



Making Plant Medicine

Richo Cech

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Making Plant Medicine is about making herbal medicine. This is a modern medicine making book and formulary with its roots in original herbalism designed for every medicinal herb gardener to cultivate the full potential of the plant-human relationship. Richo Cech tells very good stories based on his experience as a global wanderer, herbalist and medicine maker. In the context of his lifelong love of gardening, he has produced this long-awaited book that is original, amusing and absolutely useful.

Part 1: Medicine Making

- * drying and processing herbs
 - * making tinctures the easy way
 - * the mathematics of tincturing and solubility factors
 - * basic formulas for fresh and dry tinctures, including dosages
 - * vinegar extracts, glycerites, herbal succi and syrups teas, decoctions, herbal oils, salves and creams
- poultices, compresses and soaks

Part 2: A Gardener's Formulary

This section covers well over 100 herbs that are readily cultivated in North America. The listings include: conservation status, parts used, specific formulas, practical uses, dosages, contraindications and an overview of alternate species.

Since the beginning, the garden has been a haven of good values, both physical and spiritual. The act of gardening provides a balm for every wound. May your medicine be of the garden, and may it be of benefit to all.

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