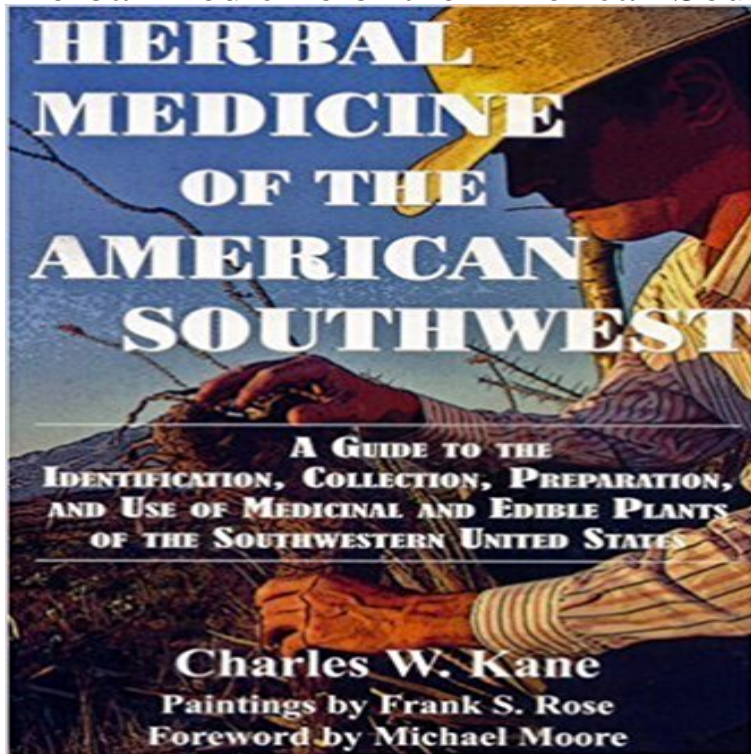


Herbal Medicine of the American Southwest



Alternative Medicine Review, March 2006
by Mario Roxas Herbal Medicine of the American Southwest by Charles W. Kane, published in January 2006, highlights the wealth of medicinal plants residing in just one corner of our vast national landscape. This text covers over 210 western plants within 100 distinct plant profiles, from Acacia to Yucca. Each profile is identified by what the author calls its main common name. This is followed by the plants Latin family name, its current Latin binomial, and any other common names. The profile is further broken down into segments such as description, distribution, chemistry, medicinal uses, indications, collection, preparation and dosage, and cautions. Kanes writing style is simple and easy to follow. Drawing from over 15 years of experience in the field, he equips the reader with practical information that can be readily applied, while at the same time lending insights that can only come from someone with a true passion for, and intimate knowledge of, botanical medicines. Herbal Medicine of the American Southwest serves as a decent field guide as well. In addition to the text, the book contains 80 detailed paintings by Frank S. Rose and over 250 photos of the plants covered in the book, allowing for easy recognition on site. Although the name focuses on plants in the southwest, many may be found throughout North America. Such familiar names include dandelion, horsetail, juniper, and verbena. Thus, the medicinal plants in this book go well beyond the geographical borders of its title. For anyone interested in botanical medicine, Herbal Medicine of the American Southwest is a valuable addition to your library. Printed and bound in the USA.

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