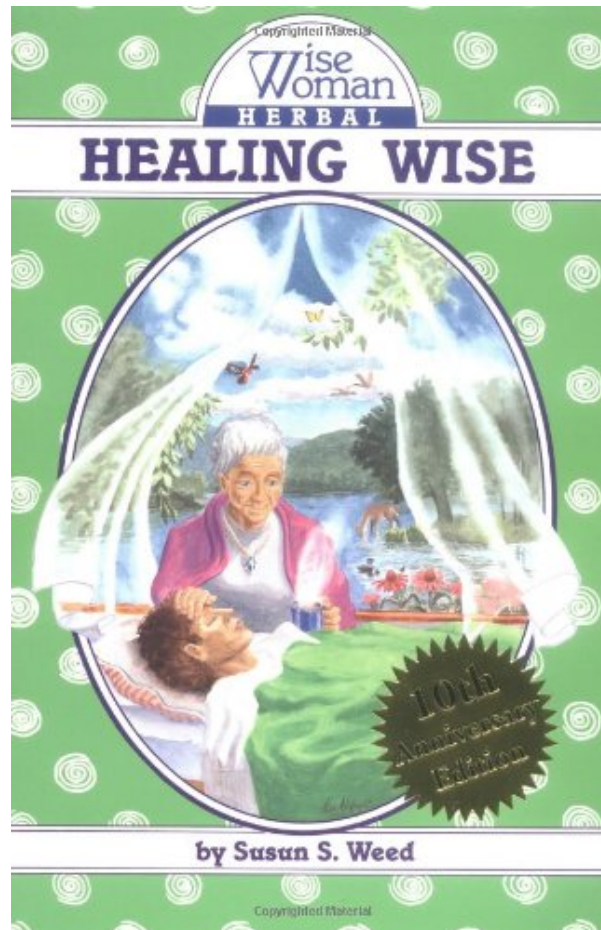
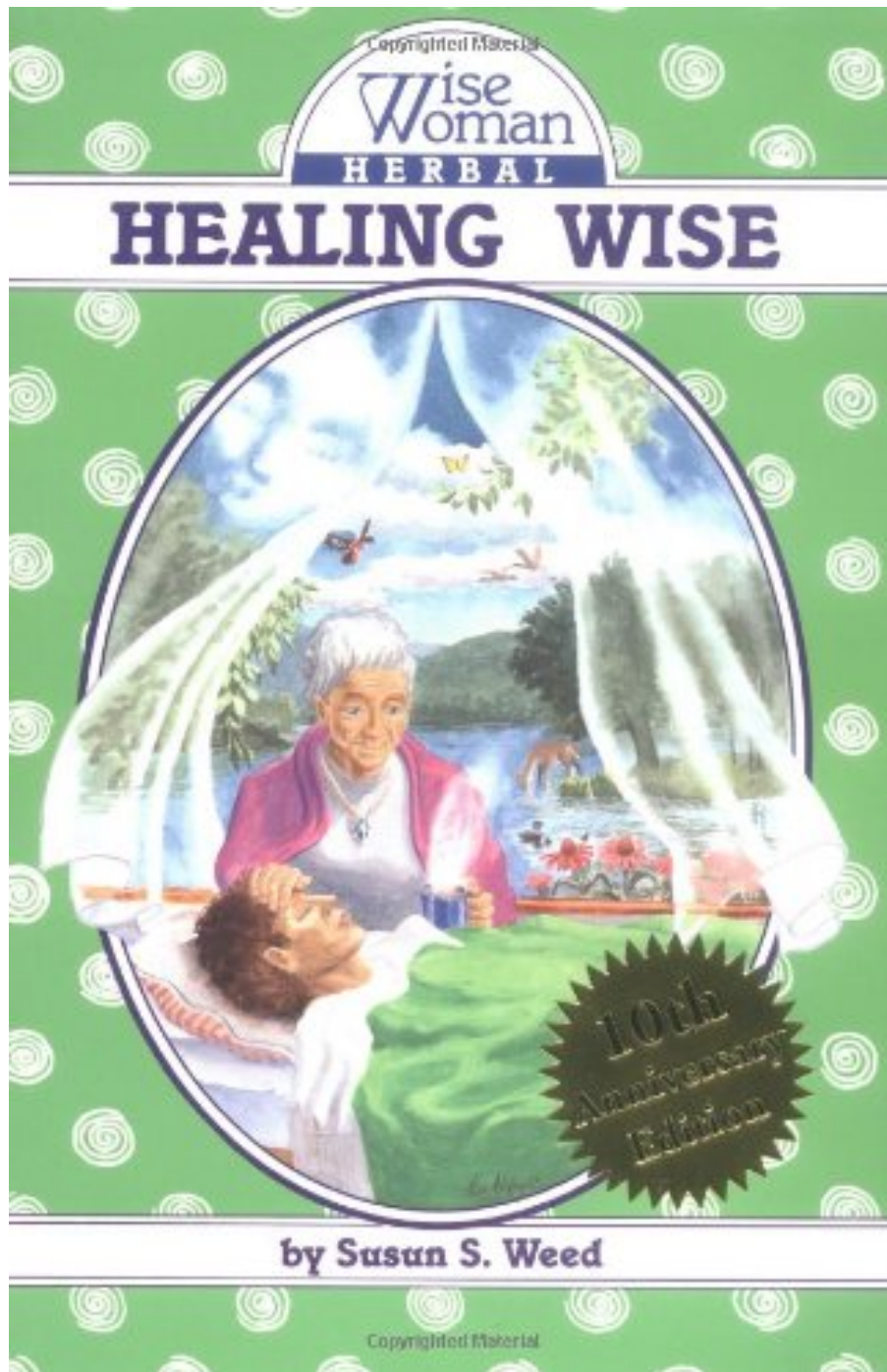


HEALING WISE (WISE WOMAN HERBAL) BY SUSUN S. WEED



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Review

The Wise Woman tradition is the way of nourishment and sustenance, rather than of "fixing" and "curing." With that in mind, Susun Weed introduces us to seven herbs and encourages us to get to know these Green Allies by spending time with them. Food and medicine recipes are given for each herb, as well as fun facts and literary references. Susun also includes detailed instructions for making herbal preparations such as infusions, tinctures, oils and poultices. Her knowledge of herbs is quite evident, as is her commitment to the Wise Woman way of life. Even though only seven herbs are presented here, I felt like I gained more usable information from Healing Wise than I have from any of the encyclopedic herbals I own. -- From The WomanSource Catalog & Review: Tools for Connecting the Community for Women; review by FGP

About the Author

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HEALING WISE (WISE WOMAN HERBAL) BY SUSUN S. WEED PDF

Healing Wise sets forth the foundations of the Wise Woman Tradition, contrasting them with the Heroic and Scientific views of healing. "Weeds draw us into ancient wisdom in a clear and refreshing way," says herbalist Rosemary Gladstar.

I see the Wise Woman. She carries a blanket of compassion. She wears a robe of wisdom. From her shoulders, a mantle of power flows. She ties the threads of our lives together. I see the Wise Woman. And she sees me.

Seven herbs -- burdock, chickweed, dandelion, nettle, oatstraw, seaweed, and violet -- are explored in depth. Each monograph includes the "voice" of the herb, a weed walk to encounter the herb in its environment, detailed instructions for harvesting and preparation, properties and uses for every part of the herb, pertinent facts, fun folklore, and recipes for gourmet foodstuffs, wines, beers, cosmetics, and more.

(Susun Weed)

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Features

- HEALING WISE

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Most helpful customer reviews

55 of 57 people found the following review helpful.

Full of information and fun. Susan Weed is great!

By C. F. Kennison

This creative herbal healing guide will teach herbalists of all levels. Susan Weed gently offers information about three traditional ways of healing along with insightful aspects of each. She goes on to explain that the *Wise Woman Traditions* are nourishing and simple, easy approach to healing.

Later, in the book, Weed shares her knowledge of alternative healing with seven common, abundant herbs. She teaches in an entertaining way the nutrients contained in each, the effect they have on the body, and a variety of ways to prepare and use them. Weed offers her knowledge in such a fashion that the reader suddenly realizes they are refreshed. It's almost as if they just visited an earthy scented forest or a butterfly filled, grass-waving field.

To add further to the good feelings this guide presents Toni Bernhard sprinkles charming illustrations throughout the book and Alan McKnight a watercolor book-cover along with delightful calligraphic plant names. Susan Weed follows through with her belief that healing comes first by nourishment. She feeds reader's souls with the way she writes. One cannot help but relax and have fun reading and using this book.

44 of 45 people found the following review helpful.

Healing Wise is in my top five herbal texts...

By A Customer

Written simply and effectively, *Healing Wise* is one of the very best herbal texts I have come across. Weed's emphasis on a small number of herbs having the ability to do a great many things is important--it is a "back to basics" approach, one that I feel is essential in this day of "more, better, best".

Though I utilize many other herbals, *Healing Wise* is the book I usually grab first. Thank you Ms. Weed for

opening my eyes (and heart) a little wider to the world around me, I am grateful.

29 of 29 people found the following review helpful.

Excellent Grass Roots Reference

By IvoryWitch

Susun Weed is the BOMB. I especially appreciated the quick response to the questions I posted at the website when I used her recipes for making tinctures. There is something to be said for her stance on no licensing for herbalists. She holds no certifications having had her education in herbalism in a life long pursuit of the path. I would trust her word over a certified herbalist any day simply because she practices and lives by what she writes about. A wonderful resource for those of us growing older. I am ten years post hysterectomy and the ovaries are starting to fluctuate. The tinctures that she profiles in this book went a long way to addressing the specific complaints I was having without having to go look for 'menopause' formulas. Supplementing the things your body needs as its ability to produce them naturally declines will go a long way towards easing the transition into Cronehood.

Buy the book, it's wonderfully informative AND entertaining. Get all her other books while you're at it!

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