



Healing Herbs of the Boreal Forest: Sacred and Medicinal Plants

Robert Dale Rogers RH

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Healing Herbs of the Boreal Forest is a thorough exploration of healing properties from trees, shrubs and fungi of this region.

The book explores traditional use by First Nations peoples of North America, as well as modern validation through biochemistry and human clinical trials.

Along the way, each chapter examines the homeopathic literature, as well as the latest findings on essential oils and their health benefits. Spiritual properties and personality traits of the plants are presented, as well as a smattering of astrological influence, gemmotherapy, herbal-drug interactions and precise preparations from various plant parts.

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