



Tree Medicine: A Comprehensive Guide to the Healing Power of Over 170 Trees

Peter Conway

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Tree Medicine is the first comprehensive guide to the amazing healing power of trees. With herbal medicine and the use of tree preparations set to become a significant part of mainstream healthcare in the 21st century, Peter Conway explains how we can unlock their ancient healing properties to benefit our health. In this important book he looks at: The history of trees in medicine; Why trees are effective in healing; The role of trees in herbal medicine, aromatherapy and flower and tree essences; The various types of preparation, with step-by-step instructions where appropriate; Professional help with tree medicine - what is available and what to expect; Self-help using tree medicine - which conditions can be treated and how; Other approaches to healing with trees; wood carving, growing trees, tree meditation; Descriptions of the healing properties of over 150 trees from around the world.

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