

## Guide to Indian Herbs

Raymond Stark

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**Raymond Stark : Guide to Indian Herbs** before purchasing it in order to gage whether or not it would be worth my time, and all praised Guide to Indian Herbs:

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This well-illustrated handbook describes 52 of the best-known herbs used by the Indians of North America. Each plant is identified by locale, sketch and photograph, and the uses to which each was put are briefly described. Tonics, inhalants, poultices, laxatives, diuretics, sedatives - there was a plant for every need. Some of these tribal remedies passed - often in more sophisticated form - into the repertoire of the medical profession; many others have a secure place in the annals of folk medicine.