

# Download A Field Guide To Medicinal Plants And Herbs Steven Foster

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. This guide is the most complete work ever written on the medicinal plants of western North America. It offers the best information in the world on the current popular and traditional uses of the nearly 500 species covered, much of it available for the first time. Steven Foster. Describing her first visit with Steven Foster in 1977, Harvard University botanist, Dr. Shiu Ying Hu (1908-2012), wrote, "Our conversation reminded me of something that Confucius said two thousand years ago. This is a list of plants used or formerly used as herbal medicine. The ability to synthesize a wide variety of chemical compounds that are used to perform important biological functions, and to defend against attack from predators such as insects, fungi and herbivorous mammals is called herbal medicine.