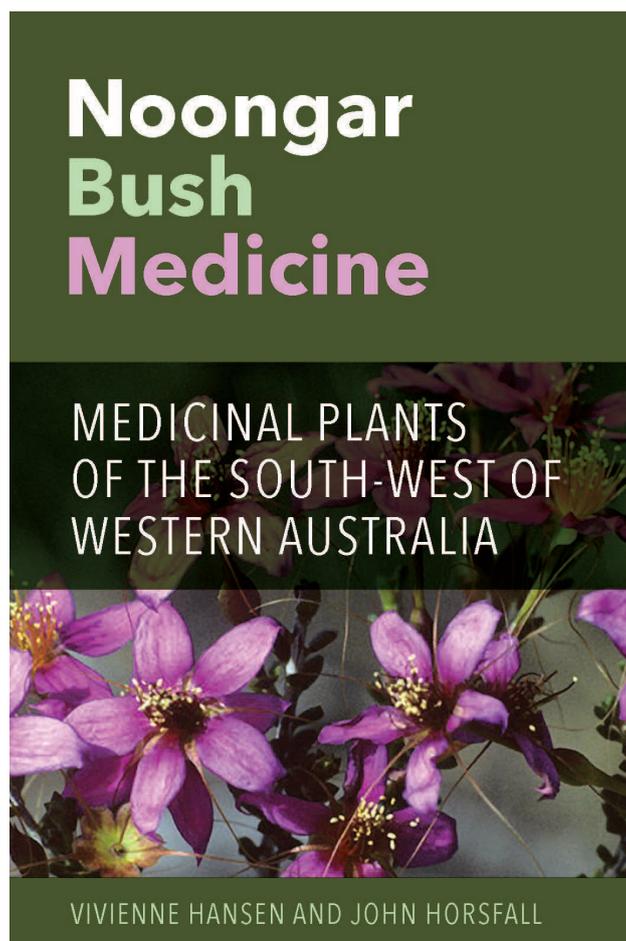

NOONGAR BUSH MEDICINE

Medicinal Plants of the South-west of Western Australia

Vivienne Hansen and John Horsfall

RRP \$34.99



For over 50,000 years before colonisation, the Noongar people were much healthier than most Aboriginal Australians are today. Living in the open, in a land largely free from disease, they benefited from a better diet, more exercise, less stress and a supportive community.

In Noongar Bush Medicine, the authors have recorded information on many of the medicinal plants that were regularly used by the Noongar people of the south-west of Western Australia. They hope it will ensure that the traditional knowledge is not lost forever with the passing of elders and traditional healers.

Noongar Bush Medicine provides for the first time comprehensive information on the medicinal plants that were used by Aboriginal people of the south-west of Western Australia before European settlement.

The book is a guide to how to use plants for alternative treatments and protection from common ailments. Written by Noongar edler Vivienne Hansen with retired nurse educator John Horsfall, *Noongar Bush Medicine* has been compiled from knowledge passed on by Noongar elders and covers over 90 different species and features images of each plant. There is currently no comparable book on plant medicines available.

ABOUT THE AUTHORS

Vivienne 'Binyarn' Hansen is a Balladong Wadjuk Yorga woman from the Bibbulmun Nation, or Noongar people, of the south-west of Western Australia. After a childhood of learning about traditional medicine, Vivienne undertook formal training at the Marr Mooditj Foundation and completed Certificate IV in Bush and Western Herbal Medicine. She was also the first Indigenous member of the National Herbalist Association of Australia, and presented at the 7th International Conference on Herbal Medicine in 2010.

John Horsfall has had a long career as a Mental Health and General Nurse. He has taught at the Western Australian School of Nursing and, later, at the Curtin University Centre for Aboriginal Studies. He was the Training Coordinator at the Specialist Aboriginal Mental Health Service in Perth before retiring in 2013.



For all enquiries contact Nikki Anderson for UWA Publishing

TEL +61 405 539 055
EMAIL nikki.anderson@ozemail.com.au
WEB www.uwapublishing.com.au
SOCIAL @uwapublishing