



## Healing Wise (Wise Woman Herbal Series)

*Susun S. Weed*

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## **Healing Wise (Wise Woman Herbal Series) Susun S. Weed**

Superb herbal in the feminine-intuitive mode. Complete instructions for using common plants for food, beauty, medicine, and longevity. Introduction by Jean Houston Healing Wise sets forth the foundations of the Wise Woman Tradition, contrasting them with the Heroic and Scientific views of healing. Weeds draw us into ancient wisdom in a clear and refreshing way, says herbalist Rosemary Gladstar. I see the Wise Woman. She carries a blanket of compassion. She wears a robe of wisdom. From her shoulders, a mantle of power flows. She ties the threads of our lives together. I see the Wise Woman. And she sees me. Seven herbs -- burdock, chickweed, dandelion, nettle, oatstraw, seaweed, and violet -- are explored in depth. Each monograph includes the voice of the herb, a weed walk to encounter the herb in its environment, detailed instructions for harvesting and preparation, properties and uses for every part of the herb, pertinent facts, fun folklore, and recipes for gourmet foodstuffs, wines, beers, cosmetics, and more.

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