



# Alaska's Wilderness Medicines: Healthful Plants of the Far North

*Eleanor Viereck*

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This guide to Alaskan wild plants, native and introduced, can be used to promote health and healing, use for emergency first-aid care, or to maintain wellness. More than fifty plant species are described with information on habitat and distribution as well as general information on how each one can be used as medicine. This natural history of some of Alaska's medicinal plants is not intended to serve the purpose of a self-care manual of medicine. Dr. Eleanor G. Viereck presents useful and fascinating information about trees, flowers, and shrubs accompanied by accurately rendered line drawing of the vegetation.

Dr. Viereck tells where to find each plant. She also discusses plant collecting in general and how to brew healthful herb teas. An illustrated glossary, cross-references t therapeutic uses of specific plants, and a thorough biblioraphy completes this valuable contribution to plant lore.

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