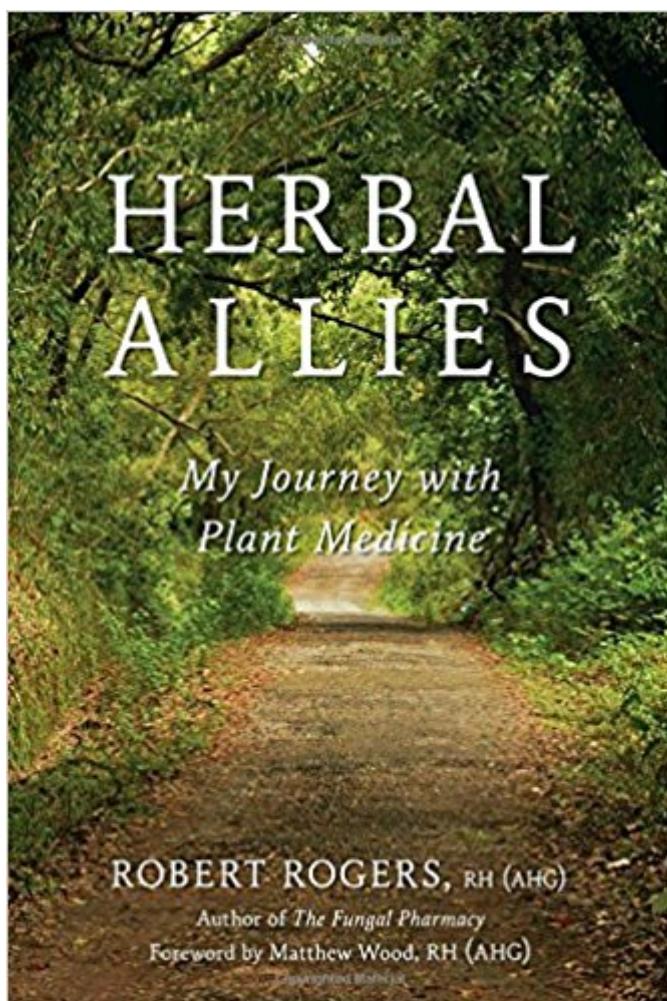


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# Herbal Allies: My Journey With Plant Medicine



## Synopsis

Twenty plants, including familiar trees like the aspen, birch, spruce, and poplar, as well as lesser-known plants like Labrador tea, cow parsnip, and buffalo berry, form the soul of herbalist Robert Rogers' medicine kit. *Herbal Allies* chronicles the journey that led Rogers to become an herbalist and shares his deep knowledge of the plants that shaped his practice. The author weaves personal experience, observations, knowledge from indigenous healers, and many years of expertise from his practice as a professional herbalist and clinical professor to present a unique and fascinating narrative that not only limns one man's vital connection to plants but also provides invaluable information on effectively using plant medicine for the prevention and treatment of a variety of health conditions.

## Book Information

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## Customer Reviews

“Plants themselves are the traditional teachers, but knowledge keeper and elder Robert Rogers beautifully honours their story in this herbal about allies of the plant world. His blending of ancient wisdom with biomedical analysis is a direct reflection of his eclectic career as a pioneering herbalist and a great contribution to the legacy of herbals. Reconnect to the knowledge you already know in your heart.”  
•James Christian, director, Pacific Rim College

“You hold in your hands a treasure. In this contribution, you get to meet a true herbalist, one that has scrapes on his face from tree branches, frozen fingers from the cold, and tiredness from long hours on the quest for the wisdom of plants. His stories of adventure are wonderful and his understanding of Northern Cree Indian ways has preserved generations of herbal

knowledge. • Terry Willard, CIH, PhD, herbal elder of Canada • Herbal Allies is part biography, part folk medicine, and part brilliant clinical insight, wrapped up with a strong dose of inspiration. Rogers shares detailed information on twenty plant allies, and in every instance that information is derived from a strong personal connection, and distilled into what can only be described as wisdom. • Herbal Allies is a must read for any serious student of herbal medicine. • Thomas Easley, RH (AHG), Director of the Eclectic School of Herbal Medicine “Robert Rogers’ herbal journey is inspired by a lifetime of working with and listening to wild plants. In Herbal Allies, Rogers shares his deep knowledge and experience. His body of knowledge is expansive and thoughtful in all aspects of plant medicine. A must-have for anyone interested in the medicinal and traditional indigenous use of wild boreal plants! I love how the book is organized by the Cree moon calendar with many stories and legends shared with Rogers by Cree elders.” • Beverley Gray, herbalist and author of The Boreal Herbal: Wild Food and Medicine Plants of the North, and Medicinal Plants of Canada “Part memoir, part herbal, • Herbal Allies will entertain you with stories while divulging interesting herbal information you won’t see anywhere else. Brew up a cup of tea and sink into this delightful book written by a distinguished herbal elder.” • Rosalee de la Forêt, RH (AHG), author of • Alchemy of Herbs “In Herbal Allies, Robert Rogers shares with us knowledge that only many years of patience, observation, and right of honor can bring. His extensive plant knowledge mirrors his deeply spiritual connection to the medicines and natural cycles of this land. Herbal Allies is a perfect balance between the spiritual, energetic, and technical aspects of plant medicine.” • Tiffany Freeman, RH (AHG), registered acupuncturist, and Traditional Chinese Medicine doctor “Herbal Allies is truly a unique offering. It provides a rare and personal orientation to the living tradition of herbal-nature wisdom, along with a precious compendium for practicing herbalists. The essence that also comes through these pages is the great importance of relationship, not only our relationship to plants but to each other and to our diverse global traditions of healing. This book will serve many generations of budding herbalists to come.” • Chad Cornell, master herbalist, Hollow Reed Holistic

Robert Rogers is an herbalist with over forty years of experience. He holds a BS from the University of Alberta, where he is an assistant clinical professor in family medicine, and taught plant medicine, including herbology and flower essences, at MacEwan University for ten years. He currently teaches in the Earth Spirit Medicine Program at the Northern Star College in Edmonton. A past chair of the Alberta Natural Health Agricultural Network and Community Health Council of Capital Health,

Rogers is a fellow of the International College of Nutrition, past chair of the medicinal mushroom committee of the North American Mycological Association, and on the editorial boards of the International Journal of Medicinal Mushrooms and Discovery Phytomedicine. He cohosts the Alberta Herb Gathering ([www.herbatheringalberta.com](http://www.herbatheringalberta.com)), held every other year. Rogers is the author of The Fungal Pharmacy, A Cree Healer and His Medicine Bundle, and Mushroom Essences, among many other titles.

Just arrived today and I can see it will take me awhile to take it in. Could not be more impressed. Covers 20 herbs in great detail with interesting stories, traditional uses, myths, modern scientific data and spiritual aspects. This book brings the plants to life as if you were on a walk with the author.

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