



WILD PLANTS ARE MY MEDICINE (New edition)
How to recognize, harvest, and use them
Anny Schneider

An update of the definitive reference guide !

304 pages

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Éditions de l'Homme

In every era and every place, wild plants have been used, especially to treat wounds and infections, soothe pain, and strengthen the immune system. This folk medicine, easy to find and good for you, has been consistently popular for the last 10 years.

In the new edition of this lavishly illustrated book, herbalist Anny Schneider invites us to discover the unsuspected medicinal qualities of many naturalized plants that grow in our surroundings. She shows us how to recognize, harvest, and preserve their active ingredients to make remedies that are natural, simple, effective, and inexpensive.

This updated book is the fruit of the author's encyclopedic botanical knowledge. In addition, it includes a presentation of the most widespread – and often least well known – naturalized wild plants and their recommended uses in modern herbalism.

Strong points

- An update of a bestseller that has sold more than 7000 copies since 2011.
- A simple and easy-to-follow encyclopedic guide to the practical use of Canada's naturalized wild plants.
- Many illustrations that make it easier to identify species that are common and plentiful in Canada.
- An inventory of naturalized wild plants that is different and complementary to the list in *Plantes médicinales indigènes* (2020).
- A qualified author, well-known for many years in the field of herbalism.

Subjects: herbalism, botany, health, wild plants

Anny Schneider, who has lived in Quebec since the 1980s, is a well-known and experienced herbalist-therapist, expert in the identification and use of Quebec's wild medicinal plants. Her knowledge is drawn from more than 10 years of studies at the Académie de phytothérapie du Canada, in Montreal, and at the Herbothèque, as well as from more than 30 years spent exploring forests and bogs. A popular educator, lecturer, and nature-lover, she is also a fervent defender of natural environments. She is originally from Alsace (France).