

Here is a list of resources that may be useful to you during the course of our studies. Some of these materials will be required reading and will be included on the course objectives and assignments handout.

### Important Tips

The websites I have listed on this bibliography are the only ones I accept as citations on your homework. If you think I am missing something, let me know.

Organize your research from the start. We will run through how to set up a Zotero account and how to use it the first day of class.

Look at the DVD provided with your course material before purchasing anything and ask me about the school's digital loaning library.

### Interaction References

**You are required to have one reference text in which you can research drug interactions. I have highlighted my preference in blue ultimately that is up to you.**

Brinker, F., 2010. Herbal Contraindications and Drug Interactions: Plus Herbal Adjuncts with Medicines, 4th Edition. Eclectic Medical Publications.

Fleming, Thomas (Ed.), 2007. PDR for Herbal Medicines, 4th ed. Thomson.

Gardner, Z., McGuffin, M., 2013. [American Herbal Products Association's Botanical Safety Handbook, Second Edition](#). CRC Press, Boca Raton, FL. *Note: The e-book is updated frequently and probably a better deal.*

Mills, S., Bone, K., 2005. The Essential Guide to Herbal Safety. Elsevier Health Sciences, St. Louis, MO. *Note: I add this one cautiously as it is used by many naturopathic physicians but in my opinion too old to be relevant.*

Natural Standard Database

### Regionally Appropriate Field Guides

Alfs, M., 2001. Edible & Medicinal Wild Plants of Minnesota & Wisconsin. Old Theology Book House.

Foster, S., Duke, J.A., 2000. A Field Guide to Medicinal Plants and Herbs of Eastern and Central North America. Houghton Mifflin Harcourt.

Newcomb, L., 1989. Newcomb's Wildflower Guide. Little, Brown.

Rose, L.M., 2015. Midwest Foraging: 115 Wild and Flavorful Edibles from Burdock to Wild Peach. Timber Press, Portland, OR.

Runkel, S.T., Bull, A.F., 2009. Wildflowers of Iowa Woodlands. University of Iowa Press, Iowa City.

Runkel, S.T., Roosa, D.M., 2009. Wildflowers of the Tallgrass Prairie: The Upper Midwest. University of Iowa Press, Iowa City.

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Thayer, S., 2006. *The Forager's Harvest: A Guide to Identifying, Harvesting, and Preparing Edible Wild Plants*. Forager's Harvest.

## Biomedical Herbalism

- Blumenthal, M., Council, A.B., (Germany), 1998. *Therapeutic Guide to Herbal Medicines*. American Botanical Council.
- Conway, P., 2010. *The Consultation in Phytotherapy: The Herbal Practitioner's Approach to the Patient*. Elsevier Health Sciences, Philadelphia, PA.
- Ebadi, Manuschair, 2007. *Pharmacodynamic Basis of Herbal Medicine, Second Edition, 2nd ed.* CRC Taylor & Francis, New York.
- Galvin, K., Bishop, M., 2011. *Case Studies for Complementary Therapists: a collaborative approach*. Elsevier Health Sciences, Philadelphia.
- Ganora, L. *Herbal Constituents: Foundations of Phytochemistry : a Holistic Approach for Students and Practitioners of Botanical Medicine*, 2009. Herbalchem Press.
- Heinrich, M., Barnes, J., Gibbons, S., Williamson, E.M., 2012. *Fundamentals of Pharmacognosy and Phytotherapy*. Churchill Livingstone Elsevier, London.
- Hoffmann, D., 2003. *Medical Herbalism: The Science and Practice of Herbal Medicine*. Rochester, VT, Healing Arts Press.
- Lewith, G.T., Jonas, W.B., Walach, H. (Eds.), 2010. *Clinical Research in Complementary Therapies: Principles, Problems and Solutions*. Elsevier Health Sciences, Philadelphia.
- Mills, S., Bone, K., 2013. *Principles and Practice of Phytotherapy: Modern Herbal Medicine, 2nd ed.* Churchill Livingstone Elsevier, Edinburgh, Scotland.
- Romm, A.J., 2010. *Botanical Medicine for Women's Health*. Churchill Livingstone/Elsevier, St. Louis, MO.
- Stux, G., Hammerschlag, R., Pomeranz, B., 2001. *Clinical Acupuncture: Scientific Basis*. Springer Berlin Heidelberg, Berlin, Germany.
- Upton, R., Graff, A., Jolliffe, G., Länger, R., Williamson, E., 2011. *American Herbal Pharmacopoeia: Botanical Pharmacognosy - Microscopic Characterization of Botanical Medicines*. Taylor & Francis.
- Wisneski, L.A., Anderson, L., 2009. *The Scientific Basis of Integrative Medicine, Second Edition, 2nd ed.* CRC Press Taylor & Francis, Boca Raton, FL.
- Yance, D.R., 2013. *Adaptogens in Medical Herbalism: Elite Herbs and Natural Compounds for Mastering Stress, Aging, and Chronic Disease*. Healing Arts Press. Rochester, VT.
- Yarnell, E., Abascal, K., Rountree, B., 2009. *Clinical Botanical Medicine*. Mary Ann Liebert, New Rochelle.

## Plant Healer Resources

Abbe, Elfriede, 1981. *The Fern Herbal including the Ferns, the Horsetails and the Club Mosses*. Cornell University Press, Ithaca.

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- Allison, N., 1999. *The Illustrated Encyclopedia of Body-mind Disciplines*. Taylor & Francis.
- Bairacli-Levy, J. de B., 1994. *Traveler's Joy*. Ash Tree Publishing, Woodstock, NY.
- Bairacli-Levy, J., 1996. *Nature's Children*. Ash Tree Publishing, Woodstock, NY.
- Bairacli-Levy, J.D. 1997. *Common Herbs for Natural Health*. Ash Tree Publishing.
- Coffman, S., 2014. *The Herbal Medic*. Herbal Medics, San Antonio, TX.
- Easley, Thomas, Horne, Steven, 2014. *Modern Herbal Medicine*. School of Modern Herbal Medicine, St. George, UT.
- Flint, Margi, 2010. *The Practicing Herbalist: Meeting With Clients ~ Reading the Body*, 2nd ed. Earthsong Herbals, Marblehead, MA.
- Hardin, J. Rose, K., 2014. *The Plant Healer's Path*. Createspace Independent Pub, Reserve, NM.
- Hardin, J., Rose, K., Bergner, P., 2015. *A Treasury of Herbal Wisdom: Vital Knowledge & Essential Skills*. Createspace Independent Pub. Reserve, NM.
- Hardin, J., Rose, K., Bergner, P., 2015. *A Treasury of Herbal Wisdom: Vital Knowledge & Essential Skills*. Createspace Independent Pub. Reserve, NM.
- Kress, H., 2013. *Practical Herbs*. Yrtit Ja Yrttiterapia Henriette Kress.
- Kuhn, M.A., Winston, D., 2008. *Winston & Kuhn's Herbal Therapy & Supplements: A Scientific & Traditional Approach*, 2nd ed. Lippincott Williams & Wilkins, Philadelphia, PA.
- Maciocia, G., 1994. *The Practice of Chinese Medicine: The Treatment of Diseases with Acupuncture and Chinese Herbs*. Churchill Livingstone, London.
- Masé, Guido, 2013. *The Wild Medicine Solution: Healing with Aromatic, Bitter, and Tonic Plants*. Rochester, Healing Arts Press, Rochester, VT.
- mcdonald, jim, 2011. *herbs, vitalism & holistic immunity* [digital recording]. White Lake, Michigan.
- mcdonald, jim, 2014. *foundational herbcraft part 1*.
- mcdonald, jim, Donahue, Sean, 2012. *green relations...herbal allies for the heart mind and spirit*. [digital recording] White Lake, Michigan.
- Priest, A.W., Priest, L.R., 1983. *Herbal Medication: A Clinical and Dispensary Handbook*. L.N. Fowler.
- Sams, T., 2015. *Healing Herbs: A Beginner's Guide to Identifying, Foraging, and Using Medicinal Plants / More Than 100 Remedies from 20 of the Most Healing Plants*. Fair Winds Press, Beverly, MA.
- Wood, M., 2004. *The Practice of Traditional Western Herbalism: Basic Doctrine, Energetics, and Classification*. North Atlantic Books, Berkeley.
- Wood, M., 2011. *The Earthwise Herbal: A Complete Guide to New World Medicinal Plants*. North Atlantic Books.
- Wood, M., 2011. *The Earthwise Herbal: A Complete Guide to Old World Medicinal Plants*. North Atlantic Books.
- Winston, D., Maimes, S., 2007. *Adaptogens: Herbs for Strength, Stamina, and Stress Relief*. Healing Arts Press, Rochester, VT.

## Nutrition & Herbs

- Bergner, P., 1997. *Healing Power of Minerals, Special Nutrients, and Trace Elements*. Prima Pub. Roseville, CA.

Caldecott, Todd, 2012. Food as Medicine. Caldecott, Vancouver.

Kastner, J., 2004. Chinese Nutrition Therapy: Dietetics in Traditional Chinese Medicine (TCM), 2nd ed. Thieme, Wessling.

Pedersen, M., 1998. Nutritional Herbology: A Reference Guide to Herbs. Wendell W. Whitman Company, Warsaw, IN.

Gagné, S., 2008. Food Energetics: The Spiritual, Emotional, and Nutritional Power of What We Eat. Healing Arts Press, Rochester, VT.

## Receipt Books Historical

Blencowe, Ann, 1925. The Receipt Book of Mrs. Ann Blencowe A.D. 1694 [1972 Reprint], The Adelphi, Guy Chapman, London.

Lawson, William, 1617. The Country Housewife's Garden [1983 Reprint]. Breslich & Foss, London.

### [Wellcome Library Receipt Book Collection](#)

Digby, K., 1669. The Closet of Sir Kenelm Digby Knight Opened. H. Brome, London.

Anonymous, n.d. The New England Cook Book, or Young Housekeeper's Guide Being a Collection of the Most Valuable Receipts; Embracing all the Various Branches of Cookery, and Written in a Minute and Methodical Manner.

## Historical References/Ethnobotany

Allen, D.E., Hatfield, G., 2004. Medicinal Plants in Folk Tradition: An Ethnobotany of Britain & Ireland. Portland: Timber Press.

Balick, M.J., Cox, P.A., 1997. Plants, People, and Culture: The Science of Ethnobotany. Scientific American Library.

Beith, M., 2004. Healing Threads: Traditional Medicines of the Highlands and Islands. Birlinn.

Bingen, H.V., 2001. Hildegard's Healing Plants: From Her Medieval Classic Physica. Beacon Press, Boston.

Culpeper, Nicholas, 1652. The English physician: OR AN Astrologo-physical discourse of the vulgar herbs of this nation. Commonwealth of England, London.

Dioscorides, 60AD. De materia medica. - five books in one volume: A new English translation. IBIDIS Press, Johannesburg.

Hippocrates, 1822. The Aphorisms of Hippocrates: With a Translation Into Latin and English. A. J. Valpy, London.

Galen, 1952. On the Natural Faculties, in: Hippocratic Writings and on the Natural Faculties by Galen, Great Books of the Western World. Encyclopedia Britannica Inc., Chicago.

- Gerard, John, 1633. *The Herbal Or General History of Plants* [1975 Reprint]. Dover Publ., New York, NY.
- Green, M.H., 2010. *The Trotula: An English Translation of the Medieval Compendium of Women's Medicine*. University of Pennsylvania Press, Philadelphia, PA.
- Grossinger, R., Upledger, J.E., 2013. *Planet Medicine: Origins, Revised Edition: Origins*, [Kindle Edition]. North Atlantic Books.
- Hatfield, G., 1994. *Country Remedies: Traditional East Anglian Plant Remedies in the Twentieth Century*. The Boydell Press, Woodbridge.
- Hatfield, G., 1999. *Memory, Wisdom and Healing: The History of Domestic Plant Medicine*. Sutton Publishing Ltd., Gloucestershire.
- Hatfield, G., 2004. *Encyclopedia of Folk Medicine: Old World and New World Traditions*. ABC-CLIO, CA.
- Hill, Thomas, 1577. *The Gardener's Labyrinth*. Oxford University Press, Oxford, England.
- Logan, P., 1999. *Irish Folk Medicine*. Appletree Press.
- McClellan, S. (Ed.), 2010. *Folk Healing and Health Care Practices in Britain and Ireland: Stethoscopes, Wands, and Crystals*. Berghahn Books, Oxford, England.
- McMahon, K., Levetin, E., 2011. *Plants and Society*. McGraw-Hill Education.
- Pollington, S., 2008. *Leechcraft: Early English Charms, Plant Lore, and Healing*. Anglo-Saxon Books, Cambridgeshire.
- Rohde, Eleanor, 1922. *A Garden of Herbs* [1969 Reprint]. Dover Publications Inc., New York, NY.
- Rorie, David, 1994. *Folk Tradition and Folk Medicine in Scotland: The Writings of David Rorie*. Canongate Academic.
- Sumner, J., 2004. *American Household Botany: A History of Useful Plants, 1620-1900*. Timber Press, Portland, OR.
- Tobyn, G., Denham, A., Whitelegg, M., 2010. *The Western Herbal Tradition: 2000 years of medicinal plant knowledge*. Churchill Livingstone Elsevier, London.
- Vickery, R., 1995. *A Dictionary of Plant-lore*. Oxford University Press, Oxford, England.

## Post Industrial Herbal Medicine

- Cook, Wm, 1869. *The Physio-medical Dispensatory: A Treatise on Therapeutics, Materia Medica, and Pharmacy, in Accordance with the Principles of Physiological Medication*. Wm. H. Cook, Cincinnati, OH.
- Cook, Wm. H, 1896. *A Compend of the New Materia Medica together with Additional Descriptions of some Old Remedies*. Wm. H. Cook, Chicago, IL.
- Fenner, B., 1888. *Fenner's Complete Formulary*, 6th ed. B. Fenner, Westfield, NY.
- Fyfe, J.W., Scudder, J.M., 1909. *Specific Diagnosis and Specific Medication*, 2nd ed. John K. Scudder, Cincinnati.
- King, J., 1905. *King's American Dispensatory*. Volumes I and II Ohio Valley Company, Cincinnati, OH.
- Scudder, John, 1892. *Eclectic Medical Journal*. John M. Scudder & Sons, Cincinnati, OH.

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Thomson, S., 1832. A Narrative of the Life and Medical Discoveries of Samuel Thomson. Pike, Platt & Co. Agents, Columbus, OH.

## Ecological and Social Medicine

Cultural Safety; Experiences of colonization and racism as they relate to health and healthcare.

[Module One](#)

[Module Two](#)

[Module Three](#)

Scott, T.L., 2010. Invasive Plant Medicine: The Ecological Benefits and Healing Abilities of Invasives. Healing Arts Press, Rochester, VT.

Ausubel, K., Harpignies, J.P., 2004. Ecological Medicine: Healing the Earth, Healing Ourselves. Sierra Club Books.

Farmer, P., 2001. Infections and Inequalities: The Modern Plagues. University of California Press.

Miller, D., 2013. Farmacology: Total Health from the Ground Up. Harper Collins.

Wilkinson, R., Pickett, K., 2010. The Spirit Level: Why Greater Equality Makes Societies Stronger. Bloomsbury Publishing USA.

Ehrenreich, B., English, D., 2013. For Her Own Good: Two Centuries of the Experts Advice to Women. Knopf Doubleday Publishing Group.

## Professional Journals

**When referencing journal articles, you cannot give me science direct links or pub med links as references. You must cite the original publication. There are a lot of tricks for getting around paywalls. Use Google Scholar for searches and look around on Scribd and Research Gate for your titles.**

[Asian Journal of Traditional Medicines](#)

[Economic Botany](#)

[BMC Complementary and Alternative Medicine](#)

[Ethnobotany Research & Applications](#)

[Journal of Ethnobiology and Ethnomedicine](#)

[Journal of Ethnopharmacology](#)

[Fitoterapia](#)

[Herbal Gram American Botanical Council](#)

[Journal of Alternative and Complementary Medicine](#)

[Journal of Herbal Medicine](#) – Official journal of the National Institute of Medical Herbalists (UK)

[Journal of Medicinal Plant Research](#)

[Journal of Medicinal Plants Research](#)

[Journal of Natural Products](#)

[Journal of the American Herbalist Guild](#)

[Medical Herbalism Back Issues](#)

[Pharmacognosy Research](#)

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[Phytochemistry](#)  
[Phytomedicine](#)  
[Phytotherapy Research](#)  
[Planta Medica](#)

## Practitioner Websites

Many of these are blogs of practicing herbalists of my acquaintance. I think reading articles by other practitioners helps ground you in your practice.

[A Radicle](#) – Guido Masé

[Crockpots and Cauldrons](#) - Rebecca Altman

[Dr. Duke's Phytochemical and Ethnobotanical Databases](#) – Dr. Jim Duke

[Fellow Workers Farm Collective](#) -Traci Picard

[Gold Roots and Threads](#) - Renée Adele

[Green Man's Ramblings](#) – Sean Donahue

[Herbal Roots Zine](#) – Kristine Brown

[Herbcraft.org](#) – Jim McDonald

[Larken Bunce: Herbalist, Teacher, Photographer](#)

[Medicine Woman's Roots](#) - Kiva Rose

[Missouri Herbs](#) - Jamie Jackson

[Native American Ethnobotany](#) – Dan Moerman - University of Michigan

[NCCIH Research Blog](#) – National Center for Complementary and Integrative Health

[Northeast School of Botanical Medicine](#) – 7Song

[Numen Blog](#) – Ann Armbrrecht

[OncoHerb blog](#) – Johnathan Treasure

[Sunnyfield Herb Farm](#) - Matthew Wood

[The Cech Research Group UNC](#)

[The Family Herbalist](#) – Natalie Vickery

[The Human Path](#) – Sam Coffman

[This is Anarcho Herbalism: Thoughts on Health and Healing for the Revolution](#) - Laurel Luddite

[Traditional Roots Institute](#) – Dr. Orna Izakson

## Health Reference

[National Center for Complementary and Integrative Health](#)

[Lab Tests Online](#)

[MedFacts Natural Products \(Professional\)](#)

[Merck Manual \(Professional\)](#)

[Practical Clinical Skills](#)

## Additional Training Opportunities

[David Winston's Center for Herbal Studies.](#) – Offers an online version of his two year training program which includes a weekly live webcast. Next start date is September 2014.

[Dogwood School of Botanical Medicine](#) - Todd Caldecott's Inside Ayurveda program is a complete introduction to Ayurveda for western clinical herbalists.

[Sylvan Institute of Botanical Medicine](#) - Mission is to advance into the future those professions that include clinical botanical medicine as a modality. Especially useful for those interested in Chinese Medicine, but I highly recommend the Gastroenterology Course taught by Dr. Eric Yarnell and Herbal Constituents taught by Lisa Ganora to students of all herbal modalities.

[North American Institute of Medical Herbalism](#) - Paul Bergner's series of recorded courses which have been approved by the Colorado Department of Higher Education to be offered for Continuing Education credit. The Insulin Resistance course and Systemic Inflammation classes are almost a must for clinical practitioners working with today's modern diseases.

[One World Healing Community Webinars](#) - The educational offerings of Mimi Hernandez, President of the American Herbalist Guild. Various instructors including: Mimi and Paul Bergner.

Several prominent herbalist offer short-term intensives or trips for the purposes of herbal education or hands-on clinical training.

[Clinical Training in Nicaragua](#) – 7Song, Paul Bergner, Tania Neubauer ND

[Plants in France](#) – Rosalee de la Foret

[Sacred Earth Medicine Retreats](#) – Darcey Blue

[Reading the Body Intensives](#) – Margi Flint

[Rainbow Gathering Medic Training](#) – 7Song has organized the medic tent for the Gathering for many years now and they are frequently in need of volunteers. Contact him for more information.



## Conferences and Recordings

[Backcountry Recording](#) - Markets recordings of various holistic health conferences held round the country including the Midwest Women's Herbal Conference.

[Herbal Educational Services](#) - Another recording company. Offerings can be searched by topic.

[Tree Farm](#) This company has all the old Frontier HerbFest Recordings as wells as the most recent International Herb Symposium Proceedings.

### Midwest

[Midwest Women's Herbal Conference](#)

[MidAmerica Symposium](#)

[Midwest Herbfest](#)

[United Plant Savers Planting the Future](#)

### Eastern

[Green Nations Conference](#)

[New England Women's Herbal Conference](#)

### Southwest

[Traditions in Western Herbalism Conference](#)

### Location Varies

[Rad Herb](#)

[American Herbalist Guild Symposium](#)

[International Herb Symposium](#)

## Professional Associations

[American Herbalist Guild](#) – Professional association for practicing clinical herbalists. Student membership allows you free access to several years of AHG conference recordings as well as AHG webinars and JAHG archives. I highly encourage my students to join.

[American Botanical Council](#) - Mission: Provide education using science-based and traditional information to promote responsible use of herbal medicine.

[American Herbal Pharmacopoeia](#) – Organization produces high quality botanical monographs and texts for clinical and industry use.