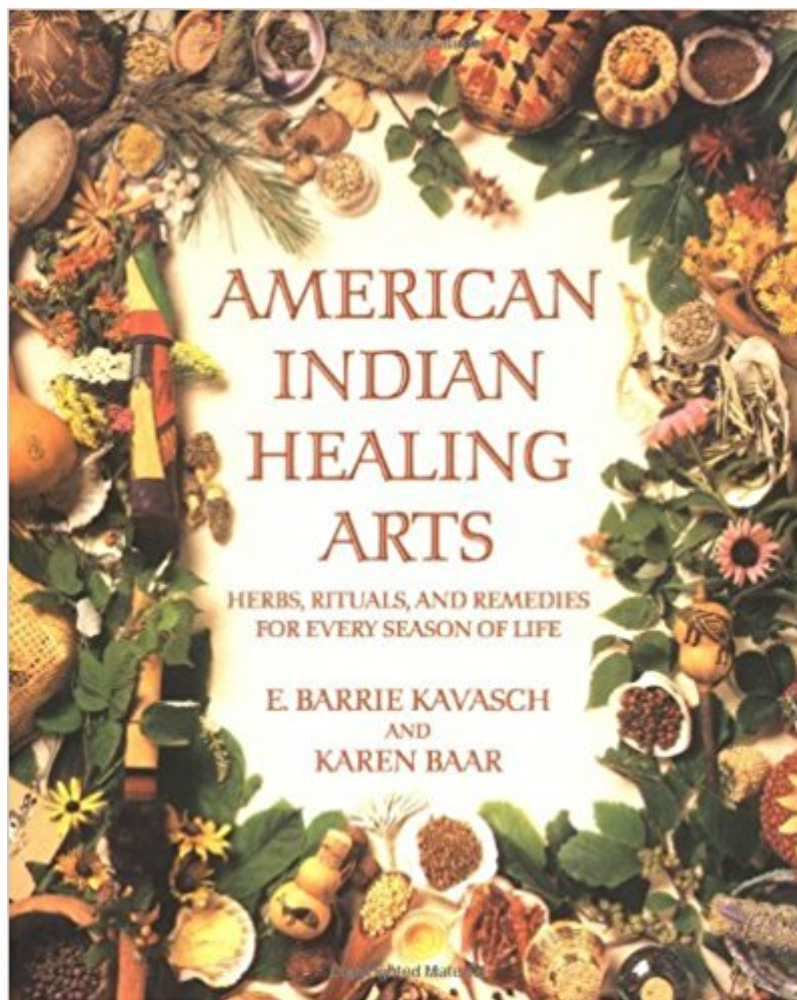




The book was found

American Indian Healing Arts: Herbs, Rituals, And Remedies For Every Season Of Life



Synopsis

American Indian Healing Arts is a magical blend of plant lore, history, and living tradition that draws on a lifetime of study with native healers by herbalist and ethnobotanist E. Barrie Kavasch. Here are the time-honored tribal rituals performed to promote good health, heal illness, and bring mind and spirit into harmony with nature. Here also are dozens of safe, effective earth remedies--many of which are now being confirmed by modern research. Each chapter introduces a new stage in the life cycle, from the delightful Navajo First Smile Ceremony (welcoming a new baby) to the Apache Sunrise Ceremony (celebrating puberty) to the Seminole Old People's Dance. At the heart of the book are more than sixty easy-to-use herbal remedies--including soothing rubs for baby, a yucca face mask for troubled skin, relaxing teas, massage oils, natural insect repellents, and fragrant smudge sticks. There are also guidelines for assembling a basic American Indian medicine chest.

Book Information

Series: Healing Arts

Paperback: 336 pages

Publisher: Bantam; 1 edition (April 20, 1999)

Language: English

ISBN-10: 0553378813

ISBN-13: 978-0553378818

Product Dimensions: 7.3 x 0.7 x 9.1 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 55 customer reviews

Best Sellers Rank: #153,266 in Books (See Top 100 in Books) #33 in [Books > Religion & Spirituality > New Age & Spirituality > Self-Help](#) #77 in [Books > Religion & Spirituality > Other Religions, Practices & Sacred Texts > Tribal & Ethnic > Native American](#) #125 in [Books > Health, Fitness & Dieting > Alternative Medicine > Naturopathy](#)

Customer Reviews

Throughout their history, the American Indians have healed with rituals using herbs, fungi, and other natural materials. They have valued as sacred the spiritual side of life and their connection to the earth. Their medicine has always been holistic, treating the body and spirit as one and illness as a sign of imbalance. Now we can benefit from American Indian wisdom with American Indian Healing Arts: Herbs, Rituals, and Remedies for Every Season of Life. This book is organized by the stages of life, presenting different tribal perspectives on the significance of each, with ceremonies and

healing rituals (songs, prayers, botanicals). The book includes more than 60 recipes for treating health problems and other needs, from "cramp bark tea" to "marigold-calendula deodorant cream." There are also directions for making tonics, ointments, tooth powders, and digestive remedies, and illustrations consisting of leaf-rubbings of 80 plants. Besides learning to use American Indian remedies, you learn fascinating facts about their ceremonies. The Navajo celebrate not only birth, but the infant's first smile and first laugh, for example. An Apache girl celebrates first menstruation by running and dancing for four days (guided and massaged by an elder woman). If you're interested in alternative healing, or intrigued by American Indian culture, this book will add to your knowledge. --Joan Price

Increased interest in complementary healing methods has provoked a flurry of books on Asian traditions, especially those of China and India. America has its own healing traditions, though--the herbal medicines and rituals of the Indian nations. This comprehensive volume includes the traditions of many peoples, such as the spidery dream catcher of the Algonquin and the Cree, the Cheyenne's sacred arrow blessing, and the Iroquois' winter solstice dances. That in itself would make this accessible, engaging book a good choice for libraries where interest in the healing arts is high, and its impressive collection of herbal remedies, all employing American wild plants, only increases its appeal. Digestive tea made from bergamot (bee balm), insect repellent from sassafras, hair conditioner from the soap plant, deodorant from calendula and marigold--recipes for these and many more useful substances distinguish this well-conceived and executed book. Patricia Monaghan

I really wanted to like this book more - but it wasn't what I expected from the title and description. I was expecting something more focused on using native herbs for healing - that isn't what this is. It highlights a few traditions from a few tribes, very holistic traditions for different life events an interesting read but not what I expected.

I recently ordered this book, and was very happy at it's speedy arrival. Thank you once again . But what I really wanted to comment on was how much I enjoyed the Book. It was very interesting and informative. I was also pleased that not only did I get a history of the Native American tribes that used various herbs in thier traditional medicines, But also the use of the herbs in thier rituals. I was also very pleased that they also included the recipes as well. I dont understand how some of the comments say that they book was too vague, it gave in detail how and when certain herbs were

used. As well as the culture of the Native people's. This is a must read for anyone that is interested in a more natural way to treat illness or disease. I could not put it down once, I started reading. I can only say that I learned much more than I was expecting, I highly recommend it for your personal herbal library.

History, lore, tradition - chapters follow life-cycle from birth to death - must have tool for anyone interested in native/natural way.

Interesting. But I don't like how the book lumps all Natives into one category.. We are all VERY different peoples..

i love everything about this book if you want to have a spiritual experience i would get this book if you want to learn about native american healing arts this is a great book to read word of az

Great book

Geat addition to your library.

Good book.

[Download to continue reading...](#)

American Indian Healing Arts: Herbs, Rituals, and Remedies for Every Season of Life How To Dry Herbs At Home: The Ultimate Guide To Drying Herbs (Herb Gardening, Herbs And Spices, Condiment Recipes, Condiment Cookbook, Herbal Recipes, ... Mixing Herbs, Spices, Sauces, Barbecue) American Medicinal Leaves And Herbs; Guide To Collecting Herbs and Using Medicinal Herbs and Leaves Heinerman's Encyclopedia of Healing Herbs & Spices: From a Medical Anthropologist's Files, Here Are Nature's Own Healing Herbs and Spices for Hundreds of Today's Most Common Health Problems Herbs:How To Dry And Prepare Your Herbs - A Herbal Beginners Guide: :: Easy To Follow And Learn How To Dry And Store Your Herbs ONLY! Natural Healing and Remedies Cyclopedia: Complete solution with herbal medicine, Essential oils natural remedies and natural cure to various illness. (The answer to prayer for healing) Drying Garden Herbs: The Ultimate Guide To Drying Herbs - Amazing Tips And Tricks On How To Easily Dry Fresh Herbs Medicinal Herbs: Aromatherapy, Essential Oils and Medicinal Herbs To Improve Your Health (Medicinal Herbs For Beginners Book 1) Native American Medicine: Discover the Natural Healing

Secrets and Remedies for Your Mind, Body and Spirit (Native American Medicine, Natural Remedies, ... Treatment, Herbal, Naturopathy Book 1) Healing: Reclaim Your Health: Self Healing Techniques: Fasting, Meditation, Prayer, Healing Medicine, and Energy Work (Channeling, Shamanism, Chakra Healing, ... Qigong Healing, Ayahuasca Book 1) Crystals and Gemstones: Healing The Body Naturally (Chakra Healing, Crystal Healing, Self Healing, Reiki Healing) Natural Antibiotics And Antivirals: The Complete Guide To Homemade Natural Herbal Remedies To Prevent And Cure Infections and Allergies (Home Remedies, Herbal Remedies, Organic Antibiotics) Rosemary Gladstar's Medicinal Herbs: A Beginner's Guide: 33 Healing Herbs to Know, Grow, and Use A Handbook of Native American Herbs: The Pocket Guide to 125 Medicinal Plants and Their Uses (Healing Arts) Natural Remedies, Medicine and Cures: Herbs, self-healing and how to treat and cure all common ailments and major diseases The Home Reference to Holistic Health and Healing: Easy-to-Use Natural Remedies, Herbs, Flower Essences, Essential Oils, Supplements, and Therapeutic Practices for Health, Happiness, and Well-Being Healing Secrets of the Native Americans: Herbs, Remedies, and Practices That Restore the Body, Refresh the Mind, and Rebuild the Spirit Herbal Hormone Handbook for Women: 41 Natural Remedies to Reset Hormones, Reduce Anxiety, Combat Fatigue and Control Weight (Herbs for Hormonal Balance, Weight Loss, Stress, Natural Healing) Prescription for Nutritional Healing, Fifth Edition: A Practical A-to-Z Reference to Drug-Free Remedies Using Vitamins, Minerals, Herbs & Food Supplements Natural Anti-Inflammatory Remedies: A Complete Guide to Inflammation & Healing with Holistic Herbs, Diet & Supplements (Pain Relief, Heal Autoimmune Conditions, Lose Weight & Boost Energy)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)