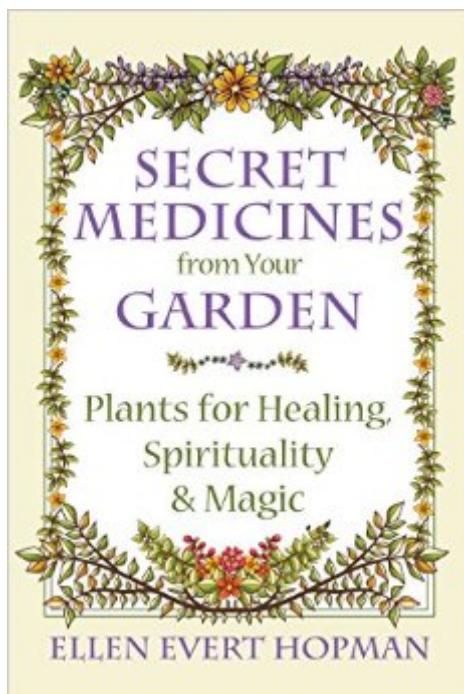


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# Secret Medicines From Your Garden: Plants For Healing, Spirituality, And Magic



## Synopsis

A guided exploration of herbal lore and healing plants found in yards, forests, meadows, and hedgerows. Draws on traditional knowledge and remedies from around the world, including Native American, Celtic, and Egyptian traditions. Provides simple recipes to safely make herbal remedies from local plants and honey for first aid, immune support, and treatment of common ailments. Details the  $\triangle$  formula-making system of William LeSassier. Explains how to work with plant spirits, herbal astrology, and Animal Spirit Medicine. Weaving together ancient wisdom, mystical folklore, and modern plant research, master herbalist Ellen Evert Hopman explores the many uses of flowers, trees, common weeds, and ornamental plants for food, medicine, spiritual growth, and magical rituals. She reveals the herbal lore surrounding each plant, drawing on traditional knowledge and remedies from around the world, including Native American, Celtic, and Egyptian traditions. She includes recipes throughout so you can make medicines from wild and domesticated plants easily found in yards, forests, meadows, and hedgerows, and she discusses what to plant to ensure you have leaves, berries, and flowers all year. The author reveals how to quickly intuit an unknown plant's properties using the signatures of plants--universal indications and contraindications based on the form, color, and location of a plant. She includes an in-depth section on honey and Bee Medicine, allowing you to appreciate the labors of these plant-dependent insects. Exploring the magical role of herbs in ancient ritual, Hopman provides recipes for Egyptian temple incense and their sacred medicine known as  $\triangle$  Kyphi or  $\triangle$  Kaphet, used to purify the body, banish insomnia, and promote vivid dreaming. She explores shamanic Plant Spirit and Animal Spirit Medicine as well as herbal astrology. She also explains the  $\triangle$  formula-making system of her herbal mentor William LeSassier to help you develop custom herbal remedies tailored to a person's unique strengths and weaknesses. Showing how to easily incorporate wild plants into your life to receive their healing benefits throughout the seasons, Hopman reveals the power of the bounty that Mother Nature has provided right at our doorstep.

## Book Information

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## **Customer Reviews**

When I received this book to review, I did not know what to expect. I am a firm old school person, and anticipated a simple rehashing of old info, much like what I seem to see going on in publishing these sorts of tomes for the last 10 years. I was fabulously surprised and heartened by the sheer amount of information, and cross correlations, in this work. Well written, researched, and full of analysis, guidance, and even surprise recipes, it was brilliant. Absolutely top notch. This book is now going to be a required text for my students, and I look forward to reading Ellen Evert Hopman's other works. If you buy one book this year, buy this one.

Ellen Evert Hopman is one of the few herbalists I trust implicitly. Her information is always accurate, well-researched and beautifully presented. And this book ... this book is so much more. I was prepared to read it through with interest. I found myself stopping frequently to compare her life's journey with mine. The amount of information and memoir and gee-why-didn't-I-see-that? is just brilliant. Thank you, Ellen Evert Hopman, for another glorious contribution to the world of green medicine and reverence for all life on our beautiful planet.

Secret Medicines From Your Garden is packed with information from recognizing plants based upon shape of stems, leaves and growing conditions to using those plants. One section of this book is broken down to individual plants and the growing seasons of Spring, Summer and Fall. The plants and what portions are used are discussed along with a "recipe". Another section is recipes for various ailments and needs. Throughout the book, the connection to the physical plant and a spiritual healing is linked. Beyond the amazing discourse on the plants and their healing or home uses, Ellen Evert Hopman concentrates on sharing the spiritual or "magic" associated with these plants. Having studied Druid and American Indian herbalism, Ms. Hopman strongly influences her book with the idea of healing body and mind with plants. This is defiantly a way of life that is being

introduced and explained to the reader. *Secret Medicines From Your Garden* is worth reading if you are interested in herbalism. As the subtitle, "Plants for Healing, Spirituality, & Magic", states that is what this book is about. I received this book from Netgalley in exchange for my review.

**Secret Medicines from Your Garden ~ Ellen Evert Hopman**  
Review by Dorn Simon-Sinnott

The variety of written works Hopman has produced, could house a bookshelf in itself; reaching into the wise old knowledge bases of many traditions, both Spiritual, and Medicinal. Being a novice Forager, Herbalist, I tend to slowly get to know the landscape plants, herbs, and weeds, prior to consuming, whether as food, teas, or tinctures. This can be a daunting task, as one needs a good memory, and a notebook to confer; Alas! This volume of work by Hopman, has given me the perfect companion on my walks, and in my own garden! It being seasonal in its composition, it is always an easy book to open just where one needs to open it; unlike other field guides where one spends more time flicking pages than actual learning or identifying! It gives sp. Latin variants of each plant, with basic information on its use, best harvesting times, and consumption tips, along with recipes. A fair amount of pictures/artwork, descriptions are included, with this not being entirely location based, meaning the plants described in this work, can be mostly found globally. In true Hopman style, it is down to earth, to the point, raw, fact telling writing. I will have a blast this year, having already learnt of many plants that are seen on a daily basis, from the Spring section of this book. An essential guide, with just enough contents to make for a re-usable year after year reference, suitable for novice, expert alike.

5\**Secret Medicines from Your Garden: Plants for Healing, Spirituality, and Magic*

The art and science of herbal medicine can be daunting. Hopman, from the very first chapter, leads the reader into the sensory world of nature with the approach to identification and medicinal use that the ancients practiced before printed herbal compendiums. With one's mind and heart thus opened, the breadth of wisdom and information that follows falls on freshly tilled soil. The reader will learn the sacred and the magical traditions of many cultures, wild-crafted and kitchen recipes, a system for prescribing and mixing formulas, scientific tables, resources and sources for further learning, and more. This is my all-time favorite herbalist's reference. I couldn't put it down. Pat Basham, Lotus Guide

Every now and again I come across a book which I know will become favourite resource, one that will live on my bookcase, one I will reach out for on numerous occasions, one that will never be leant out to anyone in case I were to lose it. Such a book is Hopman's *Secret*

Medicines from your Garden™. This is not a traditional herbal encyclopaedia by any means, for unlike others this is topic based. Plants frequently appear in one section of the book only to pop up again in another, showing us a different side to them, one that may be overlooked by others. Sections of the book teach us about working with the signatures of plant, seasonal herbs, the invisible dimensions of the plant world and ways we can make use of plants in our own lives. Throughout her book Hopman provides us with a real treasure chest of information, wisdom, both modern and traditional, recipes, remedies, potions, tinctures, teas and more besides. Ellen Evert Hopman is someone with an eclectic background, interested in many things who is both a herbalist and a Druid. In Secret Medicines from your Garden we benefit from this diverseness, for because of it, she is able to open up the world of plants to us in both a practical and very spiritual way.

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