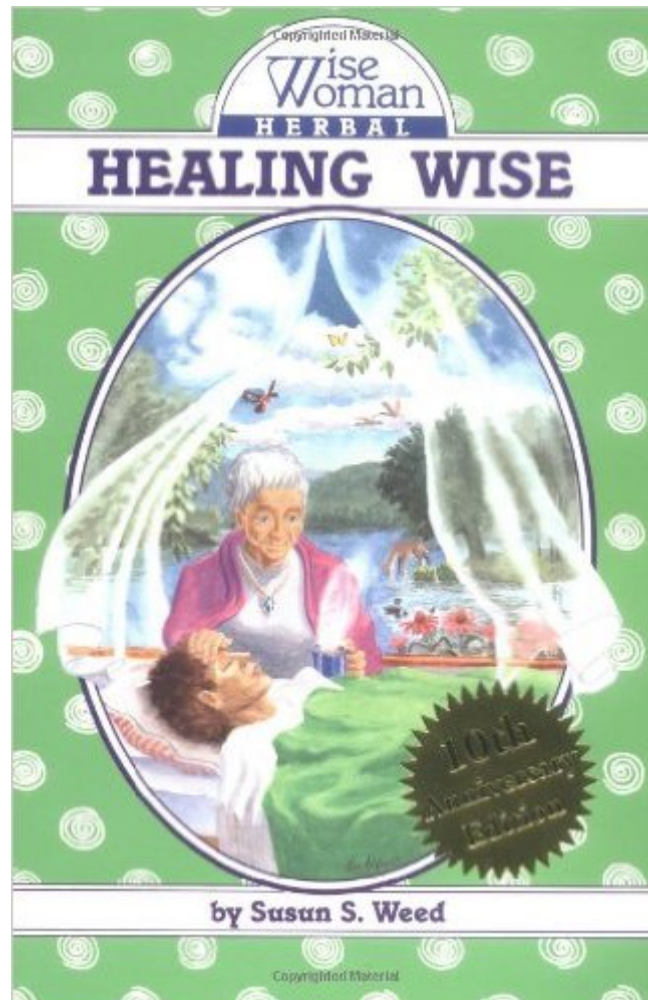


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# Healing Wise (Wise Woman Herbal)



## 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

This creative herbal healing guide will teach herbalists of all levels. Susan Weed gently offers information about three traditional ways of healing along with insightful aspects of each. She goes on to explain that the Wise Woman Traditions are nourishing and simple, easy approach to healing. Later, in the book, Weed shares her knowledge of alternative healing with seven common, abundant herbs. She teaches in an entertaining way the nutrients contained in each, the effect they have on the body, and a variety of ways to prepare and use them. Weed offers her knowledge in such a fashion that the reader suddenly realizes they are refreshed. It's almost as if they just visited

an earthy scented forest or a butterfly filled, grass-waving field. To add further to the good feelings this guide presents Toni Bernhard sprinkles charming illustrations throughout the book and Alan McKnight a watercolor book-cover along with delightful calligraphic plant names. Susan Weed follows through with her belief that healing comes first by nourishment. She feeds reader's souls with the way she writes. One cannot help but relax and have fun reading and using this book.

Written simply and effectively, *Healing Wise* is one of the very best herbal texts I have come across. Weed's emphasis on a small number of herbs having the ability to do a great many things is important--it is a "back to basics" approach, one that I feel is essential in this day of "more, better, best". Though I utilize many other herbals, *Healing Wise* is the book I usually grab first. Thank you Ms. Weed for opening my eyes (and heart) a little wider to the world around me, I am grateful.

Susun Weed is the BOMB. I especially appreciated the quick response to the questions I posted at the website when I used her recipes for making tinctures. There is something to be said for her stance on no licensing for herbalists. She holds no certifications having had her education in herbalism in a life long pursuit of the path. I would trust her word over a certified herbalist any day simply because she practices and lives by what she writes about. A wonderful resource for those of us growing older. I am ten years post hysterectomy and the ovaries are starting to fluctuate. The tinctures that she profiles in this book went a long way to addressing the specific complaints I was having without having to go look for 'menopause' formulas. Supplementing the things your body needs as its ability to produce them naturally declines will go a long way towards easing the transition into Cronehood. Buy the book, it's wonderfully informative AND entertaining. Get all her other books while you're at it!

I always new backyard plants could cure common colds, maybe minor skin irritation...But what about cancer? Appendicitus? Or detox the liver, give you all the vitamins and minerals you ever wanted?...Regrow hair, and heal diabetes? Lower cholestrol and blood pressure, and do basically anything modern medicine can! (Without the side effects). But now I know they do, and the medicines taught in here are easy to make. This book is full of information on healing with herbs, and presented with insight and wit. I feel confident any health problem I may come across can be cured. Not with western medicine (which has always made me feel iffy), but simple gifts from Mother Nature we should all get to know better, and shoud've used all along!

The writing is fun to read and the content is top notch. I really enjoy the legend and lore as well as the practical information about how to use the herbs. It's very straightforward in terms of explaining the benefits of the plants and why and doesn't get all complicated with the need to make weird concoctions. Very straightforward and accessible info. I wish this were an encyclopedia in length.

Upon picking up Susun S. Weed's HEALING WISE (WISE WOMAN HERBAL SERIES) I was amazed to learn the history behind the Wise Woman Tradition. For those of you who may not know, the Wise Woman tradition is the oldest tradition of healing known on Earth. Unfortunately, it is very rarely identified - in fact, many do not call it by its rightful name. It focuses upon a woman-centered tradition of self-love and respect of the earth and all creatures. With accurate and descriptive passages, it took me back to the time of my Grandmother's own healing touch. Many times I have said to myself, if I only had written down all of Grandmother's teachings, oh the wealth of knowledge I would have had today. I'm happy to say this fascinating folklore tradition has not been lost. Susun Weed has done a magnificent job in capturing the very essence of this unique alternative medicine technique. After finishing her book, I knew this author had created something that would be cherished and passed on to future generations.

What a powerful book! It has changed the way I feel towards modern medicine, the chaos in my life, and even my backyard. The seven featured common weeds are given voices and distinct personalities. For instance, dandelion speaks from this book with a charming and joyous French accent. My medicine cabinet has fewer pharmaceuticals these days and an increasing assortment of odd little bottles of tinctures, oils, and salves that I have had great fun making from plants I have found within walking distance of my home. The voice of Wise Woman wisdom rings throughout this book and I find myself turning to this book for solutions to my various discomforts instead of calling the doctor.

This is a wonderful book filled with wisdom and love. The author has presented the reader with a simple, clear cut, and hands on approach to herbalism. The reader is presented with the 3 traditions of healing, scientific, heroic, and wisewoman. After reading this book I decided to get involved in naturopathic medicine and stay clear of the scientific and heroic traditions of healing. Susun Weed has such an approach to her writing, reading the book makes you feel like she is by your side guiding your hand as you prepare your simples. This is truly a book to cherish through out the years.

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