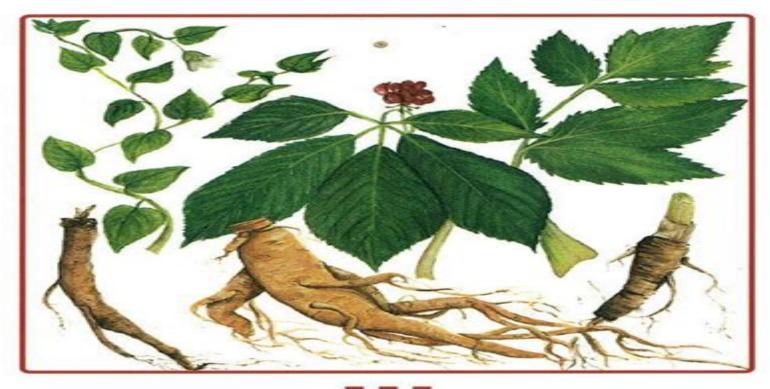
GINSENGS

- A USER'S GUIDE



CHRISTOPHER HOBBS

Ginsengs A Users Guide

Marcus Laux, Melissa Block

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Ancient Roots, Many Branches Darlena L'Orange, Gary Dolowich, 2002 Join us on a fascinating journey across cultures and through time from Mesopotamia to India from China to Egypt to Greece and on to the Americas to discover the ancient roots of human thought concerning health and healing Over the ages dealing with illness has been an essential aspect of culture and people everywhere have come up with unique solutions to this fundamental problem Drawing upon an intimate relationship with a particular environment treatments have evolved that range from herbs and foods to acupuncture needles In this book remedies that can be quite effective for acute conditions will be examined You will also explore models of healing that allow the whole person to be treated while addressing the underlying pattern of dis ease These energetic systems of medicine are especially appropriate in treating chronic illness where focusing on the symptom fails to address the deeper

Adaptogens David Winston, Steven Maimes, 2007-03-22 The definitive guide to adaptogenic herbs formerly known cause as tonics that counter the effects of age and stress on the body Reveals how adaptogens increase the body s resistance to adverse influences Provides a history of the use of these herbal remedies and the actions properties preparation and dosage for each herb We all deal with stress every day and every day our bodies strive to adapt and stay balanced and healthy In Adaptogens authors David Winston and Steven Maimes provide a comprehensive look into adaptogens non toxic herbs such as ginseng eleuthero and licorice that produce a defensive response to stress in our bodies Formerly known as rejuvenating herbs or tonics adaptogens help the body to adapt to the many influences it encounters. They increase stamina and counter the normal effects of aging and thus are becoming important tools in sports medicine and in the prevention and treatment of chronic fatique and other stress related disorders Winston and Maimes present the historical uses of these herbal remedies in India Russia China and the Americas and explain how they work and why they are so effective at combating stress induced illness Monographs for each adaptogen also present the latest scientific research and include the origin traditional use actions properties preparation and dosage for each herb Medicinal Mushrooms Christopher Hobbs, 2002-02-01 This modern handbook for exploring and understanding the rich traditions of healing fungi in Eastern and Western cultures is the most complete work on the cultural health promoting and medicinal uses of mushrooms ever published Author Christopher Hobbs thoroughly documnents and details the nutritional and health benefits of over 100 species of edible fungi **Complete Ginseng Handbook** Jacques MoraMarco, 1998 Authoritative guide to understanding purchasing and using this herbal medicine to enhance both physical and mental performance PC Mag ,2006-11-07 PCMag com is a leading authority on technology delivering Labs based independent reviews of the latest products and services Our expert industry analysis and practical solutions help you make better buying decisions and get more from technology The Bootstrap Guide to Medicinal Herbs in the Garden, Field & Marketplace Lee Sturdivant, Tim Blakley, 1999 A guide to medicinal herb growing and marketing in the U S and Canada **Ginseng Diggers** Luke Manget, 2022-03-08 The harvesting of wild American ginseng panax quinquefolium the gnarled aromatic herb known for its therapeutic and healing properties is deeply established in North America and has played an especially vital role in the southern and central Appalachian Mountains Traded through a trans Pacific network that connected the region to East Asian markets ginseng was but one of several medicinal Appalachian plants that entered international webs of exchange As the production of patent medicines and botanical pharmaceutical products escalated in the mid to late nineteenth century southern Appalachia emerged as the United States most prolific supplier of many species of medicinal plants The region achieved this distinction because of its biodiversity and the persistence of certain common rights that guaranteed widespread access to the forested mountainsides regardless of who owned the land Following the Civil War root digging and herb gathering became one of the most important ways landless families and small farmers earned income from the forest commons This boom influenced class relations

gender roles forest use and outside perceptions of Appalachia and began a widespread renegotiation of common rights that eventually curtailed access to ginseng and other plants Based on extensive research into the business records of mountain entrepreneurs country stores and pharmaceutical companies Ginseng Diggers A History of Root and Herb Gathering in Appalachia is the first book to unearth the unique relationship between the Appalachian region and the global trade in medicinal plants Historian Luke Manget expands our understanding of the gathering commons by exploring how and why Appalachia became the nation s premier purveyor of botanical drugs in the late nineteenth century and how the trade influenced the way residents of the region interacted with each other and the forests around them

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