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The Herbal Medic

Sam Coffman

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The Herbal Medic is a comprehensive guide for beginners, preppers and experienced herbalists alike that covers practical, clinical herbalism topics for home, remote and post-disaster environments.
Written by a former Green Beret Medic with over 25 years experience working with herbal medicine both in the field and in clinics around the world, this is a book that will open your eyes to the amazing possibilities of herbal medicine for everything from respiratory infections to speeding the recovery of broken bones and lacerations.
In addition to chapters on how to effectively understand plant medicine and create formulas that work, this book also delves into subjects like dealing with venomous snake bites if there is no higher medical care available, distilling alcohol and making potent tinctures that will last for years, emergency childbirth, bacterial infections, setting up a safe and efficient clinic in a post-disaster environment.
Aside from herbs referenced throughout the practical portion of the 350 information-packed pages, this book also includes very high-quality photos of 50 medicinal plants (materia medica) with in-depth explanation of identification, preparation, use, contraindications and more.

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