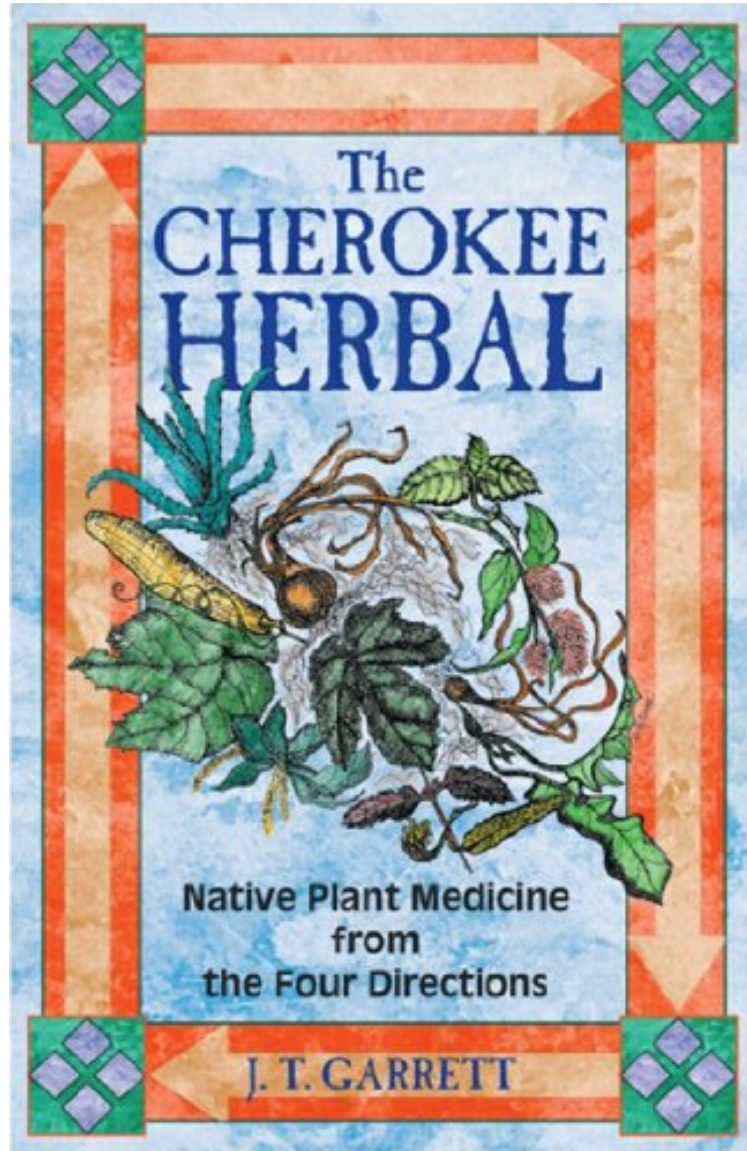


The Cherokee Herbal: Native Plant Medicine from the Four Directions

J. T. Garrett

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J. T. Garrett : The Cherokee Herbal: Native Plant Medicine from the Four Directions before purchasing it in order to gage whether or not it would be worth my time, and all praised The Cherokee Herbal: Native Plant Medicine from the Four Directions:

1 of 1 people found the following review helpful. Very extensive and interesting book.By Ars8372This book is

amazing. If you are interested in natural remedy history and information, this is the book for you. It has a very broad range of plants that the Cherokee American Indians used/use. I cannot wait to have more concentrated time to sit and read this comprehensive book. 3 of 3 people found the following review helpful. Love this book! By Jessica David This book is filled with information on just about anything. My family gets sick a lot, especially during allergy season. If you have allergies and they act up all the time, this book is for you too! Trust me, this book is better than taking pills all the time. You'd be surprised at what you can find in this book. It's worth the money and worth your while. This can save you a trip to the doctors office, and we all love that! 1 of 1 people found the following review helpful. This is an excellent historical look at traditional Cherokee Indian uses of herbs ... By Janet Colvin This is an excellent historical look at traditional Cherokee Indian uses of herbs for health and healing. It saddens me to see how much of our common knowledge of the use of God's healing plants has been lost or ignored in our society. I am thankful to see this much recorded so that it does not become lost. Native Medicine Men and Women study their entire lives to learn the safe use of plants and herbs for healing. That cannot be recorded in a book. I am grateful to the Cherokee Elders, and JT Garrett in particular, for sharing this information with others in this wonderful book. Blessings to all who read it.

A practical guide to the medicinal uses of over 450 plants and herbs as applied in the traditional practices of the Cherokee. Details the uses of over 450 plants for the treatment of over 120 ailments. Written by the coauthor of *Medicine of the Cherokee* (40,000 copies sold). Explains the healing elements of the Four Directions and the plants associated with them. Includes traditional teaching tales as told to the author by Cherokee Elders. In this rare collection of the acquired herbal knowledge of Cherokee Elders, author J. T. Garrett presents the healing properties and medicinal applications of over 450 North American plants. Readers will learn how Native American healers utilize the gifts of nature for ceremonial purposes and to treat over 120 ailments, from the common cold to a bruised heart. The book presents the medicine of the Four Directions and the plants with which each direction is associated. From the East comes the knowledge of "heart medicine"--blood-building tonics and plants for vitality and detoxification. The medicine of the South focuses on the innocence of life and the energy of youthfulness. West medicine treats the internal aspects of the physical body to encourage strength and endurance, while North medicine offers a sense of freedom and connection to the stars and the greater Universal Circle. This resource also includes traditional teaching tales to offer insights from Cherokee cosmology into the origin of illness, how the animals found their medicine, and the naming of the plants.

"This book is highly recommended. If you are interested in herbal medicine, lore, and the unusual, Garrett's book should be on your reading list. Excellent." (Lee Prosser, Ghostvillage.com, March 2006) "A must for every herbalist's bookshelf, or for anyone who is interested in learning about Cherokee Medicine." (Thora Wodenschild, SageWoman, Summer 2003, No. 62) "This is an outstanding book . . . disclosing the valuable information of the herbs." (Making Scents, Winter/Spring 2004, Vol. 8 Issue 2) "Readers will learn how Native American healers utilize the gifts of nature for ceremonial purposes." (AZNetNews, December 2003/ January 2004) From the Back Cover NATIVE AMERICAN / HERBALISM In this rare collection of the herbal knowledge of Cherokee elders, author J. T. Garrett presents the healing properties and medicinal applications of over 450 North American plants. Readers will learn how Native American healers utilize the gifts of nature for ceremonial purposes and to treat over 120 ailments, from the common cold to a broken heart. The book presents the medicine of the Four Directions and the plants with which each direction is associated. From the East comes the knowledge of heart Medicine-- blood-building tonics and plants for vitality and detoxification. The Medicine of the South focuses on the innocence of life and the energy of youthfulness. West Medicine treats the internal aspects of the physical body to encourage strength and endurance, while North Medicine offers a sense of freedom and connection to the stars and the greater Universal Circle. This resource also includes traditional teaching tales to offer insights from Cherokee cosmology into the origin of illness, how the animals found their Medicine, and the naming of the plants. J. T. GARRETT, a member of the Eastern Band of the Cherokee from North Carolina, is the author of *Meditations with the Cherokee* and coauthor with his son, Michael, of *Medicine of the Cherokee* and *The Cherokee Full Circle*. As a student and teacher of Indian Medicine for over thirty-five years, he draws on the ancient wisdom teachings of his Medicine elders on the Cherokee Reservation in the Great Smoky Mountains. He currently serves as the health director for Carteret County in North Carolina. About the Author J. T. Garrett, a member of the Eastern Band of Cherokee from North Carolina, is the author of *Meditations with the Cherokee* and coauthor with his son, Michael, of *Medicine of the Cherokee* and *The Cherokee Full Circle*. As a student and teacher of Indian Medicine for over thirty-five years, he draws on the ancient wisdom teachings of his Medicine elders on the Cherokee Reservation in the Great Smoky Mountains. He currently serves as the health director for Carteret County in North Carolina.