



# EDIBLE AND MEDICINAL PLANT HANDBOOKS TWO BOOKS IN ONE

*Robert Pelton*

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# EDIBLE AND MEDICINAL PLANT HANDBOOKS TWO BOOKS IN ONE

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## **EDIBLE AND MEDICINAL PLANT HANDBOOKS TWO BOOKS IN ONE** Robert Pelton

Two complete life saving manuals In one covering both edible and medicinal plants Needed by every American to survive during national emergencies.

It doesn't take a genius to understand one most important aspect of surviving -- having access to food! Men have been known to live more than a month without food. But there's absolutely no need for any person to be deprived of something to eat. Nature is and always has been a good and reliable provider. Everyone should know how to properly use her. Learn to live off the land. It really isn't that difficult.

### CONTENTS

#### PAGE

1. No One Should Ever Starve! 9
2. How Wild Edible Plants are Cooked 13
3. Wild Fruits and Berries 23
4. Wild Plants Used as Vegetables 37
5. Ferns As Good Food Sources 87
6. Trees An Excellent Food Supply 93
7. Mushrooms To Eat Or Not To Eat 105
8. The Art of Making Nourishing Tea 109
9. Edible Plant Identification 115
- 10..Poisonous Plants and How to Avoid Eating Them 149
11. Identification of Common Poisonous Plants 159

More than 2,000 years ago, Cleopatra used freshly cut aloe vera leaves as a soothing burn ointment. People of that period in history also commonly sipped tea brewed with white willow bark to relieve the pain of gout.

Why did it work?

Because we now know that white willow bark contains a natural form of aspirin!

Modern medicine borrows heavily from plants in the never ending quest for improved remedies.

Of all the prescription drugs sold in the United States, an astounding one-third are derived from plants.

Approximately 80 percent of the world's people rely on folk medicine for treatment of their illnesses.

People in developing areas of the world depend wholly upon the sometimes strange practices of a local healer, medicine man or witch doctor.

Many of their unique plant concoctions are as effective as modern medications in the civilized world.

American Indians, by necessity, developed a vast expertise in plant medicines.

And early settlers from England and Western Europe brought to the New World their knowledge of medical treatment with plants.

Herbal home remedies were handed down in those families over many generations.

In Colonial days, no drugstores could be found on street corners and few, if any, trained doctors.

People were forced to rely on homemade medicines.

It goes without saying that the greatest pharmacy in the world is found in plants scattered throughout the countryside.

When properly used, these plants have incredibly effective medicinal properties.

Plants can and should be utilized when faced with an emergency medical situation or where survival may be in question.

## CONTENTS

Page

1. Medicinal Plants Important To Survival 175
2. Making Plant Medicines For Survival 179
3. Medical Problems And How to Treat Them 183
4. Identifying Plants With Medicinal Properties 287

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