



## 101 Medicinal Herbs

**Steven Foster**

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If there was ever a subject matter with an overabundance of books in print-herbology is it. But author Steven Foster's newest edition is, by far, the best. 101 Medicinal Herbs is an awe-inspiring color guide with only the most basic information necessary used, along with a beautiful picture of each herb.

The alphabetized guide gives the sources, traditional uses and current status of an individual herb on one page and preparations, typical dosages, cautions and what the herb is used for on the adjacent page. Both common and botanical names are given. The introduction gives succinct paragraphs on making teas, infusions, decoctions, and tinctures. There is also a well researched four page cross-reference list on symptoms and conditions, and the appropriate herb to ingest or apply. A bibliography is also included for those wishing to research an individual herb further.

Foster is well known in the field of herbology, with nine prior books to his credit and a frequent writer for several monthly herbal newsletters and magazines. In this current age of people turning to holistic medicine in vast numbers, 101 Medicinal Herbs would be ONE reference book I would prescribe for everyone. And at \$19.95 for a softcover encyclopedia-it's a bargain.

NANCY TAMBURELLO (January / February 1999)

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