



## ArborVitae Booklist

Questions about any of the required or suggested books should be directed toward Claudia Keel at [Claudia@ArborVitaeNY.com](mailto:Claudia@ArborVitaeNY.com).

We encourage you to also look for used copies as well as eBooks but be sure to look for the specific edition, if mentioned, on this list.

### Year One Required Books - Approx. \$185-\$250

**Medical Herbalism (Hoffmann)** Healing Arts Press, VT, 2003

**The Web That Has No Weaver (Kaptchuk)** McGraw-Hill 1983 or 2000

**The Ayurveda Bible: The Definitive Guide to Ayurvedic Healing (McIntyre)** Firefly Books, 2012

**The Earthwise Herbal: A Complete Guide to Old World Medicine Plants (Wood)** North Atlantic Books, 2008

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**Newcomb's Wildflower Guide (Newcomb)** Little, Brown, and Co., 1977

**The Tree Identification Book (Symonds)** William Morrow and Co., 1958

**The Shrub Identification Book (Symonds)** William Morrow and Co., 1963

**Botany: Plants and Plant Form: An Illustrated Guide (Wohlmuth & Leach)** MacPlatypus Productions, 2001

*This is provided as a free eBook to ArborVitae students.*

**Food As Medicine (Caldecott)** PhytoAlchemy, 2011

*Note: There are other books called Food is Medicine. Please ensure yours is the one authored by Todd Caldecott.*

**Making Plant Medicine (Cech)** Horizon Herbs, 2000

### Strongly Recommended, But Not Required

**The Practice of Traditional Western Herbalism (Wood)** North Atlantic Books 2004

**Herbal Therapy and Supplements: A Scientific and Traditional Approach 2nd edition (Winston & Kuhn)** Lippincott Williams & Wilkins.

*Note: Get the 2nd edition, not the 1st edition!*

*\*This is a required book for Year 2*

**Energetic Herbalism: A Guide to Sacred Plant Traditions Integrating Elements of Vitalism, Ayurveda, and Chinese Medicine (Kat Maier)**

Chelsea Green Publishing, 2021

## Year Two Required Books - Approx. \$210

\* Students beginning in the second year of the program are also expected to have all texts from year one (or equivalent texts).

**Botanical Safety Handbook 2nd ed. (ed. Gardner & McGuffin)** American Herbal Products Association, 2012

**Herbal Therapy and Supplements: A Scientific and Traditional Approach 2nd edition (Winston & Kuhn)** Lippincott Williams & Wilkins.

*Note: Get the 2nd edition, not the 1st edition!*

**Herbal Constituents (Ganora)**

*\*To be purchased from ArborVitae*

## Strongly Recommended, But Not Required

**Herbal Medicine (Weiss)** Thieme, 2001

*Note: This book is currently out of print and many sources list this at too high a price. (We do not suggest purchasing at a high price, but list here in case library access, ebook, or lower price is available). The "classic edition" is recommended over more heavily edited editions that came out later. The standard herbal text in Germany.*

## Year Three Required Books - Approx. \$175

\* Students beginning in the third year of the program are also expected to have all texts from years one and two (or equivalent texts).

**Herbal Constituents (Ganora)**

*\*To be purchased from ArborVitae, if not purchased in Year 2*

**Herb, Nutrient, and Drug Interactions: Clinical Implications and Therapeutic Strategies (Stargrove, Treasure, & McKee)**

**Western Herbs According to Traditional Chinese Medicine: A Practitioner's Guide (Garran)**

*\*Make sure it has this exact title as he has two very similar books out. See below for the other, if you want both.*

## Additional Recommended Books

The recommended books in all three years are also strongly suggested in the area of energetics and applications one uses in clinic. (i.e. If one uses Traditional Chinese assessment the corresponding books are particularly helpful, likewise, for Ayurveda, Traditional European Medicine, Flower Essence Therapy and Nutrition.) Please direct any questions about this to Claudia Keel at [Claudia@ArborVitaeNY.com](mailto:Claudia@ArborVitaeNY.com).

### Eclectic Materia Medica – For reference texts

\* Available for free as eBooks or PDFs. Some are available on your Student Portal.

American Materia Medica, Therapeutics and Pharmacognosy (Ellingwood) 1919

King's American Dispensatory, Vol I (Felter, Lloyd) 1898

King's American Dispensatory, Vol II (Felter, Lloyd) 1898

Physio-Medical Dispensatory (Cook) 1869 - contemporaries of the Eclectics

Specific Diagnosis: A Study of Disease (Scudder) 1874

Specific Medication and Specific Medicines (Scudder) 1903

The Eclectic Materia Medica, Pharmacology and Therapeutics (Felter) 1922

### Materia Medica

Sauer's Herbal Cures, (Sauer, transl: Weaver) Routledge, 2001  
*18th century central European herbalism as practiced in the American colonies.*

The Book of Herbal Wisdom (Wood) North Atlantic Books, 1999

Dispensing with Tradition: A Practitioners Guide to Using Indian and Western Herbs the Ayurvedic Way (McIntyre, Boudin) Artemis House, 2012

Medicinal Mushrooms (Hobbs) Storey, 2021 -older editions are also excellent

The Fungal Pharmacy (Rogers) North Atlantic Books 2011

*If you are at all serious about Chinese herbal medicine you absolutely need a good Chinese materia medica. These are both equally good:*

Chinese Medical Herbology & Pharmacology (Chen & Chen)

Chinese Herbal Medicine: Materia Medica (Bensky et al.)

*A used older edition of Bensky or Bensky & Gamble is worth picking up if you find at a good price.*

Western Herbs in Chinese Medicine: Methodology and Materia Medica (Garran)

*Note: This is similar to Garran's other book but covering different herbs.*

## History

The Untold History of Healing: Plant Lore and Medicinal Magic from the Stone Age to Present (Wolf Storl) 2017 North Atlantic Books  
Vitalism, The History of Herbalism, Homeopathy, and Flower Essences, originally entitled The Magical Staff (Wood) 1993, 2000  
America's Botanico-Medical Movements: Vox Populi (Berman, Flannery) 2001

## Botany

*Note: Students have a much longer botany resource list with books, websites, etc. with botany class materials.*

Botany for Gardeners: Third Edition (Capon) Timber Press; 3rd edition, 2010  
*This is basically a botany and plant physiology textbook for non-botanists*  
Weeds of the Northeast (Uva, Neal, & DiTomaso) Cornell U. Press, 1997 - excellent  
Wild Urban Plants of the Northeast (Del Tredici) Cornell U. Press, 2010 - excellent  
New York City Trees (Sibley Barnard) Columbia University Press, 2002  
Field Guide to the Street Trees of New York City (Day) Johns Hopkins U Press, 2011

## Botany – More Advanced/Professional Texts

Manual of Vascular Plants of Northeastern United States and Adjacent Canada (Gleason and Cronquist) New York Botanical Garden.  
*This is being updated gradually online with taxonomical changes and can be found here: <https://www.nybg.org/science-project/the-new-manual-of-vascular-plants-project-by-nybg/>*  
The Illustrated Companion to Gleason and Cronquist's Manual (Noel H. Holmgren) New York Botanical Garden  
Plant Identification Terminology (James and Melinda Harris) Spring Lake Publishing, 1994  
Flora Novae (Angliae, Haines et al.) New England Wild Flower Society  
*An excellent book for the more northern parts of our region. Companion to the gobotany website.*

## Ayurveda

Ayurvedic Medicine: the Principle of Traditional Practice, (Pole) Singing Dragon 2006, 2013 (US)  
Dispensing with Tradition: A Practitioners Guide to Using Indian and Western Herbs the Ayurvedic Way (McIntyre, Boudin) Artemis House, 2012  
Herbal Treatment of Children: Western and Ayurvedic Perspectives (McIntyre) Elsevier (2005)

## Traditional Chinese Medicine – General Texts & Resources

### Between Heaven and Earth (Beinfeld and Korngold)

*An introductory book focused more on Five Elements than The Web that has No Weaver. Some students prefer this book to that one, though most practitioners and teachers I know think Kapchuk's book is overall the best introduction.*

### Fundamentals of Chinese Medicine (Wiseman, Ellis, and Zmiewski) Paradigm Publications, 1985

*Another solid general text on organ systems and disharmonies*

\*All of Giovanni Maciocia's books are excellent - older editions are sometimes preferred, so finding a used older one is just fine.

### The Foundations of Chinese Medicine (Maciocia)

*A wonderful overview of Chinese organ systems and Patterns of Disharmony, delivered systematically and clearly.*

### The Practice of Chinese Medicine (Maciocia)

*A more advanced text.*

If you are at all serious about Chinese herbal medicine you absolutely need a good Chinese materia medica. These are both equally good:

### Chinese Medical Herbology & Pharmacology (Chen & Chen)

### Chinese Herbal Medicine: Materia Medica (Bensky et al.)

*A used older edition of Bensky or Bensky & Gamble is worth picking up if you find one at a good price*

### Western Herbs in Chinese Medicine: Methodology and Materia Medica (Garran)

*Note: This is similar to Garran's other book but covering different herbs.*

## Tongue Diagnosis Resources

*\*Both of these books are equally good and excellent resources!*

### Atlas of Chinese Tongue Diagnosis (Kirschbaum)

### Tongue Diagnosis in Chinese Medicine (Maciocia)

## Pulse Diagnosis Resources

### Pulse Diagnosis (Li Shi Zhen)

### Chinese Pulse Diagnosis (Flaws)

### Handbook of Contemporary Chinese Pulse Diagnosis (Hammer & Bilton)

*Note: more extensive information*

Traditional Western Herbalism and Pulse Evaluation: A Conversation (Wood, Light, Bégnoche) 2015

*Note: This book is a conversation about pulse evaluation practices between practitioners of Traditional European Medicine, Southern Folk American Medicine and Traditional Chinese Medicine.*

## Anatomy & Physiology

Human Physiology- An Integrated Approach (Silverthorn) Pearson

*Any edition but the more recent, the better.*

## Reproductive Health

Women, Hormones and the Menstrual Cycle, 4th Ed. (Trickey) Trickey Enterprises

2016 e-book (either 3rd edition, 2011 or 4th edition, 2016 as an e-book)

*Note: We highly recommend this book - widely considered by herbalists to be the best on the topic. The price can vary so keep on the lookout for decent prices. Older used editions will also be worth getting if lower priced.*

Botanical Medicine for Women's Health (Romm) Churchill Livingstone, 2017

## Children's Health

Herbal Treatment of Children: Western and Ayurvedic Perspectives (McIntyre) Elsevier (2005)

Encyclopedia of Natural Healing for Infants and Children. (Bove) Keat's Publishing, 1996.

The Nourishing Traditions Book of Baby & Child Care, (Fallon-Morell, Cowan) New Trends, 2013

## Food, Wild Foods, & Nutrition

Nutrition and Physical Degeneration (Price) 1939 – 2011

*A primary reference of the nutritional and physical effects of colonization on indigenous peoples in numerous parts of the world. Later editions have more of the original photographs included.*

Foraging and Feasting (Falconi) Botanical Arts Press 2013

*This book provides detailed botanical info and illustrations for numerous wild foods, nutrition information and also numerous recipes (with master recipes that can be applied elsewhere).*

Nourishing Traditions (Fallon, Enig) New Trends 1999, 2002

*This is both a cookbook and a detailed reference about traditional and modern food preparation and nutrition.*

Edible Wild Mushrooms of North America (Fischer, Bessette) U. of Texas Press, 1992

Identifying and Harvesting Edible and Medicinal Plants, (Brill) Hearst Books, 1994

The Omnivore's Dilemma (Pollan) Penguin Press

In Defense of Food (Pollan) Penguin Press

Gut & Psychology Syndrome 2nd edition (Cambell-McBride)

*The introduction offers an overview of the effects the microbiome and nutrition have on brain function, and offers staged, restorative dietary practices to recover from a number of digestive ailments.*

Digestive Wellness 4th ed. (Lipski) McGraw Hill 2012

## Flower Essence Therapy

Bach Flower Remedies: Form and Function (Barnard) 2004

*The story of and ways Dr. Bach developed flower essences, along with an introduction to what has been called, 'doctrine of signatures' i.e. that the 'form and function' of plants offer a window into their qualities.*

Collected Writings of Edward Bach: The Man Who Discovered the Bach Flower Remedies (Bach, Barnard) 1998

Stars of the Meadow: Medicinal Herbs As Flower Essences (Dalton) Steiner Books, 2006

*In addition to flower essence monograph of many medicine plants, this book has an excellent short intro to an approach to energetic evaluation in Flower Essence Therapy*

Flower Essence Repertory: A Comprehensive Guide to North American and English Flower Essences for Emotional and Spiritual Well-Being (Kaminski & Katz) 1994