

[PDF] Peterson Field Guide To Medicinal Plants And Herbs Of Eastern And Central North America, Third Edition (Peterson Field Guides)

Steven Foster, James A. Duke - pdf download free book



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Author: Steven Foster, James A. Duke

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Medicinal plants are increasingly well regarded as supplements and sometimes as alternatives for prescription drugs. Steven Foster and James A. Duke have used recent advances in the study of medicinal plants and their combined experience of over 100 years to completely update the *Peterson Field Guide to Medicinal Plants*. The clear and concise text identifies the key traits, habitats, uses, and warnings for more than 530 of the most significant medicinal plants in the eastern and central United States and Canada including both native and alien species. Seven hundred plus images, the organization-by-color system, and simplified warnings make identifying medicinal plants fast and easy.

Sponsored by the National Audubon Society, the National Wildlife Federation, and the Roger Tory Peterson Institute

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