

Remedies And Rituals Folk Medicine In Norway And The New Land

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Border Medicine

Healing with Herbs and Rituals is an herbal remedy-based understanding of curanderismo and the practice of yerberas, or herbalists, as found in the American Southwest and northern Mexico. Part One, "Folk Healers and Folk Healing," focuses on individual healers and their procedures. Part Two, "Green Medicine: Traditional Mexican-American Herbs and Remedies," details traditional Mexican-American herbs and cures. These remedies are the product of centuries of experience in Mexico, heavily influenced by the Moors, Judeo-Christians, and Aztecs, and include everyday items such as lemon, egg, fire, aromatic oil, and prepared water. Symbolic objects such as keys, candles, brooms, and Trouble Dolls are also used. Dedicated, in part, to curanderos throughout Mexico and the American Southwest, Healing with Herbs and Rituals shows us these practitioners are humble, sincere people who have given themselves to improving lives for many decades. Today's holistic health movement has rediscovered the timeless merits of the curanderos' uses of medicinal plants, rituals, and practical advice.

The Gift of Healing Herbs

With over 50,000 distinct species in sub-Saharan Africa alone, the African continent is endowed with an enormous wealth of plant resources. While more than 25 percent of known species have been used for several centuries in traditional African medicine for the prevention and treatment of diseases, Africa remains a minor player in the global natural products market largely due to lack of practical information. This updated and expanded second edition of the Handbook of African Medicinal Plants provides a comprehensive review of more than 2,000 species of plants employed in indigenous African medicine, with full-color photographs and references from over 1,100 publications. The first part of the book contains a catalog of the plants used as ingredients for the preparation of traditional

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remedies, including their medicinal uses and the parts of the plant used. This is followed by a pharmacognostical profile of 170 of the major herbs, with a brief description of the diagnostic features of the leaves, flowers, and fruits and monographs with botanical names, common names, synonyms, African names, habitat and distribution, ethnomedicinal uses, chemical constituents, and reported pharmacological activity. The second part of the book provides an introduction to African traditional medicine, outlining African cosmology and beliefs as they relate to healing and the use of herbs, health foods, and medicinal plants. This book presents scientific documentation of the correlation between the observed folk use and demonstrable biological activity, as well as the characterized constituents of the plants.

Rank and Status in Polynesia and Melanesia

Collection of multicultural and multilingual proverbs, beliefs, remedies, recipes and folktales.

The House Between Earth and Sky

The Witch's Herbal Apothecary

An herbal guide to support physical, mental, and spiritual health for women and their children at all stages of life--by a healer with over 40 years of experience. Plant medicines are a woman's ally to achieve optimal health; they bring balance and nourishment to daily life and can reduce or eliminate symptoms of physical and emotional distress. They can also provide alternatives to many pharmaceuticals. This go-to herbal sourcebook gives women the tools to thrive throughout their lives, with remedies using common herbs and plants to support a healthy body, mind, and spirit. Dr. Leslie Korn brings over forty years of experience in numerous herbal traditions and healing modalities, offering timeless wisdom in this herbal companion that can be shared with friends and passed down in the family for generations. She offers treatments using common and easy-to-obtain herbs to address sleep disorders, menstrual issues, autoimmune conditions, anxiety, headaches and migraines, stomach issues, fertility issues, postpartum recovery, skin ailments, common discomforts that affect children, and much more. Korn also offers herbal guidance for rites of passage, moments of community, psychoactive herbs, and a protocol for end-of-life care, as well as a comprehensive resources section.

South Dakota History

Describes the Native American concept of healing, which stresses the balance of mind, body, and spirit; offers an alphabetical listing of therapies and their recipes; and discusses other healing practices.

Southern Folk Medicine

Hoodoo Medicine is a unique record of nearly lost African-American folk culture. It

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documents herbal medicines used for centuries, from the 1600s until recent decades, by the slaves and later their freed descendants, in the South Carolina Sea Islands. The Sea Island people, also called the Gullah, were unusually isolated from other slave groups by the creeks and marshes of the Low Country. They maintained strong African influences on their speech, social customs, and beliefs, long after other American blacks had lost this connection. Likewise, their folk medicine mixed medicines that originated in Africa with cures learned from the American Indians and European settlers. Hoodoo Medicine is a window into Gullah traditions, which in recent years have been threatened by the migration of families, the invasion of the Sea Islands by suburban developers, and the gradual death of the elder generation. More than that, it captures folk practices that lasted longer in the Sea Islands than elsewhere, but were once widespread throughout African-American communities of the South.

Remedies and Rituals

People have relied on medicinal products derived from natural sources for millennia, and animals have long been an important part of that repertoire; nearly all cultures, from ancient times to the present, have used animals as a source of medicine. Ingredients derived from wild animals are not only widely used in traditional remedies, but are also increasingly valued as raw materials in the preparation of modern medicines. Regrettably, the unsustainable use of plants and animals in traditional medicine is recognized as a threat to wildlife conservation, as a result of which discussions concerning the links between traditional medicine and biodiversity are becoming increasingly imperative, particularly in view of the fact that folk medicine is the primary source of health care for 80% of the world's population. This book discusses the role of animals in traditional folk medicine and its meaning for wildlife conservation. We hope to further stimulate further discussions about the use of biodiversity and its implications for wildlife conservation strategies.

Healing with Herbs and Rituals

This book captures the unique history of the plant life once essential to the Polish people. It leads the reader on a guided tour through monastery, castle, and cottage gardens, providing details on the history and healing powers of over one hundred herbs and flowers. Beautiful line drawings and woodcuts illustrate the garden patterns and various plants important to Polish tradition.

Old English Medical Remedies

Scholars in folklore and anthropology are more directly involved in various aspects of medicine—such as medical education, clinical pastoral care, and negotiation of transcultural issues—than ever before. Old models of investigation that artificially isolated "folk medicine," "complementary and alternative medicine," and "biomedicine" as mutually exclusive have proven too limited in exploring the real-life complexities of health belief systems as they observably exist and are applied by contemporary Americans. Recent research strongly suggests that individuals construct their health belief systems from diverse sources of authority, including

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community and ethnic tradition, education, spiritual beliefs, personal experience, the influence of popular media, and perception of the goals and means of formal medicine. *Healing Logics* explores the diversity of these belief systems and how they interact—in competing, conflicting, and sometimes remarkably congruent ways. This book contains essays by leading scholars in the field and a comprehensive bibliography of folklore and medicine.

Infusions of Healing

One of the less fortunate legacies that we who practice ethnography in Oceania have given the scholarly world is the stereotype of the Melanesian leader as "Big Man". The designation "Big Man", derived literally from the metaphor commonly used in Austronesian languages or from the Neo-Melanesian Pidgin lexicon, has come to denote a "pure type" or "species" of leadership, authority and government. (Rightly or wrongly, ethnographic sources usually ignore women's role in government, although they may have significant impact). In countless introductory anthropology courses students are asked to accept and perpetuate the clichés that Melanesian leaders typify achieved rather than ascribed status, that Melanesian leaders are archetypal symbols of primitive capitalistic competition, and that Melanesian leadership represents an inferior form.

Hoodoo Medicine

This pioneering work is multi-disciplinary in approach as it examines the rich folk medicine of Jamaica. The authors analyse the historical and linguistic aspects of folk medicine, based on their research, extensive fieldwork and interviews. They explore the sociological and ethnological dimensions of common healing practices and Jamaica's biodiversity, in both flora and in fauna. As is the case with other aspects of Jamaican traditional culture, Jamaican folk medicine is largely misunderstood and subject to negative pejorative attitudes. This comprehensive study challenges some of the myths and misinformation. Particular attention is paid to cultural transference from Africa and the use of herbals in African-Jamaican religions. The comprehensive book is of academic value to teachers, students and researchers, and can also aid practitioners and policy makers in the field of health and healing. The work has an appendix and glossary as well as a detailed bibliography.

Afro-Caribbean Folk Medicine

Drawing on historical archives, colonial-era medical texts and accounts, newspaper articles, memoirs and contemporary healing guidebooks as well as interviews with contemporary healers, the book demonstrates the notable and ongoing influence of Mexican Americans on cultural and religious practices in the U.S. Simultaneous.

Remedies and Rituals

Norsk, nordmenn og Norge 2, Antologi

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The most complete resource of its kind on alternative medicine • Herbal remedies, dietary supplements, and alternative therapies Their specific uses Which ones really work (and which ones don't) What to watch out for • Christian versus non-Christian approaches to holistic health • Clinically proven treatments versus unproven or quack treatments • Truths and fallacies about supernatural healing • Ancient medical lore: the historical, cultural, and scientific facts • And much, much more

Alternative Medicine is the first comprehensive guidebook to nontraditional medicine written from a distinctively Christian perspective. Keeping pace with the latest developments and research in alternative medicine, this thoroughly revised edition combines the most current information with an easy-to-use format. University lecturer and researcher Dónal O'Mathúna, PhD, and national medical authority Walt Larimore, MD, provide detailed and balanced answers to your most pressing questions about alternative medicine—and to other questions you wouldn't have thought to ask. Also includes

Two alphabetical reference sections: Alternative therapies Herbal remedies, vitamins, and dietary supplements A description of each therapy and remedy, an analysis of claims, results of actual studies, cautions, recommendations, and further resources Handy cross-references linking health problems with various alternative therapies and herbal remedies reviewed in the book

The Malleus Maleficarum

In 9th century England Bishop Ifheah the Bald is dabbling with magic. By collecting folk remedies from pagan women he risks his reputation. Yet posterity has been kind, as from the pages of Balds book a remedy has been found that cures the superbug MRSA where modern antibiotics have failed. Within a few months of this discovery a whole new area of medical research called Ancientbiotics has been created to discover further applications for these remedies. Yet, what will science make of the elves, hags and nightwalkers which also stalk the pages of Bald's book and its companion piece Lacnunga, urging prescriptions of a very different, unsettling nature. Cures for the 'moon mad' and hysteria are interspersed with directives to drink sheeps dung and jump across dead mens graves. Old English Medical Remedies explores the herbal efficacy of these ancient remedies whilst evaluating the supernatural, magical elements and suggests these provide a powerful psychological narrative revealing an approach to healthcare far more sophisticated than hitherto believed. All the while, the voices of the wise women who created and used these remedies are brought to life, after centuries of denomination by the Church.

American Indian Healing Arts

Folk Medicine in Southern Appalachia

A guide to Mexican herbal healing, offers treatments for common ailments, using teas, liniments, compresses, and soothing baths

African American Folk Healing

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Spells are conjured, herbs collected, and potions concocted in this fascinating history of the practices and beliefs of Norway's folk healers at home and in the New Land.

Herbal Rituals

This report is structured in five parts: national framework for traditional and complementary medicine (T&CM); product regulation; practices and practitioners; the challenges faced by countries; and, finally, the country profiles. Apart from the section on practices and practitioners, the report is consistent with the format of the report of the first global survey in order to provide a useful comparison. The section on practices and practitioners, which covers providers, education and health insurance, is a new section incorporated to reflect the emerging trends in T&CM and to gather new information regarding these topics at a national level. All new information received has been incorporated into individual country profiles and data graphs. The report captures the three phases of progress made by Member States; that is, before and after the first WHO Traditional Medicine Strategy (1999-2005), from the first global survey to the second global survey (2005-2012) and from the second survey to the most recent timeline (2012-2018).

Aromatic and Medicinal Plants

Plants have cultural histories, as their applications change over time and with place. Some plant species have affected human cultures in profound ways, such as the stimulants tea and coffee from the Old World, or coca and quinine from South America. Even though medicinal plants have always attracted considerable attention, there is surprisingly little research on the interface of ethnobotany and medical anthropology. This volume, which brings together (ethno-)botanists, medical anthropologists and a clinician, makes an important contribution towards filling this gap. It emphasises that plant knowledge arises situationally as an intrinsic part of social relationships, that herbs need to be enticed if not seduced by the healers who work with them, that herbal remedies are cultural artefacts, and that bioprospecting and medicinal plant discovery can be viewed as the epitome of a long history of borrowing, stealing and exchanging plants.

Sport and Exercise Medicine for Pharmacists

A wide-ranging compilation on the materia medica of the ordinary people of Britain and North America, comparing practices in both places. * Over 200 A-Z entries on all aspects of folk medicine from asthma and childbirth to poultice and warts * Primary source documents from a variety of public archives and private collections * Illustrations of plant, animal, and mineral sources for folk remedies * Complete and extensive end-of-entry references

Encyclopedia of Folk Medicine

Traditional Mexican American herbal potions and remedies and their history are explained in an introductory book for the general reader. The importance of curanderismo, or green medicine, in Mexican and Mexican American cultures is

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explored. A brief history traces the herbal aspects of curanderismo through Mayan and Aztec cultures, the Spanish conquest, and Hippocrates' theory of humors, and finds contributions from many cultures intermixed with native lore. Other chapters discuss where to obtain herbs, preparation methods, and hazards of herb use. A glossary defines 33 substance effect terms. The largest part of the book contains information about 99 of the most widely used herbs arranged alphabetically by their English common name, with their Spanish name and cross-references provided. Entries include history of the herbs, medicinal uses, and preparation methods. A brief, annotated bibliography lists nine books about herbal medicine, Mexican remedies, and curanderismo. (LFL)

Folk Healing and Health Care Practices in Britain and Ireland

American Indian Healing Arts is a magical blend of plant lore, history, and living tradition that draws on a lifetime of study with native healers by herbalist and ethnobotanist E. Barrie Kavasch. Here are the time-honored tribal rituals performed to promote good health, heal illness, and bring mind and spirit into harmony with nature. Here also are dozens of safe, effective earth remedies--many of which are now being confirmed by modern research. Each chapter introduces a new stage in the life cycle, from the delightful Navajo First Smile Ceremony (welcoming a new baby) to the Apache Sunrise Ceremony (celebrating puberty) to the Seminole Old People's Dance. At the heart of the book are more than sixty easy-to-use herbal remedies--including soothing rubs for baby, a yucca face mask for troubled skin, relaxing teas, massage oils, natural insect repellents, and fragrant smudge sticks. There are also guidelines for assembling a basic American Indian medicine chest. From the Trade Paperback edition.

Who Global Report on Traditional and Complementary Medicine 2019

This book records a year-long journey into the earth's natural cycles as they unfold in New York City. Each monthly section discusses one herb in detail -- how and where it grows and what it does -- and presents recipes for simple teas, lotions, and foods, along with rituals appropriate to the season that can bring your life back into harmony with the moods of nature. Even in the city, the constant presence of the natural world and the use of herbs can be a touchstone to lead both body and soul back to a natural cadence.

Tarahumara Medicine

Eliseo Torres, known as "Cheo," grew up in the Corpus Christi area of Texas and knew, firsthand, the Mexican folk healing practiced in his home and neighborhood. Later in life, he wanted to know more about the plants and rituals of curanderismo. Torres's story begins with his experiences in the Mexican town of Espinazo, the home of the great curandero El Niño Fidencio (1899-1939), where Torres underwent life-changing spiritual experiences. He introduces us to some of the major figures in the tradition, discusses some of the pitfalls of teaching curanderismo, and concludes with an account of a class he taught in which curanderos from Cuernavaca, Mexico, shared their knowledge with students. Part

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personal pilgrimage, part compendium of medical knowledge, this moving book reveals curanderismo as both a contemplative and a medical practice that can offer new approaches to ancient problems. From Curandero ". . . for centuries, rattlesnakes were eaten to prevent any number of conditions and illnesses, including arthritis and rheumatism. In Mexico and in other Latin American countries, rattlesnake meat is actually sold in capsule form to treat impotence and even to treat cancer. Rattlesnake meat is also dried and ground and sprinkled into open wounds and body sores to heal them, and a rattlesnake ointment is made that is applied to aches and pains as well."

American Folk Medicine

As a result of health promotion and changes in lifestyle, increasing numbers of people are taking part in sporting activities. This is an authoritative and practical introduction to the prevention and treatment of injuries and ailments commonly experienced in sport and exercise and will equip pharmacists with the knowledge they need to provide patients, participating at whatever level, with evidence-based advice on sport and exercise-related health matters.

Plants, Health and Healing

In the first comprehensive exploration of the history and practice of folk medicine in the Appalachian region, Anthony Cavender melds folklore, medical anthropology, and Appalachian history and draws extensively on oral histories and archival sources from the nineteenth century to the present. He provides a complete tour of ailments and folk treatments organized by body systems, as well as information on medicinal plants, patent medicines, and magico-religious beliefs and practices. He investigates folk healers and their methods, profiling three living practitioners: an herbalist, a faith healer, and a Native American healer. The book also includes an appendix of botanicals and a glossary of folk medical terms. Demonstrating the ongoing interplay between mainstream scientific medicine and folk medicine, Cavender challenges the conventional view of southern Appalachia as an exceptional region isolated from outside contact. His thorough and accessible study reveals how Appalachian folk medicine encompasses such diverse and important influences as European and Native American culture and America's changing medical and health-care environment. In doing so, he offers a compelling representation of the cultural history of the region as seen through its health practices.

Polish Herbs, Flowers & Folk Medicine

This title is part of UC Press's Voices Revived program, which commemorates University of California Press's mission to seek out and cultivate the brightest minds and give them voice, reach, and impact. Drawing on a backlist dating to 1893, Voices Revived makes high-quality, peer-reviewed scholarship accessible once again using print-on-demand technology. This title was originally published in 1976.

Natural Woman

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The second volume of Jina·ratna's thirteenth-century *The Epitome of Queen Lilāvati* completes his story. Embodied souls undergo all too human adventures in a succession of lives, as they advance to final release. The primary purpose of Jain narrative literature was to edify lay people through amusement; consequently the stories are racy, and in some cases the moralizing element is rather tenuous. Co-published by New York University Press and the JJC Foundation For more on this title and other titles in the Clay Sanskrit series, please visit <http://www.claysanskritlibrary.org>

Remedies and Rituals

"A handbook for hunting and punishing witches to assist the Inquisition and Church in exterminating undesirables. Mostly a compilation of superstition and folklore, the book was taken very seriously at the time it was written in the 15th century and became a kind of spiritual law book used by judges to determine the guilt of the accused"--From publisher description.

Green Medicine

The Witch's Herbal Apothecary is a magickal book of recipes, rituals, and materia medica for reconnecting with the power and healing of Earth Magick. Author Marysia Miernowska is the Director of one of California's most renowned herbal schools and named one of the "top 15 witches on Instagram" (@marysia_miernowska) by Huffington Post. Mother Earth is a living entity that holds great medicine to heal us physically and spiritually. However, in today's modern world, too many of us are separated from this source of nourishment. With the wheel of the year as a framework, you'll begin to understand the currents of nature and how to weave yourself back into this great web of life. Using the plants, seasons, and cycles as your tools, you will be able to tap into the potent Earth Magick of life, death, renewal, and rebirth. In harmony with the seasons, You will learn how to: Grow medicine Harvest from the wild or home garden Process plants Make remedies Each season opens a portal of magick that allows you to harvest the literal and spiritual gifts the Earth is offering at that time. The Witch's Herbal Apothecary will awaken the Witch inherent in every wild soul and guide her into an empowered relationship of healing and magick with the natural world.

Healing Logics

This book is the first to describe the history, folklore, assessment and diagnosis methods of Southern and Appalachian Folk Medicine(SAFM)--the only system of folk medicine, other than Native American, that developed in the United States. One of the system's last active practitioners, Phyllis D. Light has studied and worked with herbs, foods, and other healing techniques for more than thirty years. In everyday language, she explains how Southern and Appalachian Folk Medicine was passed down orally through the generations by herbalists and healers who cared for people in their communities with the natural tools on hand. Several cultural and healing traditions merged together over a period of time to create Southern Folk Medicine, which draws from the medicine systems of the Greeks (humoral system, astrology), Native Americans (indigenous plant use, spiritual

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traditions, elements), African (spiritual traditions, foods), and the folk medicine of the British Isles (elements, humors, superstitions, herbs). Light shows that this is not a forgotten system, but an active, viable approach to herbalism that is readily understood and easily put into practice. A fourth-generation herbalist and healer, the author began her studies in the deep woods of North Alabama with lessons from her grandmother, whose knowledge had its roots in her Creek/Cherokee heritage. Light continued as an apprentice with the late Tommie Bass, a nationally renowned folk herbalist, as well as other herbal Elders throughout the Appalachians and the Deep South. Light's extensive knowledge and experience informs her explanation of the Southern Blood Types, which is different from any other indigenous system. The four elements and four tastes form the energetic foundation of the principles and practices, which recognize each individual's uniqueness and the fact that people with the same disorder might have totally different symptoms and therefore might there need totally different herbal remedies. Not only an elucidating description of Southern Folk Medicine, but also a fascinating account of how a healthcare system evolved to meet the needs of the people of this country, this book presents a comprehensive look at a uniquely American concept of healing based on self-care and personal responsibility.

Alternative Medicine

The Tarahumara, one of North America's oldest surviving aboriginal groups, call themselves Rarámuri, meaning "nimble feet"—and though they live in relative isolation in Chihuahua, Mexico, their agility in long-distance running is famous worldwide. *Tarahumara Medicine* is the first in-depth look into the culture that sustains the "great runners." Having spent a decade in Tarahumara communities, initially as a medical student and eventually as a physician and cultural observer, author Fructuoso Irigoyen-Rascón is uniquely qualified as a guide to the Rarámuri's approach to medicine and healing. In developing their healing practices, the Tarahumaras interlaced religious lore, magic, and careful observations of nature. Irigoyen-Rascón thoroughly situates readers in the Rarámuri's environment, describing not only their health and nutrition but also the mountains and rivers surrounding them and key aspects of their culture, from long-distance kick-ball races to corn beer celebrations and religious dances. He describes the Tarahumaras' curing ceremonies, including their ritual use of peyote, and provides a comprehensive description of Tarahumara traditional herbal remedies, including their botanical characteristics, attributed effects, and uses. To show what these practices—and the underlying concepts of health and disease—might mean to the Rarámuri and to the observer, Irigoyen-Rascón explores his subject from both an outsider and an insider (indigenous) perspective. Through his balanced approach, Irigoyen-Rascón brings to light relationships between the Rarámuri healing system and conventional medicine, and adds significantly to our knowledge of indigenous American therapeutic practices. As the most complete account of Tarahumara culture ever written, *Tarahumara Medicine* grants readers access to a world rarely seen—at once richly different from and inextricably connected with the ideas and practices of Western medicine.

The Hedgerow Apothecary

'This is a fascinating and beautiful organized and written manuscript'-Rebecca

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Lester, Washington University in St. Louis Folk, alternative and complementary health care practices in contemporary Western society are currently experiencing a renaissance, albeit with features that are unique to this historical moment. At the same time, biomedicine is under scrutiny, experiencing a number of distinct and multifaceted crises. In this volume the authors draw together cutting edge cross-cultural, interdisciplinary research in Britain and Ireland, focusing on exploring the role and significance of healing practices ù such as the use of crystals, herbs, cures and charms, potions and lotions ù in diverse local contexts. Ronnie Moore currently Lectures in Medical Anthropology and Sociology in the Departments of Sociology and Public Health, Medicine and Epidemiology at University College Dublin. His research interests include health disparities; health, conflict and ethnic identity; and conflict theory. Stuart McClean is a Senior Lecturer at the University of the West of England, Bristol. His research interests include the resurgence of alternative medicine and healing practices in Western societies, the role of creative arts in health and the global dimensions surrounding health.

Animals in Traditional Folk Medicine

Herbalists, naturopaths, plantspeople, witches, and natural healers will love the empowering information, engaging stories, and heartfelt meditations and rituals of natural herbal medicines in this book. Nominated as a Herbal Book of the Year by the International Herb Association, *The Gift of Healing Herbs* by well-respected urban herbalist Robin Rose Bennett offers readers who want to take charge of their health an immersion into a myriad ways to use plant-based remedies to care for themselves and others on physical, emotional, and spiritual levels. With more than 180 easy-to-follow recipes informed by the wisdom that physical and spiritual healing are inextricably intertwined, *The Gift of Healing Herbs* explores herbology as the "people's medicine", freely available to all, and as a powerful yet gentle way to heal body, mind, heart, and soul. The book is divided into three parts: the first part examines health and the causes of illness; the second part comprises a reference of all the physical systems of the body and the common and not-so-common herbs for tonifying them; and the third part contains recipes for teas, brews, and instructions for incorporating herbs into our daily lives. The hundreds of recipes for herbal preparations in this book—accompanied by prayers, meditations, and rituals—offer spiritual and physical insights into the relationship between our body systems and the elements, Earth, Air, Fire and Water, thus helping the reader explore and experience the interconnection of all things in the web of life. Filled with personal stories, case histories, and elements of personal memoir, *The Gift of Healing Herbs* is equal parts inspiration and instruction drawn from the author's life and decades spent teaching and practicing herbal medicine in a spiritual, earth-based, nondogmatic style. The author explores how one's personal story turns into one's embodied physicality and ultimately reveals individual unique paths of healing for each reader. From the Trade Paperback edition.

Secrets of Native American Herbal Remedies

Spells are conjured, herbs collected, and potions concocted in this fascinating history of the practices and beliefs of Norway's folk healers at home and in the New Land.

Jamaican Folk Medicine

This book covers interesting research topics and the use of natural resources for medical treatments in some severe diseases. The most important message is to have native foods which contain high amount of active compounds that can be used as a medicinal plant. Most pharmaceutical drugs were discovered from plants, and still ongoing research will have to predict such new active compounds as anti-diseases. I do believe this book will add significant knowledge to medical societies as well as can be used for postgraduate students.

Handbook of African Medicinal Plants, Second Edition

Learn to forage in the hedgerows like the herbalists of the past. Discover how to make delicious preserves, healing balms, soothing toddies and cures for colds with nature's jewels such as rose hips, elderberries and mugwort. This sustainable and ethical art is also laced with fascinating folklore and steeped in history. With photographs to help you safely identify edible plants, advice on what is available each season and how best to prepare and preserve your finds, this is the essential guide to enjoying the bountiful delights of the hedgerows.

Curandero

This intermediate-level anthology offers a lively collection of writings for students learning Norwegian. Introductions to selected Norwegian authors, vocabulary lists, and maps promote discussions of Norwegian history, culture, geography and literature.

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