



# Herbal Medicine from the Heart of the Earth

By Sharol Tilgner

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## Herbal Medicine from the Heart of the Earth By Sharol Tilgner

A complete handbook for the herbal practitioner. Paul Bergner said it succinctly when he wrote, This book is broad enough in scope that it contains within it enough material for three books. Herbal Medicine from the Heart of the Earth contains the most up-to-date, detailed information on 190 valuable herbs including, dosage, specific indications, general uses, active constituents, and contraindications. Compound formulations are listed for all the most common ailments as well as some uncommon ailments. They are organized by body systems to make them easier to learn. Another helpful tool is the charts that are used in the book. For those new to herbal terminology, definitions of the words specific to herbal medicine are found in the Properties & Actions section of the book. However, that is not all. Following the easy to understand definitions are listings of all the individual herbs with that property or action. There is a helpful section on collecting, drying and storing herbs with a chart on harvesting and preparation. Additionally for the do it yourself person, there is an extensive chapter on making herbal preparations. Surprisingly detailed information is given for making tinctures, elixirs, suppositories, compresses, capsules, gruels, glycerites, oils, poultices and salves. The author who once owned an herbal manufacturing company gives all the details necessary to make your own products. This one book will give you important information you need to know about harvesting, storage, preparation of herbal products, preparation of formulas, and clinical use of the most valuable herbs known to practitioners. The greatest value of Herbal Medicine from the Heart of the Earth is that it will become a trusted reference book. It will quickly become your most trusted herbal source of information.

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## **Herbal Medicine from the Heart of the Earth By Sharol Tilgner Bibliography**

- Sales Rank: #67280 in Books
- Published on: 2009-03-01
- Number of items: 1
- Binding: Paperback
- 439 pages

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## **Editorial Review**

### **Review**

A wonderful guide for those new to herbs as well as an excellent formulary for those already skilled in herbalism. Sharol Tilgner has combined her triple skills of healing, farming and medicine making in her unique work with the plants. --Rosemary Gladstar, author of Medicinal Herbs

Dr. Tilgner has written an impressive well-researched guide on the use of herbs that professionals and lay people alike will find very practical and informative. --Christiane Northrup M.D., renowned radio show host

This is an important text for the budding herbalist, and a handy reference for the experienced clinician. Dr. Tilgner has done an excellent job of pulling together a large amount of information and making it easy to access. A most valuable and useful addition to anyone's herbal library. --Jillian E. Stansbury N.D.

### **About the Author**

Dr. Sharol Marie Tilgner is an herbalist, physician and farmer. Dr. Tilgner's past includes founding Wise Woman Herbals Inc., owner of Wise Acres Farm in Pleasant Hill, Oregon where she hosted the NW Herb Fest, director of the Portland Naturopathic Clinic pharmacy, molding an old cattle ranch into an organic herb farm that is now called Shalimar Gardens, host of the Pacific NW Herb Fest in Portland Oregon, editor of Herbal Transitions and associate editor of Medical Herbalism. She has produced 2 herbal videos entitled Edible and Medicinal Herbs, Volume 1, and II which are now free on her website to view. Dr. Tilgner has lectured nationally in the past at medical colleges and conferences across the United States. Currently she acts as an herbal consultant to both physicians and the herbal industry as well as consults with people needing information on Chronic Inflammatory Response Syndrome- due to water damaged buildings. She is currently finishing up a new herb book that will be available in the winter of 2017.

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#### **Dorothy Waddell:**

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**Gloria Wells:**

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