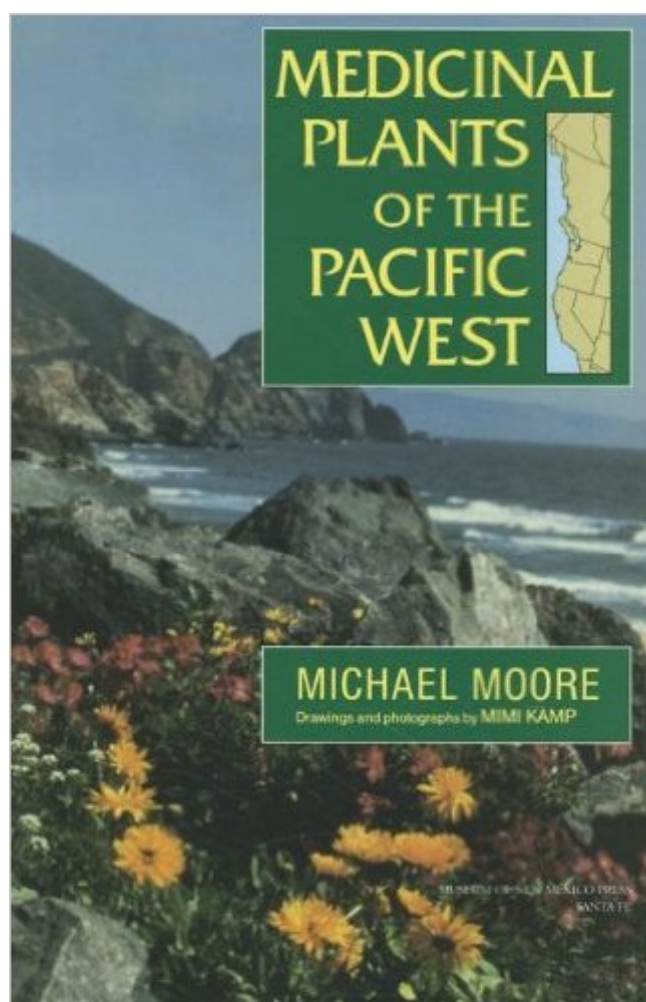


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# Medicinal Plants Of The Pacific West



## Synopsis

Michael Moore, renowned herbalist, teacher, and author of several medicinal plant books, presents a one-of-a-kind guide to over three hundred species of plants geographically ranging from Baja California to Alaska. This uniquely attractive book educates the reader to both native and introduced species within this region. With over eighty line drawings, forty-four color photographs, maps, and a glossary, this book contains clear and reliable information on identification and safe use of the plants; appearance, habitats, collecting methods, and storage; therapeutic uses, constituents, and preparations; potential toxicities and medical contraindications; and tea-making, tincturing, and salve making.

## Book Information

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Average Customer Review: 4.6 out of 5 starsÂ Â See all reviewsÂ (65 customer reviews)

Best Sellers Rank: #42,695 in Books (See Top 100 in Books) #80 inÂ Books > Health, Fitness & Dieting > Alternative Medicine > Herbal Remedies #98 inÂ Books > Science & Math > Biological Sciences > Plants #750 inÂ Books > Science & Math > Nature & Ecology

## Customer Reviews

Moore tells what each plant is used for, but just as important, he details where and when to find the plant. He gives step by step recipes for each plant, telling if it should be rubbed on, eaten, soaked in, or steeped and drunk. He writes at least two pages on every plant, and some plants have seven pages because they are so useful. The only way to improve this book would be more photos. Every plant is illustrated, but less than half are shown in photos.

I enjoyed reading about western medicinal plants as well as the author's wry humor (I found especially hilarious that comment about the temperature of sitz baths and not wanting to "poach your privates") and obvious expertise. The recipes and directions for making medications out of the

plants are outstanding. However, the photography leaves much to be desired. A few of them are blurred and most do not show sufficient detail to enable unequivocal identification. Moreover, the pictures for Yerba Santa and Yerba del lobo are switched in the last page of the color plates. NOT GOOD, if you are using this as a field guide. This then raises the question of, are there other inaccuracies in the book? Definitely check the appearance of the herb you're looking for in another book if you plan to use it.

Medicinal Plants of the Pacific West has been the book I most often refer to when trying to treat a certain ailment or disease. I came across this book when I attended the California School of Herbal Studies in California. Moore's ability to pinpoint specific uses of herbs, but at the same time his ability to admit to being wrong is what attracts me so much to his herbals (not to mention his humorous and quirky writing style). I was once told that Moore was one of the few herbalists who have doctors running up to his front door asking for answers. I have no idea if this is true considering the stubbornness of most M.D.'s, but it wouldn't surprise me considering the extent of his knowledge. I can't recommend this book enough.

Caution...I believe this book has inverted photos. The very last 2 pictures, for the plants Yerba Del Lobo (*Helenium hoopesii*) and Yerba Santa (*Eriodictyon californicum*)....In the book the top name is for the top picture and the bottom name is for the bottom picture. Yet I am quite certain they are inverted. The plant descriptions sound so different, from the picture shown, that it seems obvious. Look the plants up in another source and see for yourself. They have distinctly different uses and information. So please just be aware and maybe draw arrows in your copy! Thanks

Michael Moore's two earlier books in the 'Medicinal Plants' -series were very good, but this one is outstanding. Michael Moore knows his plants, and he is very entertaining in his writings. To top it off, the plant drawings (by Mimi Kamp) are exquisite works of art. This is the best book on western herbs I've seen to date. Don't miss it!

After reading his stories of finding plants and preparation tribulations, I think Mr Moore is a big teddy-bear. He seems kind hearted and caring. The book is an easy read with loads of information: location to find the plant, what it looks like (clear line drawings and description), what it does (also cross reference tables) how to prepare plant (also a separate section on preparation) and how to use (some recipes with multiple plants). I even found a few plants nobody else was talking about!!yippee!

I have been looking for books on how to make medicines and identify plants. This book has been very helpful and I plan on buying more of his books. The book is well organized has some color pictures, location maps, line drawings, information on plant appearance, habitat, constituents, collecting and preparation, stability, medicinal uses and contraindications. It has a supplemental herb list, a therapeutic use list, glossary and index of plant names. The only thing I do not like and it is not just with this book but with almost all of the plant identification books, is that they do not have color pictures for all of the plants. They need that and when they do pictures they need the photos of all the plant parts. Many times drawings are just not good enough especially if you are new to this. The only reason for the four stars is the lack of color pictures.

One of three of my trusted "go-to" books on the subject (the other two being Moore's Medicinal Plants of the Mountain West and Kane's Herbal Medicine of the American Southwest). Lacking color photos, like the other... but really, this book really breaks down the plants we have on the west coast. It's been a great help in identifying the plants in San Diego, where I currently reside.

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Medicinal Plants of the Pacific West The Beginner's Guide to Medicinal Plants: Everything You Need to Know About the Healing Properties of Plants & Herbs, How to Grow and Harvest Them  
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