



Hygieia: A Woman's Herbal

Jeannine Parvati Baker

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HYGIEIA: A WOMAN'S HERBAL is the first book of its kind to interweave the ancient practice of herbalism with the current women's consciousness and wholistic health. This herbal is an encyclopedic work covering many aspects of women's health. Personal stories, dreams and poems enliven the text, which has many drawings and photos of women and their plant allies. HYGIEIA is a useful and evocative reference book for every woman concerned about her soul (psyche) as well as her feminine health.



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