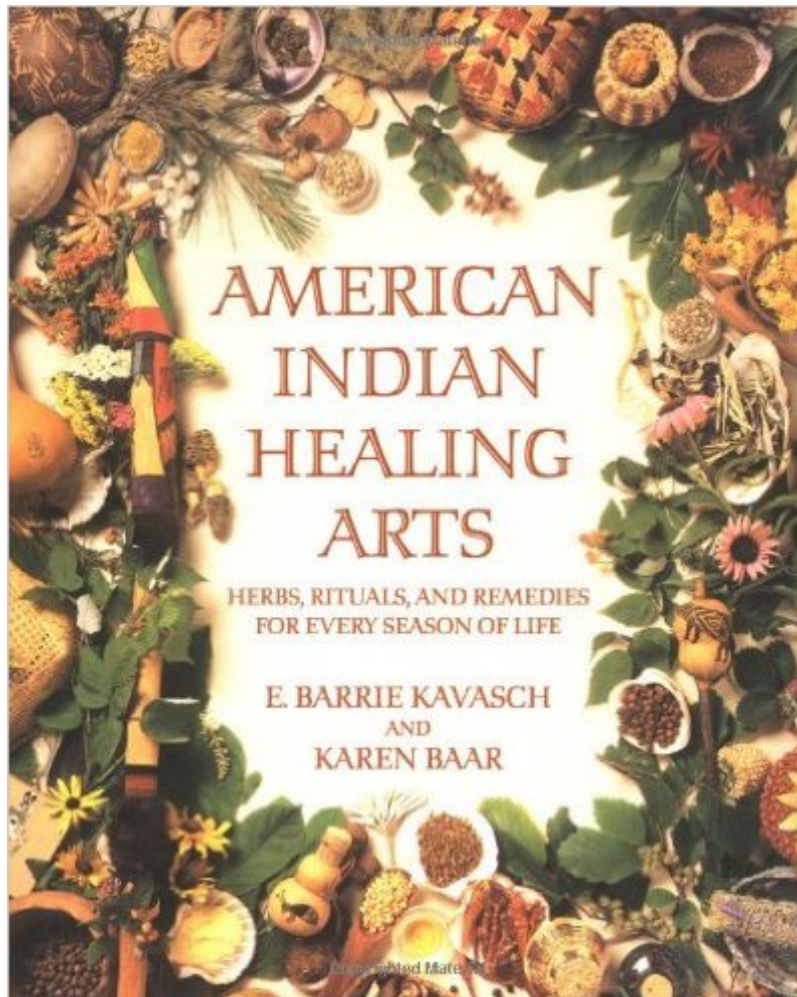


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# American Indian Healing Arts: Herbs, Rituals, And Remedies For Every Season Of Life



## Synopsis

American Indian Healing Arts is a magical blend of plant lore, history, and living tradition that draws on a lifetime of study with native healers by herbalist and ethnobotanist E. Barrie Kavasch. Here are the time-honored tribal rituals performed to promote good health, heal illness, and bring mind and spirit into harmony with nature. Here also are dozens of safe, effective earth remedies--many of which are now being confirmed by modern research. Each chapter introduces a new stage in the life cycle, from the delightful Navajo First Smile Ceremony (welcoming a new baby) to the Apache Sunrise Ceremony (celebrating puberty) to the Seminole Old People's Dance. At the heart of the book are more than sixty easy-to-use herbal remedies--including soothing rubs for baby, a yucca face mask for troubled skin, relaxing teas, massage oils, natural insect repellents, and fragrant smudge sticks. There are also guidelines for assembling a basic American Indian medicine chest.

## Book Information

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## Customer Reviews

My gratitude to the authors & publisher for this fabulous new book! These many fine recipes & healing guidelines are so valuable! The leaf rubbings & illustrations give this book vary special character & depth, & the plants' spirits seem to fill each page with strength & re-newed energies. Quite a big accomplishment! I will enjoy using this book for many years!

This long overdue book is a great credit to this subject! Co-authors Kavasch & Baar have delved

deeply into this vast therapeutic subject with sensitivities and real passion for this work! This book will change the way people think about Native American healing traditions! Plus, a portion of the author's royalties flow back into Indian education at many levels of benefit.

I've always had the fantasy of becoming an apprentice to a gifted Native American medicine woman--that is until reading "American Indian Healing Arts" by E. Barrie Kavasch and Karen Baar, when my fantasy became a reality. This book is rich with history, accurate herbal information, great medicinal recipes presented in an easy to follow format. "American Indian Healing Arts" is wonderfully reflective of Native American spiritual practices especially in its attention to rites of passage and stages of life. The tender manner with which the information is presented is welcoming, encouraging, inclusive and heartwarming--bound to lead many an apprentice down the path of pursuing greater understanding of Native American medicine.

I found this book to lack depth and explanation. It vaguely lists certain herbs and plants that are of a healing nature, but the true content I was looking for was not here. I wanted more in-depth remedies for particular ailments, where this book applies certain remedies to a very hazy and small range of problems. I was also looking for a guide to ritualistic traditions rather than unmeasurable herbal concoctions.

This book has beautiful artwork both inside and out. What I liked the most were the different prayers and rituals that are described in rich detail. I found that if you do not have direct knowledge of herbs and how to identify and obtain them, that this book will not be of much use to you.

I really wanted to like this book more - but it wasn't what I expected from the title and description. I was expecting something more focused on using native herbs for healing - that isn't what this is. It highlights a few traditions from a few tribes, very holistic traditions for different life events an interesting read but not what I expected.

I recently ordered this book, and was very happy at it's speedy arrival. Thank you once again . But what I really wanted to comment on was how much I enjoyed the Book. It was very interesting and informative. I was also pleased that not only did I get a history of the Native American tribes that used various herbs in thier traditional medicines, But also the use of the herbs in thier rituals. I was also very pleased that they also included the recipes as well. I dont understand how some of the

comments say that they book was too vague, it gave in detail how and when certain herbs were used. As well as the culture of the Native people's. This is a must read for anyone that is interested in a more natural way to treat illness or disease. I could not put it down once, I started reading. I can only say that I learned much more than I was expecting, I highly reccomond it for your personal herbal library.

i love everything about this bookif you want to have a spiritual experience i would get this bookif you want to learn about native american healing artsthis is a great book to readword of az

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