, before delving deeper to explain the causes of disease, the diagnostic tools needed such as tongue and

pulse analysis, and the methods employed to treat common ailments. The book also contains a detailed directory of Chinese herbal medicine, including a materia medica of 50 essential healing herbs, and outlines the principles of acupuncture and moxabustion. Along with fully illustrated step-by-step guides to self-help techniques you can try at home including acupressure, tai chi and Qigong, **The Chinese Medicine Bible** shows you how to easily maintain your health and vitality using these natural, time-tested techniques.

The Solar Greenhouse Book

- James C. McCullagh 1978

Science of HIIT - Ingrid S. Clay 2022-02-01

Train your way to a leaner, stronger body in half the time or less! Get ready to break a serious sweat with this scientific guide to HIIT training! Discover everything you need to know to achieve the best results from your HIIT workouts by understanding the muscle action needed to

perfect each exercise. Inside the pages of this fitness book, you'll explore the physiology of more than 90 essential HIIT exercises! It is packed with: - Specially commissioned CGI artworks depicting all the main HIIT resistance exercises - from burpees to plank jacks and variations that add or reduce the challenge. - CGI artwork features color-coding to highlight how the muscles, ligaments and joints engage, stretch and relax to perform each exercise. - Training programs, tailored to different abilities and goals, provide suggested workouts with a progressive increase in challenges over weeks and months. - Easy-to-follow infographics help explain the hard science behind why HIIT training is so efficient, and what beneficial physical adaptations it can bring. High-intensity interval training is a fantastic way to lose weight and get strong by performing very short bursts of targeted exercise. Recent scientific research shows that HIIT is the most efficient form of exercise

for raising fitness levels and increasing cardio-respiratory health. Science of HIIT reveals the facts to help you optimize the benefits of HITT to your body and mind. The clear CGI artwork details the mechanics of each exercise, correct body posture, the muscles involved and how they engage to perform movements. You'll also learn the knowledge and tools needed to be able to create your own bespoke workouts. This HIIT guide will completely transform your performance and help you smash your goals! DK Publishing's Science of series helps readers discover the research and scientific theories behind exercise and sport. It's perfect for training at home or the gym. Other sport science books in this series include Science of Yoga and Science of Strength Training.

The Herb Society's Complete Medicinal Herbal - Penelope Ody 1993

Practised for centuries in civilizations around the world, this book on herbal medicine aims to show readers about the

healing properties of herbs. It contains an illustrated A-Z profiling over 120 medicinal herbs and their traditional uses. A home remedies section explains how to make and administer herbal remedies for a wide range of disorders, from colds to stomach ulcers and contains ideas for a herbal first aid kit.

The Herb Book - John Lust
2014-05-10

More than 2,000 complete and concise descriptions of herbs, illustrated by more than 275 line drawings, offer natural aids to health and happiness. Includes tips on growing, botanical medicine, seasoning, and much more.

Healing with the Herbs of Life - Lesley Tierra 2013-11-26

If you have been daunted by complicated, esoteric herbal books in the past, *Healing with the Herbs of Life* offers clear and concise explanations of how and why herbs heal. It also provides step-by-step instructions for creating your own herbal remedies, therapeutic approaches you can use at home, and easy-to-

follow guidelines for gathering, preparing, purchasing, and storing herbs. Previously published as *The Herbs of Life*, this completely revised and updated edition synthesizes the great herbal traditions of China and India with Western herbology to form a new kind of planetary herbal. • Features a new chapter on treating specific conditions, expanded chapters in *Materia Medica* and the energy of food, and revised chapters on living with the seasons and home therapies • With new information on herbal safety and drug/herb interactions. • The previous edition, *The Herbs of Life*, sold 45,000 copies.

The Cherokee Herbal - J. T. Garrett 2003-02-27

A practical guide to the medicinal uses of over 450 plants and herbs as applied in the traditional practices of the Cherokee. • Details the uses of over 450 plants for the treatment of over 120 ailments. • Written by the coauthor of *Medicine of the Cherokee* (40,000 copies sold). • Explains

the healing elements of the Four Directions and the plants associated with them. • Includes traditional teaching tales as told to the author by Cherokee Elders. In this rare collection of the acquired herbal knowledge of Cherokee Elders, author J. T. Garrett presents the healing properties and medicinal applications of over 450 North American plants. Readers will learn how Native American healers utilize the gifts of nature for ceremonial purposes and to treat over 120 ailments, from the common cold to a bruised heart. The book presents the medicine of the Four Directions and the plants with which each direction is associated. From the East comes the knowledge of "heart medicine"--blood-building tonics and plants for vitality and detoxification. The medicine of the South focuses on the innocence of life and the energy of youthfulness. West medicine treats the internal aspects of the physical body to encourage strength and endurance, while North medicine offers a sense of

freedom and connection to the stars and the greater Universal Circle. This resource also includes traditional teaching tales to offer insights from Cherokee cosmology into the origin of illness, how the animals found their medicine, and the naming of the plants.

The Encyclopedia of Healing Foods - Michael T. Murray
2010-05-11

From the bestselling authors of *The Encyclopedia of Natural Medicine*, the most comprehensive and practical guide available to the nutritional benefits and medicinal properties of virtually everything edible. As countless studies have affirmed, diet plays a major role in both provoking and preventing a wide range of diseases. But just what is a healthy diet? What does the body need to stay strong and get well? In *The Encyclopedia of Healing Foods*, Michael T. Murray, N.D., and Joseph Pizzorno, N.D., two of the world's foremost authorities on nutrition and wellness, draw on an abundant harvest of

research to present the best guide available to healthy eating. Make healthy eating a lifetime habit. Let *The Encyclopedia of Healing Foods* teach you how to: design a safe diet use foods to stimulate the body's natural ability to rejuvenate and heal discover the role that fiber, enzymes, fatty acids, and other dietary components have in helping us live healthfully understand which food prescriptions will help you safely treat more than 70 specific ailments, including acne, Alzheimer's disease, immune system depression, insomnia, migraine headaches, PMS, and rheumatoid arthritis prepare foods safely in order to prevent illness and maximize health benefits select, store, and prepare all kinds of healthful foods Providing the best natural remedies for everyday aches and pains, as well as potent protection against serious diseases, *The Encyclopedia of Healing Foods* is a required daily health reference.

The Complete Medicinal Herbal - Penelope Ody 1993

Describes the healing properties of more than one hundred herbs and lists useful herbal treatments for hundreds of common ailments

[Healing with Herbs](#) - Penelope Ody 1999

Tells how to grow and use more than one hundred twenty herbs, and shows how to make infusions, decoctions, tinctures, and ointments for common ailments

The Complete Medicinal Herbal - Penelope Ody
1993-01-01

Neal's Yard Remedies Healing Herbs - Neal's Yard Remedies
2020-07-16

Join the journey to natural wellness and treat yourself with this handy book of herbs and homemade remedies. Introducing Neal's Yard Remedies Healing Herbs - a one-stop gardening guide with everything you need to know about herbs, featuring a detailed layout of 100 medicinal herbs and over 70 recipes for effective herbal treatments. A must-have volume for green-fingered

gardeners, Neal's Yard Remedies Healing Herbs features tonnes of tips and tricks on planting and propagating a diverse range of herbs with the core focus on improving your health and treating your ailments with a little help from nature! This herbal medicine book offers expert advice you can trust, with an in-depth directory of a plethora of plants and herbs, including hemp, lavender, thyme, aloe vera, and lemongrass. With passion in every page, this handy herbalism book includes: -An illustrated directory of 100 medicinal herbs with instructions on how to use each one -At-a-glance guides to help reader quickly find the right herbs for their health needs - Over 70 recipes featuring medicinal herbs to use in soups, salads, face masks and more. Alongside the directory, the book features more than 70 recipes designed to heal the body from the inside out, all of which can be prepared in the comfort of your own kitchen! Try a fennel and chamomile tea

to aid digestion, a cranberry and apricot power bar to boost energy levels, or a beeswax and calendula balm to combat stretch marks. Whatever your ache or ailment, you can discover the treatment potential for each plant, and how you can prepare and use them to best effect. A recent study suggests 38% of British adults use their gardens to grow herbs and vegetables. However, the ever-growing pressure of balancing family life with a career leaves a lot of room for aches and ailments, including stress and anxiety, not to mention a lot of today's green-fingered gardeners simply lack time for growing herbs! We believe it's time to change that! Dive deep into the pages of this handy herb book and discover easy-to-follow guides to exploring a plethora of plants and herbs that will change your life for the better! The ideal gift for the green-fingered gardener in your life with a niche for natural remedies, or those who prefer complementary therapies over conventional

medicines. This easy reference book is well-suited to herbal medicine practitioners and students alike. From researching how medicinal plants work, to making your own herbal remedies and nurturing natural skincare, from aloe vera to avocado, this one-stop herbal handbook has it all and will leave you feeling healthier and more energized than ever before. A newly-updated book with a fresh design and easy-to-use treatment guides to help you find the herbs you need at a glance, Neal's Yard Remedies Healing Herbs is a comprehensive guide to staying healthy the natural way. At DK, we believe in the power of discovery. So why not explore other books in the Neal's Yard Remedies collection, craftily curated to suit your natural needs! Revolutionise your beauty regimen with Neal's Yard Remedies Natural Beauty and explore the awe-inspiring aromas within best-selling book Neal's Yard Remedies Essential Oils.

Medicinal Herbs for Family

Health and Wellness - JJ

Pursell 2021-02-02

JJ Pursell, the bestselling author of *The Herbal Apothecary* and a trusted naturopath, shares 75 recipes for whole family health. All recipes are tailored to the needs of women, men, kids, babies, and the elderly.

Complete Guide to Medicinal Herbs - Penelope Ody 2000

A practical guide to herbs and their healing properties features more than 250 remedies for a wide variety of ailments, accompanied by an A-to-Z directory of 120 medicinal herbs.

The Natural First Aid Handbook - Brigitte Mars 2017-08-22

Cayenne pepper can stop bleeding. Garlic helps alleviate a toothache. Honey soothes a burn. When an emergency situation arises, simple home remedies can play a vital role in easing symptoms and providing immediate help. Become an effective first responder with a combination of best first-aid practices,

herbs, and standard homeopathic applications. This quick-reference handbook spells out hundreds of life-saving techniques, commonsense tips, and time-tested herbal remedies that everyone should know. From how to perform basic CPR and the Heimlich Maneuver to the best immediate response to natural disasters, you'll find the most practical, effective actions to take to ensure survival.

Moodtopia - Sara Chana Silverstein 2018-08-28

A popular herbalist's remedies and prescriptive program for emotional balance and overall health, using natural solutions such as essential oils and more. What is Moodtopia? It simply means being in control of your moods so they're not in control of you! Sara-Chana Silverstein should know. Go-to Master herbalist RH(AHG), and classical homeopath, Sara-Chana has walked thousands of women through a focused, natural regimen that nourishes their physical, emotional, and spiritual lives. Packed with

hundreds of tools, tips, and strategies, Moodtopia is a practical, easy-to-use guide to herbs, adaptogens, aromatherapy, color therapy, feng shui, intuition, homeopathy and so much more. Sara-Chana shares the best natural remedies to help combat stress, anxiety, and promote peace of mind and general health. She shows how herbs and other natural approaches are a gentle way to enhance one's emotional state without having to resort to antidepressants, anti-anxiety pills, or other medications that may have unwanted side effects. With an easy-to-implement 90-day program, Moodtopia teaches women to harness the power of nature coupled with their own inner strength to achieve optimal emotional and mental wellness.

10 Essential Herbs - Lalitha Thomas 2012-01-24

This book has become a CLASSIC in its field because of the high quality of the information that's presented and the clarity in the way it's presented. o Accessible

Information o Concise Presentation o Humorous Stories o Intelligently Written THIS IS THE HERB BOOK THAT YOU CAN TRUST! From the introduction: Lalitha's extensive knowledge relative to the botanicals she has elected to write about is quite impressive to say the least. She is someone who gives plants personality and feeling! It shows in how as well as what she writes about. These various herbs come alive on the pages, colored not only by her own sensitivities, but also fully endowed with the dynamic energy of her very capable expertise. She has graduated from the hills and dales, forests and mountains, and meadows and prairies of Mother Nature U. These were the classrooms in which she studied ardently and diligently, applying herself well to the tasks at hand. In clear and concise terms she take the guesswork out of herbs. Under her reliable tutelage even the most novice of users of botanicals will soon become qualified enough to use those she covers in a safe and

effective way. That is saying a lot considering just how many other herb books are out there at present. It's a true winner in every sense of the word. A reliable gem for consumers to place confidence in. Botanical medicine in this country will benefit from your book for years to come. JUST READ WHAT PEOPLE ARE SAYING ABOUT THIS BOOK.. "My Right Hand Man... I have a large library of natural healing and nutritional books and this book is ALWAYS the one that works for me, our family and even our pets." "This is a great book for anyone that wants to take responsibility for maintaining good health with herbs." "Excellent material, easy to follow and very informative. I use this book constantly. The herbs are easy to access, the material gives easy to follow information on how to incorporate the herbs into your life. It is excellent. I read herbal books constantly, and have quite a library. when I need information, or I need a remedy....this is the book I run to..." "I use this book everyday

and love it. I am a mother of five and this book is the first book I grab for everyday ailments in our household. 10 Essentials has a down-to-earth quality that is lacking in medicinal herb field. This is the only book I have come across that covers the whole family from Grandparents to Infants. *The Way of Ayurvedic Herbs* - Karta Purkh Singh Khalsa 2008 Popular medicine.

Herbs and Things - Jeanne Rose 2015-02-25

This fine title from Last Gasp is the essential herbal reference book, a complete compendium of practical and exotic herbal lore that is guaranteed to turn you on to the fact that plants and animals have been used for thousands of years in various ways to make people healthier, and to help them to live longer and more effective lives.

Indian Herbalogy of North America - Alma R. Hutchens 1991-08-27

For more than twenty years this pioneering work had served as a bible for herbalists throughout the world. It is an illustrated encyclopedic guide

to more than two hundred medicinal plants found in North America, with descriptions of each plant's appearance and uses, and directions for methods of use and dosage. Native American traditions are compared with traditional uses of the same plants among other cultures where the science of herbs has flourished, particularly in Russia and China. Included is an annotated bibliography of pertinent books and periodicals.

The Complete Guide to Homeopathy - Andrew Lockie 1995

The Complete Guide to Homeopathy reveals the key principles of homeopathy, including the way we are categorized into "constitutional" types according to our physical and emotional characteristics. Self-assessment Questionnaire: A specially designed questionnaire, based on what a homeopath might ask during a first office visit, provides unique insight into the link between health and

temperament and helps determine which constitutional type you most closely match. Index of Remedies: A photographic index of 150 remedies illustrates plant, mineral, and animal sources, ranging from common foods such as honey to toxic substances such as snake venom. A profile of each remedy gives its historical background, medicinal uses, and its corresponding constitutional type. Treating Common Ailments: Easy-to-use ailment charts show which remedies to take for everyday health problems such as insomnia, anxiety, eczema, and toothaches. Additional self-help treatments are recommended, and there is a quick-reference guide to homeopathic first aid. [The Herb Society's Complete Medicinal Herbal](#) - Penelope Ody 1993

The Complete Medicinal Herbal - Penelope Ody
2017-05-30

Complete Medicinal Herbal is a fully illustrated practical guide to the healing properties of

herbs. The book includes more than 120 medicinal herbs with important therapeutic properties and a section on their historical uses, *The Complete Medicinal Herbal* is a must for every home book shelf. All the parts of the plants that can be used medicinally are shown, from fresh flower petals or leaves to the root, bark, and juice. Each entry details the plant's chemical constituents, its actions, and its therapeutic applications—from exotic ma huang, used in China to treat asthma for 5,000 years, to humble cabbage, which has been effective against stomach ulcers in clinical tests. A

special how-to section explains the preparation of herbal remedies. There are more than 250 safe treatments to help alleviate common complaints—from ordinary coughs, colds, and headaches to special treatments for skin conditions, digestive problems, and children's illnesses — even detailed lists of herbs for the elderly.

The Complete Guide Medicinal Herbal - Penelope Ody 1993

This text includes special illustrated features on groups of herbs that have become increasingly popular for medicinal reasons in recent years, including Australian bush plants, South American and Indian herbs.