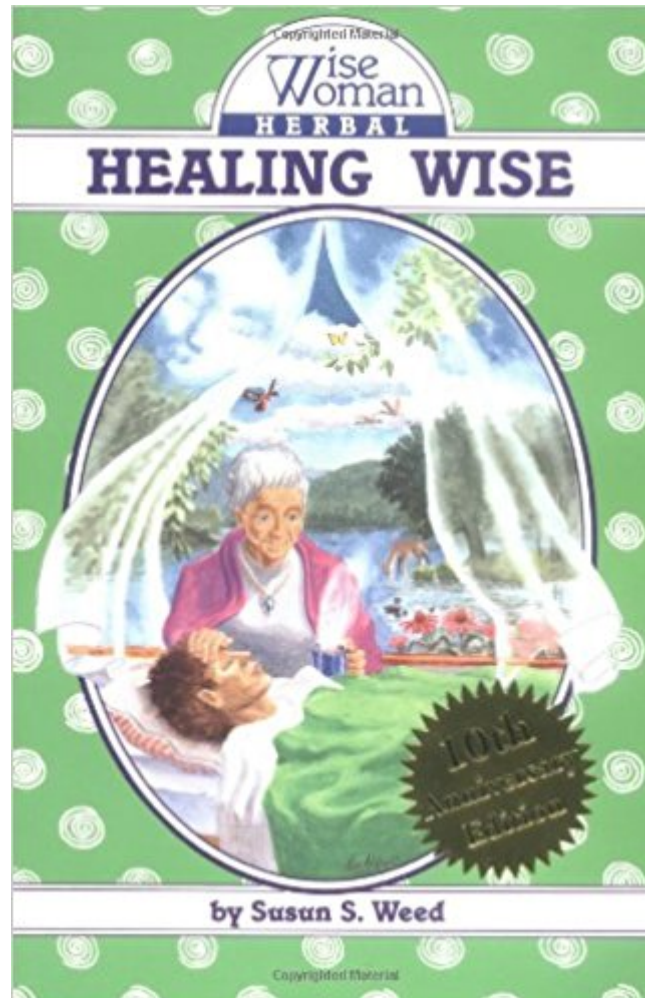




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Healing Wise (Wise Woman Herbal)



Synopsis

Healing Wise sets forth the foundations of the Wise Woman Tradition, contrasting them with the Heroic and Scientific views of healing. "Weeds draw us into ancient wisdom in a clear and refreshing way," says herbalist Rosemary Gladstar. I see the Wise Woman. She carries a blanket of compassion. She wears a robe of wisdom. From her shoulders, a mantle of power flows. She ties the threads of our lives together. I see the Wise Woman. And she sees me. Seven herbs -- burdock, chickweed, dandelion, nettle, oatstraw, seaweed, and violet -- are explored in depth. Each monograph includes the "voice" of the herb, a weed walk to encounter the herb in its environment, detailed instructions for harvesting and preparation, properties and uses for every part of the herb, pertinent facts, fun folklore, and recipes for gourmet foodstuffs, wines, beers, cosmetics, and more. (Susun Weed)

Book Information

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Customer Reviews

The Wise Woman tradition is the way of nourishment and sustenance, rather than of "fixing" and "curing." With that in mind, Susun Weed introduces us to seven herbs and encourages us to get to know these Green Allies by spending time with them. Food and medicine recipes are given for each herb, as well as fun facts and literary references. Susun also includes detailed instructions for making herbal preparations such as infusions, tinctures, oils and poultices. Her knowledge of herbs is quite evident, as is her commitment to the Wise Woman way of life. Even though only seven herbs are presented here, I felt like I gained more usable information from Healing Wise than I have

from any of the encyclopedic herbals I own. -- From The WomanSource Catalog & Review: Tools for Connecting the Community for Women; review by FGP

Susun S. Weed is the voice of the Wise Woman tradition, where healing is nourishing. She is known internationally as an extraordinary teacher with a joyous spirit, a powerful presence, and an encyclopedic knowledge of herbs and health. For more than thirty years she has opened hearts to the magic and medicine of the green nations, restoring herbs as women's common medicine, and empowering women to care for themselves. Susun is founder of the Wise Woman Center, editor-in-chief of Ash Tree Publishing, a high priestess of Dianic Wicca, a member of the Sisterhood of the Shields, a Peace Elder, and happy herder of her dairy goats.~ Her four books:~ Healing Wise;~ New Menopausal Years the Wise Woman Way; Breast Cancer? Breast Health! the Wise Woman Way;~ Wise Woman Herbal for the Childbearing Year; and~ Down There: Sexual and Reproductive Health the Wise Woman Way~ are used by more than a million women throughout the world. She writes a regular herbal column for SageWoman Magazine and hosts the Wise Woman website and~ forum~ at www.susunweed.com~ created by her amazing daughter Justine. Susun continues to train apprentices, initiate green witches, work with her correspondence course students, and write books.

Served it's purpose. I'd recommend this.

I've bought this book 3 times now, i love how she introduces you to herbs by giving them each personalities. Such good energy from this book, i've given it to a friend when she needed healing in the hospital. She thoroughly enjoyed having it to read and said it made her feel so much better.

This Book is Healing Wise is another awesome book by Susun Weed. She writes the book in a way that is very understandable for the novice and interesting enough to keep one with a bit of information on herbs to be a challenge to learn new angles about herbs and what works with them. She will take you on a weed walk and help you identify the herb and things to do with the herb. She gives ideas on how to make recipes on soups, teas, nerve tonics, whatever the particular herb is useful for. Then there is a herbal pharmacy, and a glossary which is very helpful. It would recommend this seller and this book to any and every one that wanted information on herbal medication.

A must-read for everyone. Provides info not found in any other herbal book. Just reading it is a

healing experience.

There is nothing Susan Weed writes that I don't find increases my herbal knowledge and practical use of them for my health. She is one of my favorite herbalists. This is a wonderful book that should be in every herbalist's collection.

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