

An Herbalist's Guide to Formulary: The Art & Science of Creating Effective Herbal Remedies

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Explore the ancient art of formulary with award-winning herbalist Holly Bellebuono's comprehensive guide to creating effective herbal medicine. Organized by body systems, An Herbalist's Guide to Formulary shows how to design a holistic treatment for acute and chronic conditions.

Packed with detailed information on more than one hundred plants, An Herbalist's Guide to Formulary is the go-to reference for formulary. Holly presents her 4-tier formula structure, a commonsense way to integrate a wide range of herbal actions while keeping the formula simple. She also shares the history of healing traditions as well as personal and clinical examples that illustrate the art of combining plants for illnesses, preventative care, and overall wellness. With this book's guidance, healing-arts practitioners can turn formulary into a rewarding and practical skill.

Praise:

"Holly has blended the richness of the Western herbal tradition with the transformative insights of modern holistic medicine. This book is a cornucopia of herbal insights."-David Hoffmann, BS, FNIMH, medical herbalist

Holly Bellebuono

(Massachusetts) has been a community herbalist, apothecary director, and teacher for over two decades. She uses her inspiring lectures, books, curriculum, retreats, and workshops to empower people to think creatively and explore healing and success.

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Other Books

Kamus kedokteran, Medical dictionary.

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