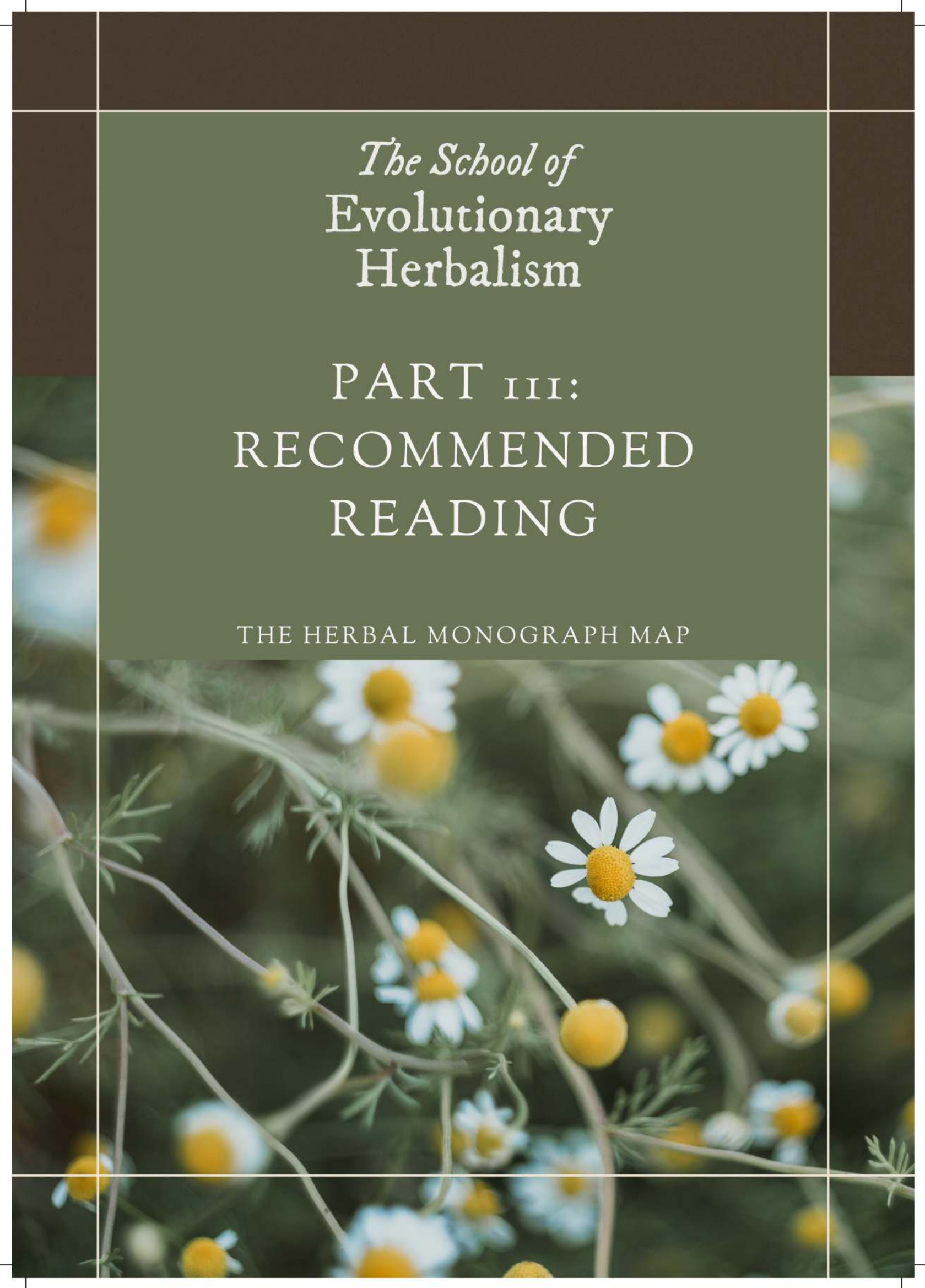


*The School of*  
Evolutionary  
Herbalism

PART III:  
RECOMMENDED  
READING

THE HERBAL MONOGRAPH MAP





# RECOMMENDED READING

Building up a great herbal library is important so you have reliable references to look things up, refine your studies, and start creating your own personal monograph library based on your research. Thing is, there are A LOT of herb books out there these days, and not all are created equal. Some are really good, and honestly, some are really bad. Some are written for layfolk, others are written for practitioners and clinicians, a differentiation that's really important to make.

Below is a list of books that I think are good to have on the shelf as you start researching plants and building your monographs. There are certainly many more books on my personal shelf, but I think these ones are good places to start. These are the ones that I also think are the most relevant in making your monographs based on the framework you learned in The Herbal Monograph Map.

## Materia Medica's

The following are books that I think are some of the best materia medica references. The focus is on Western herbs.

*Medical Herbalism* by David Hoffman

*The Physio-Medical Dispensatory* by William Cook

*The American Materia Medica, Therapeutics, and Pharmacognosy* by Finley Ellinwood

*The Principles and Practice of Phytotherapy* by Simon Mills and Kerry Bone

*Herbal Medication* by Priest and Priest

*Herbal Vade Mecum* by Gazmund Skenderi

*Herbal Formularies for Health Professionals* by Jill Stansbury

*A Modern Herbal* Volumes 1 and 2 by Mod Grieve

*The Book of Herbal Wisdom* by Matthew Wood

*The Practice of Traditional Western Herbalism* by Matthew Wood

*The Earthwise Herbal* Volumes 1 and 2 by Matthew Wood

*The Earthwise Herbal Repertory* by Matthew Wood

*Adaptogens: Herbs for Strength, Stamina and Stress Relief* by David Winston

*Medicinal Plants of the Desert and Canyon West* by Michael Moore

*Medicinal Plants of the Mountains West* by Michael Moore



*Medicinal Plants of the Pacific West* by Michael Moore  
*The Eclectic Materia Medica, Pharmacology and Therapeutics* by Harvey Felter  
*Kings American Dispensatory in 2 volumes* by Harvey Felter  
*The Way of Herbs* by Michael Tierra  
*The Way of Ayurvedic Herbs* by Michael Tierra and K.P. Khalsa  
*Planetary Herbology* by Michael Tierra  
*Herbal Medicine from the Heart of the Earth* by Sharol Tilgner

## Safety and Contraindications

*Herb and Drug Contraindications and Interactions* by Francis Brinker  
*The Essential Guide to Herbal Safety* by Kerry Bone and Simon Mills  
*Botanical Safety Handbook* by American Herbal Products Association (AHPA)  
*Herb, Nutrient, and Drug Interactions: Clinical Implications and Therapeutic Strategies* by Mitchell Stargrove and Jonathan Treasure

## Pharmacognosy and Pharmacy

*Herbal Medicine from the Heart of the Earth* by Sharol Tilgner  
*Pharmacognosy and Pharmacy for the Practitioner of Botanical Medicine* by Dr. Eric Yarnell  
*Herbal Constituents* by Lisa Ganora (This is really if you want to learn more about phytochemistry, not so much a reference book)  
*Medical Herbalism* by David Hoffman  
*The Herbal Medicine Maker's Handbook* by James Green  
*The Modern Herbal Dispensatory* by Thomas Easley and Steven Horne