

ALASKA'S
**WILDERNESS
MEDICINES**

Healthful Plants
of the
Far North



Eleanor G. Viereck

Alaskas Wilderness Medicines Healthful Plants Of The Far North

Xiaolong Qi



Alaskas Wilderness Medicines Healthful Plants Of The Far North:

Alaska's Wilderness Medicines Eleanor G. Viereck, 2015-06-15 This guide to Alaskan wild plants native and introduced can be used to promote health and healing use for emergency first aid care or to maintain wellness More than fifty plant species are described with information on habitat and distribution as well as general information on how each one can be used as medicine This natural history of some of Alaska's medicinal plants is not intended to serve the purpose of a self care manual of medicine Dr Eleanor G Viereck presents useful and fascinating information about trees flowers and shrubs accompanied by accurately rendered line drawing of the vegetation Dr Viereck tells where to find each plant She also discusses plant collecting in general and how to brew healthful herb teas An illustrated glossary cross references therapeutic uses of specific plants and a thorough bibliography completes this valuable contribution to plant lore *Alaska's Wilderness Medicines* Eleanor G. Viereck, 2012-02-29 Whenever I open it I find another marvelous tidbit like Viereck's description of uses for soft acidic plant sphagnum or peat moss the plant often found chinking the walls of log cabins Fairbanks News Miner This guide to Alaskan wild plants native and introduced is a great way to acquaint people with Alaskan wild plants that can be used to promote health and healing use for emergency first aid care or to maintain wellness More than fifty plant species are described with information on habitat and distribution as well as general information on how each one can be used as medicine This natural history of some of Alaska's medicinal plants is not intended to serve the purpose of a self care manual of medicine but rather be useful to persons in cities on farms and in the wilderness whether they are in Alaska for recreation hunting fishing or work Others inadvertently stranded as a result of an accident or disaster may find themselves in need of help from healing plants Dr Eleanor G Viereck presents useful and fascinating information about trees flowers and shrubs accompanied by accurately rendered line drawing of the vegetation There are additional notes on history and folklore poisonous species that can be easily confused with useful ones and Dr Viereck's experience with the plants She tells where to find each plant and discusses plant collecting in general and how to brew healthful herb teas An illustrated glossary cross references of therapeutic uses of specific plants and a thorough bibliography completes this valuable contribution to plant lore Medical Botany and Herbal Medicine Jayne T. MacLean, 1988 **Silvics of North America: Hardwoods** Russell M. Burns, 1990 **Silvics of North America**, 1990 *The Woody Plant Seed Manual* United States. Forest Service, 2008 **The Woody Plant Seed Manual, Agriculture Handbook 727, July 2008**, 2009 How to Think Like a Survivor Tom Watson, 2005-10-01 Readers don't have to be avid mountain climbers or wilderness explorers to encounter an emergency survival situation The outing can begin as a simple family hike a hunt on well known terrain a drive through the countryside It can quickly turn into an unexpected emergency How to Think Like a Survivor is for anyone who spends time in the outdoors including hikers campers boaters skiers nature photographers bird watchers anglers and hunters Chapters include information and preparation tips on Gear Food Water Navigation Shelters Signaling Field First

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