

### **Materia Medica**

*A Modern Herbal - Volumes 1 & 2* Mrs. M. Grieve

*A Reference Guide to Medicinal Plants* John Grellin and Jane Philpott

*The Book of Herbal Wisdom* Matthew Wood

*Botanical Safety Handbook* American Herbal Products Association (AHPA)

*The Energetics of Western Herbs – Volume 1 & 2* Peter Holmes

*Gerard's Herball* John Gerarde

*Healing Spices* Bharat B. Aggarwal

*King's American Dispensatory - Volumes 1 & 2* Harvey Felter & John Lloyd

*Medicinal Plants of the World* Ben-Erik van Wyk and Michael Wink

*Mind Altering and Poisonous Plants of the World* Ben-Erik van Wyk and Michael Wink

*Spice Apothecary* Bevin Clare

### **Traditional Chinese Medicine and Five Phase Theory**

*Chinese Herbal Patent Formulas* Jake Fratkin, PHD

*Chinese Medicine for Beginners, Use the Power of the Five Elements to Heal the Body and the Soul* Achim Eckert, M.D.

*Chinese Traditional Herbal Medicine: Materia Medica and Herbal Resource: Volume 2* Michael & Lesley Tierra

*Chinese Herbal Medicine Materia Medica* Dan Bensky & Andrew Gamble

*Diagnosis in Traditional Chinese Medicine* Ping Chen, CMD, OMD

*Dragon Rises, Red Bird Flies: Psychology and Chinese Medicine* Leon Hammer, M.D.

*Healing With Whole Foods: Oriental Traditions and Modern Nutrition* Paul Pitchford

*Outline Guide to Chinese Herbal Patent Medicines* Margaret A. Naeser

*The Herbs of Life: Health and Healing Using Western & Chinese Techniques* Lesley Tierra

*The Way of Chinese Herbs* Michael Tierra

*The Web That Has No Weaver: Understanding Chinese Medicine* Ted J. Kaptchuk, OMD

*Traditional Acupuncture: The Law of the Five Elements* Dianne M. Connelly, PHD

*Western Herbs According to Traditional Chinese Medicine: A Practitioners Guide* Thomas Avery Garran

*Western Herbs in Chinese Medicine: Methodology and Materia Medica* Thomas Avery Garran

## **General Reference**

*Adaptogens in Medical Herbalism* Donald R. Yance

*Alchemy of Herbs: Transform Everyday Ingredients into Foods & Remedies that Heal* Rosalie De La Foret

*Differential Diagnosis of Common Complaints* Robert Seller and Andrew Symons

*Herbal Contraindications & Drug Interactions, Plus Herbal Adjuncts with Medicines-Expanded Fourth Edition* Francis Brinker

*Herbal Medicine from the Heart of the Earth* Dr. Sharol Marie Tilgner

*Modern Herbal Medicine* Steven Horne and Thomas Easley

*Staying Healthy With Nutrition* Elson M. Haas M.D.

## **Women's Health**

*Botanical Medicine for Women's Health* Aviva Romm

*The Wise Woman Herbal for the Childbearing Year* Susun S. Weed.

*Women's Encyclopedia of Natural Medicine: Alternative Therapies and Integrative Medicine for Total Health & Wellness*  
Tori Hudson, ND

*Women's Herbs, Women's Health* Christopher Hobbs and Kathie Keville

## **Men's Health**

*The Male Herbal: The Definitive Healthcare Book for Men and Boys (Second edition)* James Green

## **Children & Babies**

*An Encyclopedia of Natural Healing for Children & Infants* Mary Bove, ND

*Naturally Healthy Babies and Children: A Commonsense Guide to Herbal Remedies, Nutrition & Health* Aviva Romm

*Nature's Children* Juliette de Bairacli Levy

## **Aromatherapy**

*Aromatherapy for Healing the Spirit* Gabriel Mojay

*Aromatherapy for Practitioners* Ulla-Maija Grace

*The Encyclopedia of Essential Oils* Julia Lawless

*The Practice of Aromatherapy* Jean Valnet

*Subtle Aromatherapy* Patricia Davis

## **Animals**

*The Complete Herbal Handbook for Farm and Stable* Juliette de Bairacli Levy

*Dr. Pitcairn's Complete Guide to Natural Health for Dogs & Cats* Richard H. Pitcairn and Susan Hubble Pitcairn

*Four Paws, Five Directions: Guide to Chinese Medicine for Cats & Dogs* Cheryl Schwartz & Mark Ed. Schwartz

*Herbs for Pets: The Natural Way to Enhance Your Pet's Life* Gregory Tillford & Mary Wulff

*Manual of Natural Veterinary Medicine: Science & Tradition* Susan G. Wynn & Steve Marsden

## **Appalachian Field Guides and References**

*A Field Guide to the Trees and Shrubs of the Southern Appalachians* Robert E. Swanson

*Appalachian Wildflowers: An Ecological Guide to Flowering Plants from Quebec to Georgia* Thomas A. Hemmerly

*Guide to the Vascular Plants of the Blue Ridge* Eugene B. Wofford

*How to Identify Plants* H. D. Harrington & L. W. Durrell

*Identifying and Harvesting Edible & Medicinal Plants in Wild (and Not So Wild) Places* "Wildman" Steve Brill, Evelyn Dean

*Manual of the Vascular Flora of the Carolinas* Albert E Radford, Harry E. Ahles & C. Ritchie Bell.

*Medicinal Plants of the Mountain West* Michael Moore

*Medicinal Plants of the Pacific West* Michael Moore

*Medicinal Plants of the Desert and Canyon West* Michael Moore

*Medicinal Plants of the Southern Appalachians* Patricia Kyritsi Howell

*Native Orchids of the Southern Appalachian Mountains* Stanley L. Bentley

*Native Trees of the Southeast: An Identification Guide* L. Katherine Kirkman, Claud L. Brown & Donald J. Leopold

*Petersen's Field Guide: Eastern/Central Medicinal Plants* Stephen Foster and James A. Duke

*Plant Identification Terminology: An Illustrated Glossary* James G. Harris and Melinda Woolf Harris

*Plants of the Southern and Mid-Atlantic States A* Ian S. Weakley (Available only as a free PDF download from: <http://www.herbarium.unc.edu/flora.htm>)

*Trees of the Southeastern United States* Wilbur H. Duncan & Marion B. Duncan

*Wild Roots: A Forager's Guide to the Edible and Medicinal Roots, Tubers, Corms and Rhizomes of North America* Doug Elliot

*Wildflowers of North Carolina: Also Covering Virginia, South Carolina, and Areas of Georgia, Tennessee, Kentucky, West Virginia, Maryland and Delaware* William S. Justice & C. Ritchie Bell

*Wildflowers of the Southern Appalachians* Richard M. Smith

*Wildflowers of Tennessee* Jack B. Carman

*Wildflowers of Tennessee, the Ohio Valley and the Southern Appalachians* Horn, Cathcart, Hemmerly, and Duhl

### **Uses of Native/Regional Plants as Medicine and Food**

*A Reference Guide to Medicinal Plants: Herbal Medicine Past and Present* John K. Crellin & Jane Philpott

*Billy Joe Tatum's Wildfoods Field Guide and Cookbook* Billy Joe Tatum

*Edible Wild Plants: A North American Field Guide to Over 200 Natural Foods* Thomas Elias & Peter A. Dykeman

*Encyclopedia of Edible Plants of North America: Nature's Green Feast* Frances Couplan

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

*How Indians Use Wild Plants for Food, Medicine and Crafts* Frances Densmore

*Native American Ethnobotany* Daniel E. Moerman (also available as a searchable database at <http://herb.umd.umich.edu/>)

*Stalking the Healthful Herbs* Euell Gibbons

*Stalking the Wild Asparagus* Euell Gibbons

*Tommie Bass: Herb Doctor of Shinbone Ridge* Darryl Patton

## **Mushroom Field Guides**

*A Field Guide to Southern Mushrooms* Nancy Weber Smith & Alexander Smith

*Edible Wild Mushrooms of North America: A Field to Kitchen Guide* David W. Fischer & Alan E. Bessette

*Mushrooming Without Fear: The Beginners Guide to Collecting Safe and Delicious Mushrooms* Alexander Schwab

*Mushrooms Demystified* David Arora

*Taming the Wild Mushroom: A Culinary Guide to Market Foraging* Arleen Rainis Bessette & Alan E. Bessette

## **Mushrooms as Medicine**

*The Fungal Pharmacy: The Complete Guide to Medicinal Mushrooms & Lichens of North America* Robert Rogers

*Growing Gourmet and Medicinal Mushrooms* Paul Stamets

*Mushroom Essences: Vibrational Healing from the Kingdom Fungi* Robert Rogers

*Mycelium Running: How Mushrooms can Help Save the World* Paul Stamets