

ALASKA'S
**WILDERNESS
MEDICINES**

Healthful Plants
of the
Far North



Eleanor G. Viereck

Alaskas Wilderness Medicines

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Alaskas Wilderness Medicines:

Alaska's Wilderness Medicines Eleanor G. Viereck, 2015-06-15 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 bibliography completes this valuable contribution to plant lore *Alaska's Wilderness Medicines* Eleanor G. Viereck, 2012-02-29 Whenever I open it I find another marvelous tidbit like Viereck s description of uses for soft acidic plant sphagnum or peat moss the plant often found chinking the walls of log cabins Fairbanks News Miner This guide to Alaskan wild plants native and introduced is a great way to acquaint people with Alaskan wild plants that 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 but rather be useful to persons in cities on farms and in the wilderness whether they are in Alaska for recreation hunting fishing or work Others inadvertently stranded as a result of an accident or disaster may find themselves in need of help from healing plants Dr Eleanor G Viereck presents useful and fascinating information about trees flowers and shrubs accompanied by accurately rendered line drawing of the vegetation There are additional notes on history and folklore poisonous species that can be easily confused with useful ones and Dr Viereck s experience with the plants She tells where to find each plant and discusses plant collecting in general and how to brew healthful herb teas An illustrated glossary cross references of therapeutic uses of specific plants and a thorough bibliography completes this valuable contribution to plant lore *Alaska's Wild Plants, Revised Edition* Janice J. Schofield, 2020-03-31 With bright color photographs and completely up to date information this authoritative guidebook introduces adventurers and harvesters to more than 80 of Alaska s most common wild edible plants Alaska s Wild Plants is the perfect guide to tuck in your backpack as you explore Alaska s lands Now reorganized to be more user friendly with a new introduction to foraging this informative book will help you discover the bounty of the land and its plants around you Understand basic principles to foraging and easy plant preparations Learn about each plant s nutritional content and medicinal and culinary uses Discover the habitats where the plant can be found and how to harvest it correctly Identify the plant s physical characteristics with an accompanying color photograph Find more expert sources to continue your plant education For explorers foragers harvesters or just the

casually interested this book will help readers recognize Alaska's most common edible plants including chickweed high bush cranberry crowberry sweet gale and more **Alaska Homesteader's Handbook** Tricia Brown, Nancy Gates, 2013-01-01

The Alaska Homesteader's Handbook is a remarkable compilation of practical information for living in one of the most impractical and inhospitable landscapes in the United States More than forty pioneer types ranging from their mid nineties to mid twenties describe their reasons for choosing to live their lives on Alaska and offer useful instructions and advice that made that life more livable Whether it's how to live among bears build an outhouse cross a river or make birch syrup each story gives readers a window to a life most will never know but many still dream about Dozens of photographs and more than 100 line drawings illustrate the real life experiences of Alaska settlers such as 1930s New Deal colonists demobilized military who stayed after World War II dream seekers from the 60s and 70s and myriad others who staked their claim in Alaska

Geologic Studies in Alaska by the U.S. Geological Survey During ... ,1997 *Geologic Studies in Alaska by the U.S. Geological Survey, 1995* ,1984 **National Library of Medicine Current Catalog** National Library of Medicine (U.S.),1988

Alaska Trees and Shrubs Les Viereck,2010-11-15 Alaska Trees and Shrubs has been the definitive work on the woody plants of Alaska for more than three decades This new completely revised second edition provides updated information on habitat as well as detailed descriptions of every tree or shrub species in the state New distribution maps reflect the latest survey data while the keys glossary and appendix on non native plants make this the most useful guide to Alaska trees and shrubs ever published *Silvics of North America* ,1990 **People in the Americas Before the Last**

Ice Age Glaciation Concluded Bonnye Matthews,2017-09-01 WARNING Everything you know about the peopling of the Americas is wrong People in the Americas before the Last Ice Age Glaciation Concluded An Emerging Paradigm on Western Hemisphere Population Origin covers the turn of the century emerging science on the origin of human population in the western hemisphere It is a booklet that is designed to provide a reference bridge until the new information can be included in textbook presentations With the ability to examine DNA evidence on extremely old human remains and findings at greater depth than formerly considered information grows at a rapid rate The science is in its infancy but surprising finds occur moment by moment

Alaskas Wilderness Medicines Book Review: Unveiling the Power of Words

In some sort of driven by information and connectivity, the power of words has become more evident than ever. They have the capacity to inspire, provoke, and ignite change. Such could be the essence of the book **Alaskas Wilderness Medicines**, a literary masterpiece that delves deep to the significance of words and their affect our lives. Compiled by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall affect readers.

<https://dashboard.colourpop.com/book/publication/fetch.php/Roblox%20Simulator%20Toolkit.pdf>

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