



# From the Shepherd's Purse: The Identification, Preparation, and Use of Medicinal Plants

*Max G. Barlow*

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From Preface: "Today more and more people are becoming interested in the Natural Healing Arts. There is a general feeling among people today to know how to be self-sufficient and to care for one's own general welfare. Established institutions seem to be becoming less and less able to provide the security that many wish to maintain or to acquire. Collecting and using natural herbs is a serious business and should be done with soberness and with good judgment. Many people are poisoned each year in the attempt to use plants for medicinal purposes. Fortunately, not many are fatal. This book is written to aid those interested in collecting and using botanicals for healing purposes. Full color pictures of the plants are included because proper identification is vital where there is a possibility of using the wrong plant. I made a complete review of practically all that has been written on the subject and came to the conclusion that something was lacking. Simply listing a plant and what it was reported to do left most people wondering, where do I find this plant? And once I locate it, what then? Many serious errors were also made in the classification of the plants. Reputed 'cures' varied from book to book. Medicinal uses listed in this book were checked with reliable contemporary practitioners and cross-referenced with some of the practitioners of the past. I have used many of the plants included in this book and know the great benefit they offer. Official Pharmacopoeias and Formularies (both American and British) were also used to verify the healing status of the plant...."

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