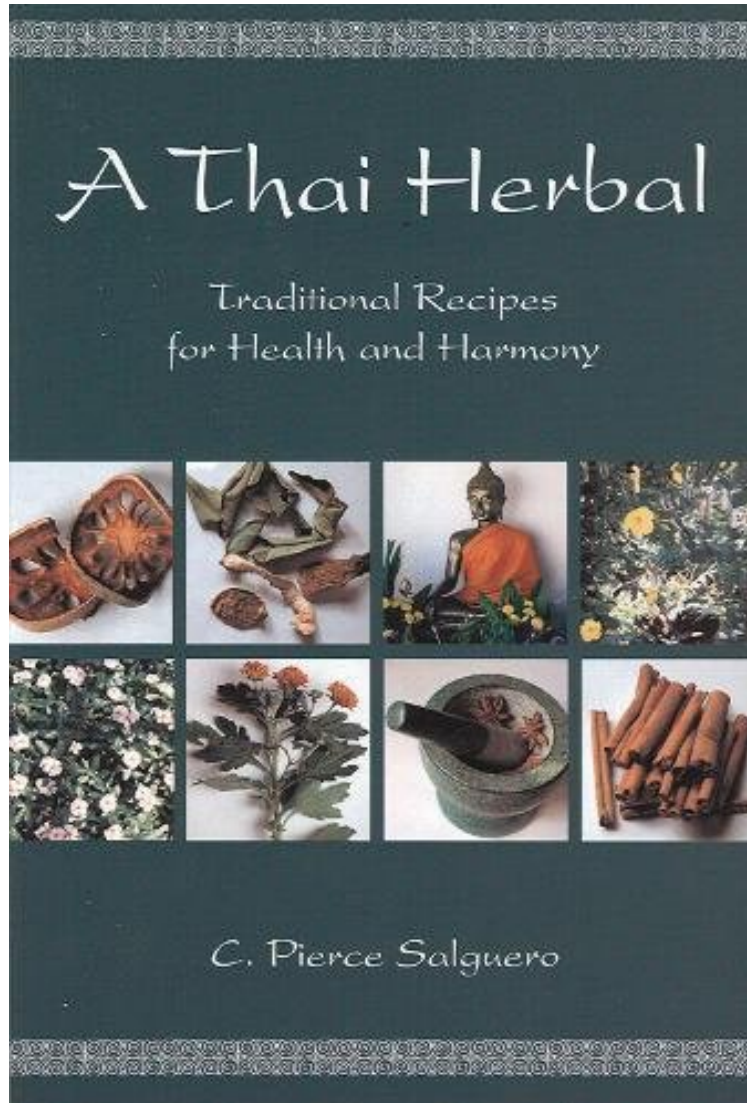


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A Thai Herbal

C. Pierce Salguero

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C. Pierce Salguero : A Thai Herbal before purchasing it in order to gage whether or not it would be worth my time, and all praised A Thai Herbal:

1 of 1 people found the following review helpful. Thai Herbs as Medicine, Food Ingredients, and Household ItemsBy Global SquatterIn his own words, C. Pierce Salguero, Ph.D., called using and eating Thai herbs packed with medicinal qualities "Food Therapy." The first recipe he presented in Chapter III Every-day Herbs is the famous Thai Tom Yam. Its main ingredients of this deliciously tangy soup are lemongrass, galangal and kaffir limes. Well, everyone knows how yummy the Tom "Yum" is. But he told us why and how Thai herbs can be beneficial to our health. This

information is equivalent to knowing why a chicken soup is so soothing and how it cures the cold symptoms. He also touched (pun intended) on the herbs and their usage in traditional Thai massage and sauna. Just perfect for the colder weather we're experiencing in fall and winter. If we can put lemongrass, galangal and kaffir limes in our mouth (not really; no one actually EATS them, but they flavor the Tom Yum broth), we can also put them on our skin and inhale the nice aromas during a hot herbal compress massage session. His on-line store (thai-herbs.com by Taomountain) sells Thai herbs that are hard to locate in the United States. I guess I'll be spending money there, too. Happily. Last but not least, he shared tips on natural alternatives to clean almost everything in our house. For example, white distilled vinegar can be used to clean and disinfect any locations that germs hang out, such as bathrooms and kitchens. And he also runs a traditional Thai massage school in the East Coast and has written about Buddhist medical and healing approach. Looks like he offers a complete holistic treatments for tummy, body, mind and spirit.

0 of 0 people found the following review helpful. A very worthwhile read

By Charles Cooper This book offers valuable insight into the influence and uniqueness of Thai culture upon both the art of healing and herbs in particular. C. P. Pierce Saiguero straightforward approach with personal touches is both entertaining and educational. The book should offer value to the herbal novice as well as the seasoned practitioner. A philosophical background on how herbs are treated and principals on how to administer them are well laid out. The suggestions on herbs for specific conditions are especially useful. As a practicing acupuncturist I highly recommend this book.

6 of 6 people found the following review helpful. Ancient Traditions Brought Alive

By Bronwen Evans I spend my weekends in the Thai countryside at a place called Kung Wiman and am amazed at the local knowledge about Thai herbs which they use in their everyday lives. My husband, who is Thai, taught me quite a lot, but it's been difficult because he only knew the Thai names for plants and herbs. So C. Pierce Salguero's book has been a huge help, as it gave names in Thai as well as common and Latin names along with explanations and context. It has helped me to identify plants and their uses. I am trying them out for myself and have had a good experience so far. By the way many of these herbs are now available in other countries and there are also parallels with traditions such as Ayurveda and Chinese. My only small criticism is that I would like to see the names written in the Thai script as well. I recently bought another of his books on spiritual healing which is also very good. These ancient healing techniques are unique and very much alive today and it is fantastic that C. Pierce Salguero is introducing them to a wider audience.

This practical guide to the traditional herbalism of Thailand contains an overview of the history, theory, and spirituality of traditional Thai medicine, with a focus on the application to modern Western life.

This book is great introduction to Thai medicine leaving one hungry to know a lot more!

A" - Annie McIntyre Positive Health

From the Author This book is the result of 5 years of research and hands-on study with Thai healers in and around the Chiang Mai area of Northern Thailand. Chapter 2, a detailed introduction to the theory of Thai medicine, is the result of research at the Bangkok National Library. With the exception of Chapter 2, which can get a bit technical, this book is readable and accessible to even those with no prior experience in herbal medicine.

About the Author C. Pierce Salguero is the founder of Tao Mountain, a nonprofit association of Thai massage and herbal medicine instructors who support academic research and clinical trials to build bridges between Thai and modern Western medicine. He is the author of *Encyclopedia of Thai Massage*, *The Spiritual Healing of Traditional Thailand*, and *Thai Massage Workbook*. He lives in Baltimore, Maryland.