

# HERB COURSE RESOURCES

## Books:

The Herb Book by John Lust

[The Herb Bible](#) by [Peter McHoy](#), [Pamela Westland](#)

[Earth Mother Herbal](#): remedies, recipes, lotions, and potions from Mother Nature's healing plants by

[De la Tour, Shatoiya](#)

[The Boreal Herbal](#): Wild Food and Medicine Plants of the North

Prescription for Nutritional Healing, Fifth Edition: A Practical A-to-Z Reference to Drug-Free Remedies Using Vitamins, Minerals, Herbs & Food Supplements by [Phyllis A. Balch CNC](#) (Author)

[Menopausal Years the Wise Woman Way](#) by Susan Weed

SuperNutrition for Menopause by [Gittleman, Ann Louise](#)

SuperNutrition for Men

## Traditional Technology

[The English Housewife](#) by Gervase Markham, first published in London by Roger Jackson in 1615.

[Cooking and Dining in Medieval England](#) by Brears, Peter

[Chinese Vegetarian Cookery](#) by Santa Maria Jack

[Madhur Jaffrey's World-of-the-East Vegetarian Cooking](#) by Jaffrey, Madhur

## Cosmetic Technology

[The Artifice of Beauty](#): A History and Practical Guide to Perfume and Cosmetics by Sally Pointer

[Babushka's Beauty Secrets](#): Old World Tips for a Glamorous New You by Raisa Ruder, Susan Campos

[The Herbal Home Spa](#): Naturally Refreshing Wraps, Rubs, Lotions, Masks, Oils, and Scrubs by Greta Breedlove

[Perfumes, Splashes & Colognes](#): Discovering and Crafting Your Personal Fragrances by Nancy M. Booth

[The Essential Oils Book](#): Creating Personal Blends for Mind & Body by Colleen K. Dodt

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