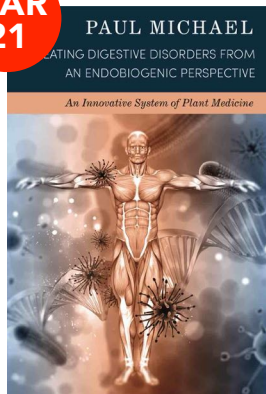


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Treating Digestive Disorders from an Endobiogenic Perspective: An Innovative System of Plant Medicine

Paul Michael

ISBN 9781911597551

Paperback 274pp £29.99

Treating Digestive Disorders from an Endobiogenic Perspective introduces and explains with clarity the concepts, philosophy and practical applications of

endobiogenic medicine. It explores how a variety of digestive disorders including IBS, Crohn's disease, GERD and dysbiosis, can be treated with endobiogenic medicine. These are illustrated by in-depth case studies with explanations given for the choice of plants and supplements used, alongside the use of specific diets and manual therapy. Paul Michael also offers new insights into the mechanism behind the autoimmune process seen in Crohn's disease from the endobiogenic perspective.

PAUL MICHAEL is a medical herbalist, practitioner of endobiogenic medicine and a qualified Gut and Psychology Syndrome (GAPS) therapist. He is a first-class graduate of the BSc in Herbal Medicine programme at Middlesex University, and a member of one of the main professional organisations for medical herbalists in the UK, the College of Practitioners of Phytotherapy (CPP). He trained for over 7 years with Dr Jean-Claude Lapraz, and in his practice uses the endobiogenic approach in conjunction with classical herbal medicine. Paul is one of the founders of the UK Endobiogenic Medicine Society (EMS).

The Tree Dispensary: The Uses, History, and Herbalism of Native European Trees

Christina Stapley

ISBN 9781913504724

Paperback 368pp £24.99

The Tree Dispensary explores the history, folklore and medicinal uses of native European trees, beautifully illustrated with the author's own photographs.

The book presents a thorough and deep appreciation of trees as the author has experienced them through everyday life, as a herb historian and practising herbalist.

Categorised into seasons, each of the 30 tree chapters covers cultivation, cookery, foraging, crafts, history, botany, medicinal use and mythology. Original herbals are used as source material for the historical section, allowing voices from the past to speak for themselves. A 'Herbalists Reference' for each tree includes medicinal uses, dosage and constituents and reflects the author's own extensive experience of using these wonderful tree remedies.

CHRISTINA STAPLEY is a retired medical herbalist with ten years of practice. She now teaches pharmacognosy, materia medica and the history of western herbal medicine. Christina is a member of the Herbal History Research Network, and for many years has tutored practical historical herb workshops. She is a Royal Horticultural Society lecturer and has written three books on growing and using herbs.

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FUNCTIONAL HERBAL THERAPY

A Modern Paradigm for Western Herbal Clinicians



Functional Herbal Therapy: A Modern Paradigm for Western Herbal Clinicians

Kerry Bone

ISBN 9781912807246

Hardback 184pp £29.99

In this ground breaking book, Kerry Bone presents in detail his holistic, multidisciplinary and multicentred model of Functional Herbal Therapy (FHT). This model draws on the modern concept of functional medicine but is also

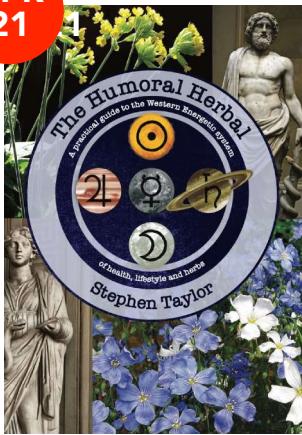
rooted in traditional herbal wisdom. It is designed to equip herbalists to understand and formulate treatment strategies which tackle the complexity of different disease states.

Functional Herbal Therapy introduces the seven key attributes of FHT based on a fusion of new research and the modern concept of functional medicine. Next it offers an in-depth look at some of these core treatment strategies of FHT. Finally, the book examines how the key approaches and treatment strategies discussed can be successfully applied to the modern herbalist's practice.

This visionary book will revolutionise the way that medical herbalists and naturopaths understand and treat disease processes. It will also be invaluable to students of herbal medicine, naturopathy and pharmaceutical sciences, both as a standard text and a reference book.

KERRY BONE is an industry leader and innovation driver, directing the research program at the herbal company MediHerb. He is co-author of around 40 scientific papers on herbal research, including original research and systematic reviews, and currently serves as the only Australian member on the editorial board of the journal *Phytomedicine*, the top herbal research journal in the world.

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The Humoral Herbal: A practical guide to the Western Energetic system of health, lifestyle and herbs

Stephen Taylor
ISBN 9781912807109
Paperback 200pp £24.99

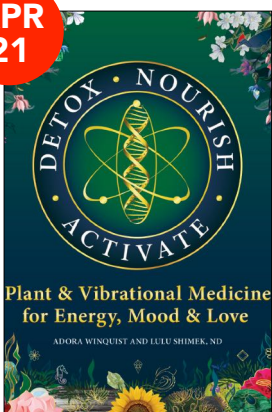
The Humoral Herbal is an exploration of the ancient art of restoring health by balancing the humours of the body. Humoral medicine dates from the time of

Hippocrates and this book represents its renaissance in the context of Western traditional medicine.

The Humoral Herbal gives a clear description of the basic concepts of traditional humoral medicine, how to recognise imbalances in the humours and how to correct them with herbs and changes in diet and lifestyle. It explores Medieval astrological and planetary symbolism and provides clear charts showing how the different humours function and influence health. A comprehensive herbal guide details the humoral and planetary characteristics of each herb and how to choose the correct remedy. The author, Stephen Taylor, generously shares his experience of humoral herbal practice and offers guidance on how to apply that healing wisdom for our benefit today.

STEPHEN TAYLOR has explored in-depth the traditional foundations of Western medicine, drawing inspiration from the Ancient herbalists Hippocrates and Galen, and the medieval herbalist Nicholas Culpeper, over his 25 years of practice as a herbalist. Stephen has trained in Eastern and African traditions of ancient medicine. Having made extensive visits to learn from the traditional healers of Africa, he eventually became initiated as a traditional healer and diviner himself. He continues to practice herbal medicine, teach and research, and grows and produces many of his own medicines.

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Detox - Nourish - Activate: Plant & Vibrational Medicine for Energy, Mood, and Love

Dr Lulu Shimek & Adora Winquist
ISBN 9781912807963
Paperback 333pp £19.99

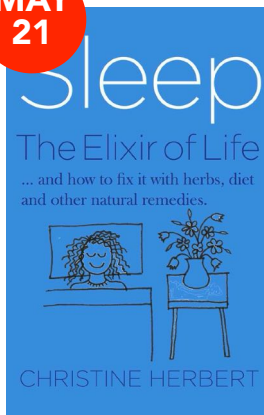
Detox. Nourish. Activate: Plant & Vibrational Medicine for Energy, Mood & Love offers a visionary approach to empower readers on the path of self-discovery and self-

mastery. This three step system is designed to heal trauma at the core level from this lifetime and many previous generations. These three areas of well-being are explored, in depth, with eleven primary alchemical interventions to facilitate healing down to the DNA level. With a series of introspective explorations, meditations, plant based formulas and profound insight, readers connect deeply to detox, nourish and activate the brain, adrenal glands and heart for holistic healing and personal growth. The power for your healing journey is at your fingertips. Transform your health, your life, and your world. with accompanying treatment plans.

DR LULU SHIMEK is a Naturopathic Physician and graduate from Bastyr University, practices in Asheville, North Carolina. She works with patients experiencing chronic disease and specializes in autoimmune disease, digestive disorders, chronic pain, depression, anxiety and fatigue. She is the founder of Dr. LuLu Naturopathic Clinic, an alternative medicine clinic, where the focus is in working with patients addressing physical, emotional and mental trauma.

ADORA WINQUIST is a visionary in the nascent field of Quantum Alchemy, an evolutionary transformative path for self-mastery which facilitates healing at the DNA level using an amalgamation of plant and vibrational modalities. Adora studied vibrational medicine and aromatherapy both in the USA and abroad and is a graduate in energy healing and psychodynamics from the renowned Barbara Brennan School for Healing. Recognised as an innovator in the field of aromatherapy and energy medicine, Adora works with individual and corporate clients.

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Sleep, the Elixir of Life: How to Restore Sleep with Herbs and Natural Healing

Christine Herbert
ISBN 9781913504854
Paperback 350pp £16.99

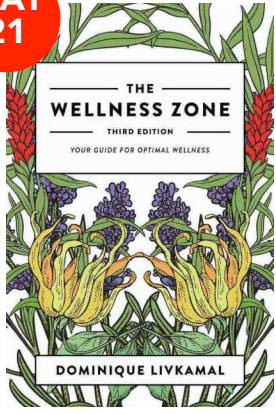
Insomnia is a major problem for many people, and a minor one for most. In the author's 22 years of herbal practise, at least half of the people seen have had some kind of sleep issue. Sleep problems are inextricably linked with whole body

health - fix one and the other gets fixed too. The way to fix it will vary from one person to another and requires detective work to establish the problem which will then offer the answer.

Sleep: The Elixir of Life looks at all the many reasons for poor sleep - such as stress, pain, digestive issues, urinary problems and hormones - and goes through ways to treat them and hence solve the sleep problem. The methods used to treat them include herbal medicine, dietary and lifestyle changes, flower remedies and essential oils. This book is all about finding a way through an individual's health problems to fix sleep in the best way possible, by actually treating the cause of the problem.

CHRISTINE HERBERT qualified as a herbalist in 1997 and has been practising and learning herbal medicine ever since. Previous to this she worked as a senior biomedical scientist for the NHS. During the years of her herbal practice she added many skills including nutrition, aromatic medicine and flower essence therapy in order to be able to best help the many people who came to see her. She retired from practise in 2019 so she could teach and write using all the knowledge she had acquired. She is an Honorary Fellow of the National Institute of Master Herbalists.

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The Wellness Zone: Your Guide to Optimal Wellness

Dominique Livkamal

ISBN 9781912807949

Paperback 333pp £29.99

The Wellness Zone is your guide to optimal wellness. Do you understand your body and what to do when you are exposed to illness? *The Wellness Zone* is here to help you become empowered with your lifestyle so that you feel strong and capable of looking after

yourself and your family with natural home-based solutions. This book guides you through simple practices that can often prevent, cure and help you recover from many health problems which can seem complex, when in fact they are not so difficult to navigate from your kitchen.

In *The Wellness Zone*, Dominique Livkamal simply and effectively translates quite technical health issues into everyday language so that you can see and act on health problems with diet, herbs, nutritional medicines, rest, practices and some old fashioned remedies that are right at hand in your pantry home!

DOMINIQUE LIVKAMAL is a passionate wellness advocate and naturopath. In 2012 she was awarded the Australian Herbalist of the Year and in 2015 made a fellow of the National Herbalists Association of Australia. Dominique has a masters in public health and health promotion and a degree in health science and complementary medicine. She is also a kundalini yoga teacher and Zen Thai Shiatsu practitioner. In 1999, she set up the Medicine Room Naturopathic Herbal Dispensary in Queensland, Australia, where her mission is to bring wellness and joy through natural health advocacy, education and herbal therapies.

MAY
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Herbal Medicine and
Reproductive Health

Natural approaches to
understanding and overcoming
reproductive health problems, and
improving fertility

Cover in
progress

By Marie Reilly

Herbal Medicine and Reproductive Health: Natural approaches to understanding and overcoming reproductive health problems, and improving fertility

Marie Reilly

ISBN 9781912807222

Paperback 173pp £19.99

Herbal Medicine and Reproductive

Health is a comprehensive text-book for practitioners, which provides detailed information on the causes of infertility and subfertility in men and women, including both organic and functional infertility.

This book will enable practitioners to gain an understanding of the causes of infertility from both an orthodox medical and an energetic/holistic perspective, with detailed advice on case history taking, clinical examination and orthodox investigations, together with comprehensive sections on diagnosing Ayurvedic and TCM patterns of disharmony, which may contribute to difficulty in conceiving.

Herbal Medicine and Reproductive Health also explores in detail on how to specifically address the various causes of infertility with herbal medicine, nutrition and lifestyle changes, in order to help their patients to conceive.

MARIE REILLY is an experienced Medical Herbalist and teacher. She qualified from the College of Phytotherapy in 2004 and subsequently completed the Scottish School of Herbal Medicine Masters Degree Programme, having conducted her research dissertation on the treatment of female functional infertility with herbal medicine. She has also studied Endobiogenic Medicine with Dr. Jean Claude Lapraz, and Ayurveda with Dr. Vasant Lad. She currently runs a busy multidisciplinary clinic in Lismore, Ireland.