



# THE SCHOOL OF EVOLUTIONARY HERBALISM

## Herbal Book Recommendations

It can be incredibly helpful while on the plant path to know where to go to get valuable and reliable information about medicinal plants. While it's highly recommended to enroll in courses to study with specific teachers, it's also super important to build up a solid library of resources to have available while you are learning about specific plants, as well as the core principles and practices behind a holistic herbal practice.

This is meant to be a guide for how to build up your herbal library. I've divided it into specific categories, as different texts have their relative strengths and focuses, and in that way also particular weaknesses. This is certainly not meant to be exhaustive, as I'm sure there are many other great books out there, these are just the ones that I have personally used, read, and studied throughout the years and have found to be particularly helpful. Since some of these books cover a wide range of topics, some of them will be found in different categories.

### The Intelligence of Nature and Plant Consciousness

- The Secret Teachings of Plants by Stephen Harrod Buhner
- Sacred Plant Medicine by Stephen Harrod Buhner
- The Lost Language of Plants by Stephen Harrod Buhner
- Plant Intelligence and the Imaginal Realm by Stephen Harrod Buhner
- Plant Spirit Healing by Pam Montgomery
- The Language of Plants by Julia Graves
- The Philosopher's Plant by Michael Marder
- Plant-Thinking: A Philosophy of  
Vegetal Life by Michael Marder
- Plants as Persons: A Philosophical Botany by Matthew Hall
- Brilliant Green by Stefano Mancuso and Alessandra Viola
- The Hidden Life of Trees by Peter Wohlleben

### Holistic Herbal Theory and Practice

- The Book of Herbal Wisdom by Matthew Wood
- The Practice of Traditional Western Herbalism by Matthew Wood
- Vitalism by Matthew Wood



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Planetary Herbology by Michael Tierra  
The Yoga of Herbs by Vasant Lad and David Frawley  
Medical Herbalism by David Hoffman  
The Holistic Herbal by David Hoffman  
Culpeper's Medicine by Graeme Toby

## Holistic Evaluation, Assessment, and Seeing Clients

Traditional Western Herbalism and Pulse Evaluation by Matthew Wood, Francis Bonaldo, and  
Phyllis Light  
Reading the Eye, Pulse, and Tongue by Eli Jones  
The Practicing Herbalist by Margi Flint  
Specific Diagnosis by John Scudder

## Herbal Medicine Making

The Herbal Medicine Makers Handbook by James Green  
Herbal Medicine from the Heart of the Earth by Sharol Tilgner  
Phytochemistry and Pharmacy for the Practitioner of Botanical Medicine by Eric Yarnell  
Real Alchemy by Robert Bartlett  
The Way of the Crucible by Robert Bartlett  
Spagyrics by Manfred Junius  
The Family Herbal by Rosemary Gladstar

## Plant Constituents and Pharmacognosy

Herbal Vade Mecum by Gazmund Skenderi  
Medical Herbalism by David Hoffman  
Herbal Constituents by Lisa Ganora  
Phytochemistry and Pharmacy for the Practitioner of Botanical Medicine by Eric Yarnell

## Materia Medica's

The Book of Herbal Wisdom by Matthew Wood  
The Earthwise Herbal Volume 1 and 2 by Matthew Wood  
Medical Herbalism by David Hoffman



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The Holistic Herbal by David Hoffman

Planetary Herbology by Michael Tierra

The Way of Herbs by Michael Tierra

The Yoga of Herbs by Vasant Lad and David Frawley

American Materia Medica, Therapeutics and Pharmacology by Finley Ellingwood

Kings Dispensatory by John King & Harvey Wickes Felter

The Eclectic Materia Medica, Pharmacology and Therapeutics by Harvey Wickes Felter

Medicinal Plants of the Mountains West by Michael Moore

Medicinal Plants of the Pacific West by Michael Moore

Medicinal Plants of the Deserts West by Michael Moore

A Modern Herbal Volume 1 and 2 by Mod Grieve

Healing with the Herbs of Life by Leslie Tierra

Western Herbs According to Traditional Chinese Medicine by Thomas Avery Garran

## Herbal Formulation\*

Herbal Medicine From the Heart of the Earth by Sharol Tilgner

Medical Herbalism by David Hoffman

Family Herbal by Rosemary Gladstar

The Authentic Herbal Healer by Holly Bellebuono

\*Note: there really aren't too many books out there that dig into specific strategies for herbal formulation, most will just straight up give you formulas- this is a serious lacking in herbal literature. A gap I hope to fill some day and just write a specific book on formulation!

## Other Interesting Books About Plants

Green Pharmacy by Barbara Griggs

The Pharmakopoeia Trilogy by Dale Pendell

Plants of the Gods by Richard Evan Schultes, Albert Hoffman and Christian Rätsch

Invasive Plant Medicine by Timothy Scott

The Wild Medicine Solution by Guido Masé



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Food of the Gods by Terrence McKenna  
Adaptogens by David Winston and Steven Maimes

## Alchemy, Spagyrics, Hermetics

Real Alchemy by Robert Bartlett  
The Way of the Crucible by Robert Bartlett  
Spagyrics by Manfred Junius  
The Path of Alchemy by Robert Stavish  
Hermetic Mystery by M.A. Atwood  
A Philosophical Path to Paracelsian Medicine by Jole Shackelford  
The Golden Chain of Homer  
The Philosophers Stone by Israel Regard  
The Hermetic and Alchemical Writings of Paracelsus Volume 1 and 2 by Paracelsus  
Alchemy Astrology by K.C. Wilkerson  
The Alchemists Handbook by Frater Albertus  
The Mystical Qabalah by Dion Fortune  
A Garden of Pomegranates by Israel Regardie

## Astrology/Medical Astrology

Medical Astrology by Judith Hill  
The Astrological Body Types by Judith Hill  
Casenotes of a Medical Astrology by Margaret Millard  
A Handbook of Medical Astrology by Jane Ridder Patrick  
Astrology and Your Health by Jeanne Avery  
The Inner Sky by Stephen Forrest  
The Changing Sky by Stephen Forrest  
Yesterday's Sky by Stephen Forrest  
Encyclopedia of Medical Astrology by H.L. Cornell  
Simplified Scientific Astrology by Max Heindel  
Mythic Astrology by Arriel Guttman and Kenneth Johnson