



The Practice of Traditional Western Herbalism: Basic Doctrine, Energetics, and Classification

Matthew Wood

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The Practice of Traditional Western Herbalism places the function of western herbs in their true historical context, apart from homeopathy, traditional Chinese medicine, and Ayurveda. Recently there has been a revival of interest in western herbalism, but practitioners haven't been able to explore its benefits due to a void of information on the topic—the system of medicine the herbs fit into had all but disappeared. To remedy the situation, herbalist Matthew Wood has researched the old-time practices and reconstructed them for modern use. In resuscitating western herbal medicine and bringing it up to date, he gives his readers a powerful tool for holistic theory and treatment. Wood makes the point that plant medicines, because they are made from a broad range of chemical components, are naturally suited for the treatment of general patterns in the body. He argues against the biomedical model of standardization, in which herbs are refined and advertised as if they were drugs suited to an exact disease or condition.

The Practice of Traditional Western Herbalism: Basic Doctrine, Energetics, and Classification Details

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Lily says

This book is an excellent primer on western herbalism. The first half of the book is very historical. Looking at various stages in the history of western herbalism (and comparing to eastern herbalism) to offer a usable system for today. The second half goes through the different tissue states and discusses (in depth) herbs that are particularly good treatments.

This book is the best herbalism book I have seen so far. Matthew Wood has a great respect for the plants and their mystery. I recommend to people interested in herbs and a holistic/natural approach to healing.

Katie says

less steeped in practices that aren't his to claim, so I can dig it a little more. real easy slip into "OUR white western herbalism," though. claim you, boo. your readers are who they are.

Janine says

An excellent book from an excellent author.

Not much more I can say to be honest than if you are into herbalism, get this textbook

ryn says

an essential read for any herbalist, lucid and engaging. Wood presents the energetic system underlying the herbal tradition of the Western world, from its origins and history to its practical use in assessment and intervention. clarifying, illuminating, and immediately useful, the concepts and connections offered here open a new dimension in the practice of the green arts.

Wysteria says

Very helpful for energetic understanding.

Amanda Klenner-labrow says

It is a great read and a wonderful way to work energetics into western herbalism. He draws a lot from eclectic physicians and historical texts and it is a bit dense to read, but well worth it.

Lily says

Excellent, cannot recommend it enough to serious students and practitioners!

Janine says

This book is a must have in all herbalists collections
