



Medicinal Plants of the Eastern Woodlands: A Folding Pocket Guide to Familiar Species (Pathfinder Outdoor Survival Guide Series)

Dave Canterbury, Waterford Press

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This guide focuses on the 20 most common and useful wild medicinal plants that are found in the eastern woodlands of the United States. Each plant profile includes key field marks, the habitat they are found in, how to harvest the plant and their medicinal uses. Also included is information on how to prepare and administer infusions, poultices and fomentations and a section that sorts each plant by the ailments they help treat and their effect. It also highlights the most dangerous noxious plants that are most commonly encountered. Printed on waterproof paper for durability, this one ounce pocket guide provides simplified, essential information for hikers and campers of all ages on how to treat common backcountry maladies with wild plants. Made in the USA.

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