

Herbal Pharmacy: The Science and Magic of Preparing and Administering Plant Medicine

Betsy Bancroft

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Industry veteran Betsy Bancroft's *Herbal Pharmacy* is a comprehensive, accessible guide to understanding, crafting, and utilizing plant medicine for human health and well-being.

Accessible to both professional herbalists and healers and beginners in the field, this book includes clear definitions and detailed instructions for sourcing, preparing, and administering herbal medicines. Alongside preparation tips for common herbs including fennel, peppermint, and yarrow come healthy recipes for herbal coffees, teas, and treats including Cherry, Vanilla, and Ginger Cordial; Rosemary Infused Honey; and herbal truffles.

The book's tone is warm and friendly, but it also takes a reverent, respectful attitude to all aspects of herbal craft, from the way plants are sourced and prepared to methods for calculating correct dosages and the length of treatment required for different conditions and ages. Tips for storing extracts and herbs and caring for the various implements used are included alongside considerations of the well-being of herbalists themselves. Indeed, the book suggests ways to make work processes safe, comfortable, and efficient, drawing attention to small, often overlooked details like posture while working and workspace arrangement.

Esoteric practices bring a touch of magic to this practical text. Going beyond mere respect for nature, it treats plants as friends and allies and reveals how the effects of herbal medicine can be amplified by engaging in rituals and working in conjunction with astrological cycles and the principles of alchemy. Charts are included for keeping essential information, including business and client records, organized and handy.

Herbal Pharmacy brings science and a touch of magic to this comprehensive, detailed guidebook to crafting natural, effective plant medicines to benefit body, mind, and spirit.

KRISTINE MORRIS (May / June 2026)

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