



# **A Handbook of Native American Herbs (Healing Arts)**

*Alma R. Hutchens*

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## **A Handbook of Native American Herbs (Healing Arts)** Alma R. Hutchens

This authoritative guide—based on the author's classic reference work, *Indian Herbalogy of North America*—is a portable illustrated companion for the professional and amateur herbalist alike. It provides detailed descriptions of 125 of the most useful medicinal plants commonly found in North America, along with directions for a range of uses, remedies for common ailments, and notes on the herbal traditions of other lands. Entries include staples of folk medicine such as echinacea and slippery elm as well as common kitchen herbs—such as parsley, thyme, and pepper—whose tonic and healing properties are less widely known.

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