



Women Healers of the World: The Traditions, History, and Geography of Herbal Medicine

Holly Bellebuono , Rosemary Gladstar (Foreword)

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A celebration of the healing traditions that made yoga, acupuncture, and aromatherapy popular.

The recent trend toward holistic living has heightened our national fascination with herbal remedies and less conventional therapies such as acupuncture, yoga, aromatherapy, and ethnobotany. Now, this intimate and inspiring book opens up the world of herbal medicine to those interested in learning about the history of these techniques and approaches.

Women Healers of the World shares with readers an extraordinary variety of healing plants from around the world that have inspired today's "alternative" medicine, as well as the stories, challenges, and triumphs of remarkable women healers from past and present—all of whom promote the use of medicinal herbs.

Through this book, herbalist and author Holly Bellebuono aims to educate readers about sixteen plant-based world healing traditions and thirty women who have practiced them. Bellebuono also explores the geography, history, and medical heritage of twenty countries where these traditions originated.

With thorough knowledge of the uses and effects of these healing traditions, readers can then move on to featured recipes for herbal remedies they can make in their home kitchens. Following Bellebuono's instructions, readers will produce remedies such as soothing lip balms, wound pastes, face masks, arthritis oils, relaxing bath salts, and revitalizing teas.

Women Healers of the World: The Traditions, History, and Geography of Herbal Medicine Details

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From Reader Review Women Healers of the World: The Traditions, History, and Geography of Herbal Medicine for online ebook

Teshamae says

What an amazing book! Every feminist - every gardener - every herbalist - everyone should have this book!

Anna Klebine says

Looks like (and reads) more like a coffee table book, but that's not a bad thing. Beautiful photos and illustrations and great bios on inspiring women. I now have several more awesome women/organizations to support.

Michelle says

Love this beautiful book! Filled with vivid photographs and herbal remedies...Bellebuono portrays histories of some powerful women--including modern day women--& the natural healing traditions they share with the world.

Larry Holshu says

Just started reading tonight. Won on goodreads. Interesting book so far. Worth reading. Very interesting to the end.

Maria Thegoddess says

Great, and extremely inspirational!

Ietrio says

When people have a chance to get out of the Middle Ages, here come this sort of opportunists doing their best to revive the Dark Ages in their race for the profit and, if possible, power.

Melissa says

Women Healers of the World is full of wonderful information and rich in diverse histories. I would

recommend it to anyone that is interested in herbal medicine in relation to its history and geography and/or its practice by women.

This book showcases various traditions of herbal medicine. Each chapter gives an overview of a different type of herbal medicine with history about the tradition, the places that tradition was cultivated, and introduces the reader to women that practice those healing traditions. Interspersed throughout are brief histories and uses of various plants in relation to medicine as well as the etymological histories of various words.

I was particularly intrigued by the history and geography of these traditions. Seeing the various traditions next to each other provided a great chance to compare and contrast. It was interesting to see how traditions from around the world are similar to each other and how the places they were created in also created differences based on geography and culture.

Disclaimer: I received this book for free as part of a Goodreads First Reads giveaway.

Magdelanye says

This lovingly and well put together volume is more than a coffee table book but also a compendium worth a careful reading. With lush photographs of the healers presented in their natural context as well as stunning reproductions of individual herbs and flowers, spending time with this book was a healing experience in itself.
