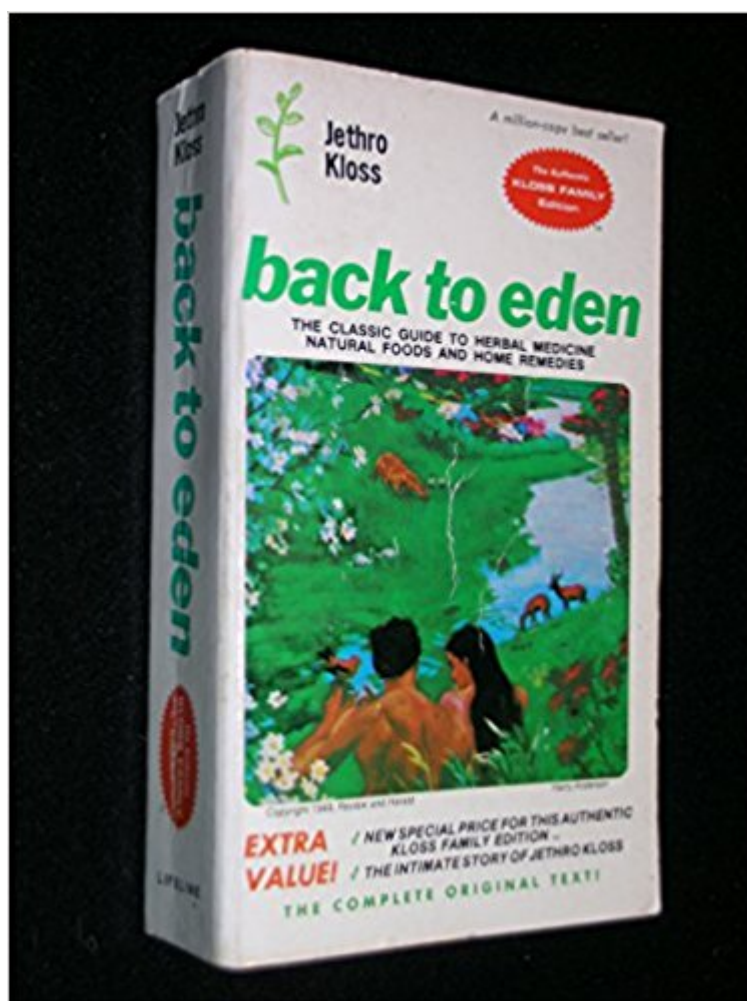


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Back To Eden: Classic Guide To Herbal Medicine, Natural Food And Home Remedies Since 1939



Synopsis

Old fashioned, time-tested good health advice - back to Eden. An encyclopedia of Nature's way to health and healing.

Book Information

Paperback: 684 pages

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Customer Reviews

Old fashioned, time-tested good health advice - back to Eden. An encyclopedia of Nature's way to health and healing.

I won't repeat other reviewers' justified praise for this fascinating and encyclopedic book. I just want to add a cautionary note: This recent edition contains added information that I believe Kloss would have vehemently disagreed with and which undermines the purpose of the book. For example, this edition advocates the use of vaccinations, chemotherapy, antibiotics, all of which are entirely opposed to Kloss' philosophy of natural healing without the use of drugs, which was his life's work. Many herbs that have a safe and venerable history when used by competent herbalists-- such as parsley, elderberry, and valerian, for example-- have been branded "dangerous" in this new edition. The editors have obviously succumbed to the fear-mongering FDA, whose studies on herbs are notorious for isolating components out of their natural context and testing animals with far greater quantities than any human being would consume. These are just a few examples. The book remains an invaluable and ground-breaking work which has served generations of people well. Just read it with a cautious eye to separate the recent and erroneous additions from Kloss' own writings.

If you even question a purchase on this book- buy it! Seriously when it arrived it amazed me with all the information and up dates. Its a hugebook to keep on hand for reference. It motivates and inspires- what it does not always do for us that are not savvy in all things natural or a mtn mama is a simple read- some things I have to read 3x or more to get it- but then you do. Some things like soy are spoken of as a very good thing which for many of us _are not_ considered healthy but buy and far some great advice such as which veggies and fruits to combo to make the most nutrition from the combinations. Sites many bible verse for foods to eat. The book is a total health and way of life guide from past to present- no doubt anyone who reads at least will ponder of some new information worth the cost.

If you are into Holistic or Naturopathic self help, this is not a bad place to start reading. _Back to Eden_ is a classic read on the subject. I read this book for the first time as a time and years later, it still holds up. If you want to understand more about herbs and such, that section of the book offers information regarding the main herbs and roots that are in use for a variety of conditions. But, I do think it has a lot of common sense approaches to the use of herbs and treatment for mild ailments. While it does offer information about serious conditions, by no means would I use this book in place of medical advice. I would approach those aspects with extreme caution and cross referencing, as well consultation with a professional practitioner. The reasons (forgive me for stating the obvious); some herbs cause contraindication or adverse reaction in combination with some medications and self diagnosis is dangerous and fool hardy -- it should be left up to the professions (second opinions are always good too).My paperback copy fell apart years ago, but, now I have a Kindle Edition of the book. Thanks !

very useful, never gets old informationThe kindle edition is much easier to search than the printed one.Good hints for anyone, even if you are in this field

I have a much older version of this book that was passed down from my grandmother so I bordered this in hopes to retire the old one and keep it safe in honor of my late grandmother.Compared to the older version it is a lot better organized and easier to follow its organisation. It also had illustrations that the older version didn't its definitely a step up from its predecessor and was a worth while buy. I'm glad I can retire the other and make it simply a keep sake

Very tedious reading. Botanical name is different for cayenne in each book on herbs a person reads.

Exactly what I wanted. Lost my copy years ago during moving. Feels great to have this replacement. Every home should have one! Excellent condition!

The "Back to Eden" book has been a favorite health book of mine for a long time. I gave my last copy to my nephew, because I knew that I could find another. I was happy with the condition of the book when it was promptly delivered and for what I paid for it. I would suggest this book to other alternative medicine seekers who care about their health.

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