



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 Medical Dictionary

The Wild Medicine Solution - Guido Masé

Books Required (in alphabetical order)

Bartram's Encyclopedia of Herbal Medicine - Thomas Bartram

First published 1995, in paperback 1998, available from the Book Depository from \$20NZ

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, hardback from Amazon, new for \$27US plus postage

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 and available new from Amazon for just over \$18US plus postage

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.

Herbal Medicine from the Heart of the Earth - Sharol Tilgner

Published 2009 and available new from Amazon for \$30US plus postage

This is a great herbal to help develop core knowledge and confidence. Pages 14-30 provide a summary of the main actions of the plant medicines with numerous examples. Page 40-166 is a condensed, well-referenced A-Z materia medica of the herbs and then much of the remaining 2/3rds of the book conveys clinically relevant material from an experienced practitioner openly sharing her approach to numerous common issues.

Holistic Anatomy - Pip Waller

Published 2010, new from \$14 on Amazon, plus postage

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.

Medical Herbalism - David Hoffman

Published 2003 but still available new as a hardback from Amazon for just over \$33US plus postage

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.

Merck Manual of Medical Information

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

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 Medical Dictionary

Numerous editions are readily and inexpensively available new or used, note that older copies will be perfectly suitable for our needs

You can of course also quickly obtain online definitions of unknown words when required but the Oxford 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 the Oxford to 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 Masé

Published 2013, available new from Amazon for under \$15US, plus postage

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.