



SIMH
SOUTHERN INSTITUTE OF MEDICAL HERBALISM

Certificate of Herbal Medicine - Book List

Books required - Titles & Authors

Bartram's Encyclopedia of Herbal Medicine - Thomas Bartram

Encyclopedia of Herbal Medicine - Andrew Chevallier

The Gift of Healing Herbs - Robin Rose Bennett

Herbal Medicine from the Heart of the Earth - Sharol Tilgner

Holistic Anatomy - Pip Waller

Medical Herbalism - David Hoffman

Merck Manual of Medical Information

Oxford or Mosby's Medical Dictionary

The Wild Medicine Solution - Guido Mase

Dear Student,

We have carefully selected herbal medicine and related texts we felt would be most useful to you now and in the future. Prices for these vary depending where you purchase them from, but based on recent feedback from students are some words to the wise!

The three main places to buy them from are Amazon (Australia), Amazon (US) and Fishpond (NZ). Be aware that although on your initial search, one store may appear to have the best deals, often when you get to the cart the price will have gone up considerably because of added taxes and freight. You might also be lucky and pick some texts up on trademe, fb marketplace or in local bookshops.

If you find somewhere either closer to home or cheaper, do go for it and let us know so we can let other students know.

Wishing you all the best with your studies,

Mary Allan, May 2023

Required Books - Details

Bartram's Encyclopedia of Herbal Medicine - Thomas Bartram

First published 1995, in paperback 1998

Thomas Bartram has written a concise, practical, easy to understand A-Z that conveys key points to know on a great many herbs and common health conditions. The cover says it took him 15 years to write and, when you see how much knowledge he has condensed into this book, you will see why, it is a great resource and an excellent reference guide for the herbal student.

Encyclopedia of Herbal Medicine - Andrew Chevallier

3rd Edition published 2016

The Encyclopedia of Herbal Medicine has been beautifully produced and illustrated. It is remarkably inexpensive for the production values and is a lovely book to quickly get valuable and reliable information from as well as a feel for, and a good look at, our herbal allies.

The Gift of Healing Herbs - Robin Rose Bennett

Published 2014

This is a deep, bold, lovely book that openly embraces a great deal of the art and tradition of herbal medicine in the ways it has always been used, as 'the people's medicine'. Robin is a hands-on herbalist and there are numerous recipes and suggestions for the student to try out on themselves and others. It is an easy to use, potent and practical reference text.

Medical Herbalism - David Hoffman

Published 2003

This is a tremendous book and is, without doubt, one of the most important texts for our overall course. Hoffman has written many books on herbal medicine, all of them worth having, but this is the one he has especially written for the person wanting to study and learn medical herbalism.

Even though the chemistry of herbal medicine in the first third of the book is not required to be learned by Certificate students, there is a great deal of practical and well-presented knowledge in this book that will be of value to all students. Those who do want to go on to the Diploma will find Hoffman's presentation of the technical material an excellent guide to start becoming familiar with the science of medical herbalism.

Herbal Medicine from the Heart of the Earth - Sharol Tilgner

Electronic version now available for Parts 1 & 2

Published 2009 with updated versions available

Students may choose either ebooks or the hard copy.

This is a great herbal to help develop core knowledge and confidence. The first section provides a summary of the main actions of the plant medicines with numerous examples. It also contains a condensed, well-referenced A-Z *materia medica* of the herbs and then much of the remaining 2/3 of the book conveys clinically relevant material from an experienced practitioner openly sharing her approach to numerous common issues.

Notes on the Ebook versions:

Downloading a kindle app from Amazon is free and can be installed on your phone, computer or other electronic device.

The first two parts of the book are available online separately:

- Herbal Medicine - 190 Herbs To Know and Use (Materia Medica)
- Herbal Formulas - 150 Proven Recipes For Radiant Health (Formulas)

Sharol has added quite a bit of additional material into the section that is the Formula section of the book. Both ebooks also have colour pictures added that are not in the print book. So they are not exactly the same as the print book, since they have additional data. The last section to be written still is the section on making herbal products. That section will be greatly changed and added to, there is no estimated timeline on this one so we'll keep you posted when it is completed!

The ebooks are available on Sharol's website here:

<https://youarethehealer.org/book-store/herb-books-by-dr-sharol-tilgner/>

You may also be able to purchase via Amazon.

Holistic Anatomy - Pip Waller

Published 2010

An excellent, readable and friendly guide to begin or further the journey of understanding anatomy, physiology & pathology. *As soon as you are ready, read the introduction and the first three chapters*

Chapter one - an orientation to the human body

Chapter two - the chemistry of life

Chapter three - cells and tissues - histology

Continue reading more of Pip's book as soon as you like, you will be referred back to read further chapters in her book at different times throughout the certificate program in any case.

Merck Manual of Medical Information

Many 'Home' or 'Professional' editions are available, e.g. a new 2004 home edition is \$9 US on Amazon.

You can still find paperback Home Editions at affordable prices.

Both the Home or Professional editions are packed with data and either will be more than adequate for our needs. The Home edition may perhaps be recommended as it has more accessible language and only leaves out some of the detailed medical protocols that are typically recommended in conventional medicine, i.e. not information we typically need but we can get it online if we do.

Like the Oxford Medical Dictionary, the Merck is not like a normal book that you read, rather it's a 'reference text' that you look up when needed. Much knowledge is retained when you actually 'need to know' something and can look up a reliable source to get your answers.

The Merck is known as the 'bible' of modern medicine and, like the Oxford, it is an inexpensive and easily obtained text, that may also be useful to order right away.

Oxford or Mosby's Medical Dictionary

Numerous editions are readily and inexpensively available new or used, note that older copies will be perfectly suitable for our needs. Mosby's in particular is used in many health science courses in NZ and is therefore often available 2nd hand at very reasonable prices online.

I love having a medical dictionary on hand - you can of course also quickly obtain online definitions of unknown words when required, but a good medical dictionary is particularly helpful as an in-depth, readable and reliable reference to learn the language of medical science.

Students without much past training in health sciences will quickly come across many new terms and concepts and, by using a medical dictionary, will start becoming familiar with the language and to get a sense of what things mean, the health sciences will be much easier to navigate.

The Wild Medicine Solution - Guido Mase

Published 2013

Guido is a wonderful writer, and a great medical herbalist. His book is recommended to start delving into as soon as you are able and can be thought of as a great introductory read because his interweaving of science and storytelling on '*healing with aromatic, bitter & tonic plants*' is accessible, engaging and highly informative. Start reading it as soon as you are ready and make your way through it in your own time. Many essential concepts and practical ideas will be absorbed in the process of reading this work.