

Medicinal Plants of the Eastern Woodlands: A Waterproof Folding Guide to Familiar Species [PDF]

Details:

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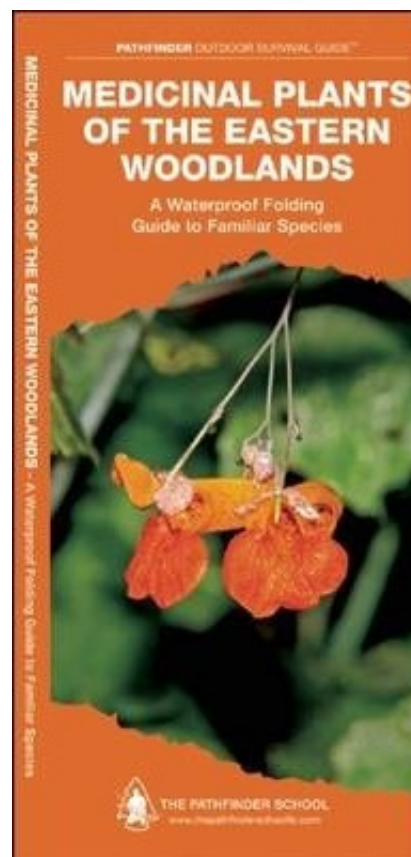
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This guide focuses on the 20 most common and useful wild medicinal plants that are found in the eastern woodlands of the United States. Each plant profile includes key field marks, the habitat they are found in, how to harvest the plant and their medicinal 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.

Additional Info:

About Dave Canterbury

Dave Canterbury is the co-owner and supervising instructor at the Pathfinder School in Ohio, which was named by USA Today as one of the Top 12 Survival Schools in the United States. He is also the managing editor of Self Reliance Illustrated magazine. His YouTube channel has more than 200,000 subscribers and his videos have more than 34 million views. His work has also been published in New Pioneer and American Frontiersman. Dave Canterbury is author of New York Times bestseller "Bushcraft 101, A Field Guide to the Art of Wilderness Survival".