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Southern Folk Medicine: Healing Traditions from the Appalachian Fields and Forests

By Phyllis D. Light

North Atlantic Books. Paperback. Condition: New. 288 pages. This book is the first to describe the history, folklore, assessment and diagnosis methods of Southern and Appalachian Folk Medicine (SAFM)—the only system of folk medicine, other than Native American, that developed in the United States. One of the systems last active practitioners, Phyllis D. Light has studied and worked with herbs, foods, and other healing techniques for more than thirty years. In everyday language, she explains how Southern and Appalachian Folk Medicine was passed down orally through the generations by herbalists and healers who cared for people in their communities with the natural tools on hand. Several cultural and healing traditions merged together over a period of time to create Southern Folk Medicine, which draws from the medicine systems of the Greeks (humoral system, astrology), Native Americans (indigenous plant use, spiritual traditions, elements), African (spiritual traditions, foods), and the folk medicine of the British Isles (elements, humors, superstitions, herbs). Light shows that this is not a forgotten system, but an active, viable approach to herbalism that is readily understood and easily put into practice. A fourth-generation herbalist and healer, the author began her studies in the deep woods of North Alabama with...



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