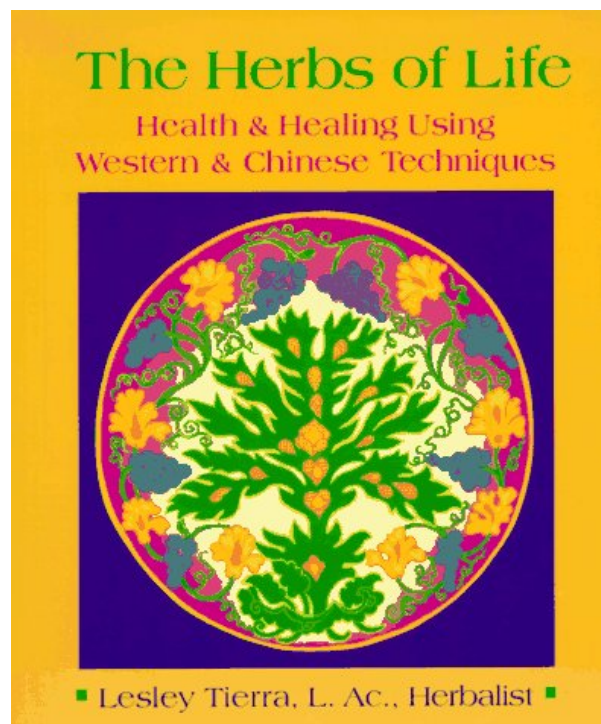


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The Herbs of Life

Health & Healing Using
Western & Chinese Techniques



■ Lesley Tierra, L. Ac., Herbalist ■

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An American acupuncturist/herbalist's guide to the use of Eastern and Western herbal preparations, this book treats herbal healing, traditional Chinese views of herbal and food "energy," how to make various herbal remedies from teas to suppositories, how to grow or buy herbs, and additional recommendations for healthy living. Directions are especially clear and there are good bibliography and resource guides. Tierra's New Age slant won't appeal to everyone, but her book is a nicely done addition to the popular literature. Recommended for public libraries with subject demand.

- Judith Eannarino, Washington, D.C.

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From Library Journal

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Most helpful customer reviews

18 of 18 people found the following review helpful.

Excellent coverage of holistic herbology.

By A Customer

This excellent book will help people seeking detailed information on the properties and uses of herbs, as well as those who want to know what holistic healing means. Importantly, the author's holistic approach to herbalism avoids the common method of recommending specific herbs for whatever symptoms present, called the "this for that" approach in the book's foreword. Instead, she emphasizes that the underlying cause of the symptom must be treated. Every element in a person's condition should be evaluated and all aspects of an herb's energy considered, before the herb is matched to the condition.

She writes: "Traditional cultures which use herbs according to a theoretical system use herbs energetically. Chinese, East Indian Ayurvedic, Tibetan, Middle Eastern Unani and Native American Cherokee medicines are all founded on an energetic basis, although each system is different. To use herbs energetically, we look beyond the symptoms of the disease to alleviating the underlying imbalance which caused the disease. This

cause varies according to each individual because all aspects of a person are taken into account, not just the disease itself."

In fact, Tierra looks beyond herbology in her holistic approach and notes what she considers five essential factors in the healing process: breathing exercises and contemplation; physical exercise; proper diet; appropriate lifestyle habits; and natural medicines. The book is divided into three parts, showing how to use herbs for health and healing, how to regain and maintain health, and how to obtain and make your own healing tools. She's also included a valuable bibliography, herbal resource guide, and a short piece written by her husband Michael Tierra on how her classification of yin and yang energy differs from that of macrobiotics as espoused by George Ohsawa.

Tierra's coverage of the energy of herbs and the energy of illness is one of the best I've found, and her success in explaining these concepts may lie in her straightforward, practical presentation which includes helpful charts and illustrations. Her theories are based on Traditional Chinese Medicine, simplified to a point but still comprehensive.

7 of 7 people found the following review helpful.

Excellent for beginners and for Chinese Herbal practitioners

By wolf@mhv.net

An extremely useful book which allows beginners to appreciate the finer points of Chinese herbs and gives the experienced Chinese herbalist an opportunity to review his or her understanding about Chinese herbs. Very well written and well organized, I recommend this book to everyone.

4 of 4 people found the following review helpful.

A well rounded book about how to take care of yourself

By A Customer

This book is a treasure of information. This book tells of the energy of illness, home remedies and therapies, learning to live with the seasons, the energy of food, the energy of herbs, the harvesting, preparing and storing herbs, herbal preparations, how to shop for herbs, how to prepare a medicine kit, the symptoms of illness and their remedies, tips for mothers and children. The book is loaded with information. Another good book, by the same author is "Healing with Chinese Herbs."

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