



A Field Guide to Medicinal Wild Plants of Canada

By Beverley Gray

Harbour Publishing, Canada, 2013. Paperback. Book Condition: New. 230 x 114 mm. Language: English . Brand New Book. Nature heals! This compact field guide introduces readers to 26 common Canadian wild plants with extraordinary healing properties. Use arnica blossoms to heal muscle inflammation, improve digestion with chickweed and soothe a toothache with yarrow root--learning to identify and use wild medicinal plants is both fascinating and useful. Each plant profile includes a colour photograph, identification and habitat information, as well as medicinal, cosmetic and culinary uses. Skilled herbalist Beverley Gray also includes tips on how to sustainably gather and safely use beneficial wild plants.



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