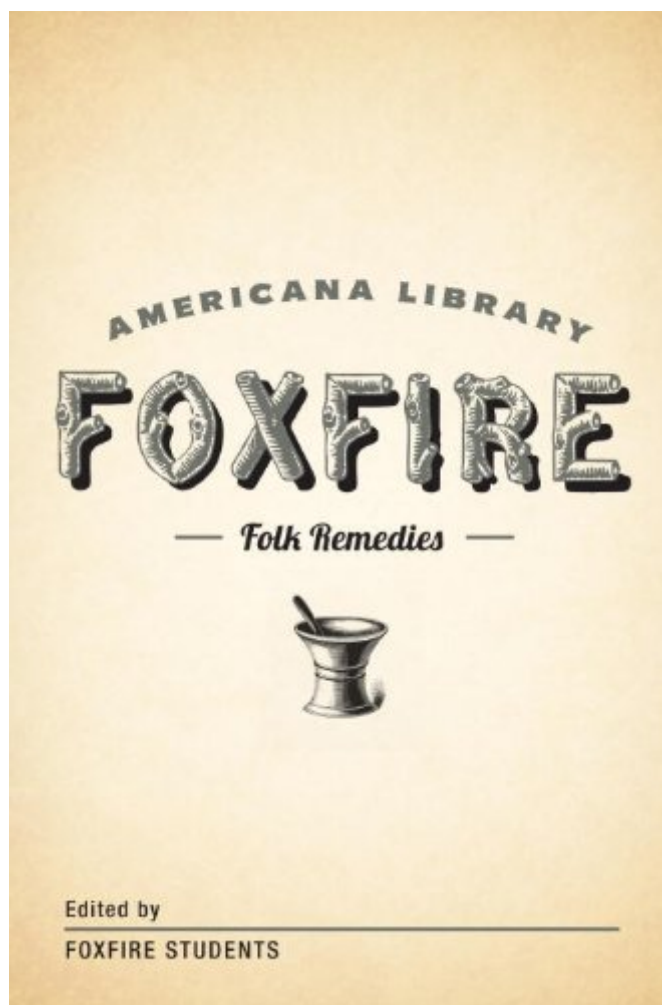


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# Mountain Folk Remedies: The Foxfire Americana Library (9)



## Synopsis

Beginning with an illustrated guide to the herbs and roots used in traditional Appalachian healing, *Mountain Folk Remedies* is a fascinating collection of historic remedies ranging from the practical (burdock tea will help aching feet) to the magical (carrying a buckeye in your pocket will help lessen arthritis). Foxfire has brought the philosophy of simple living to hundreds of thousands of readers, teaching creative self-sufficiency and preserving the stories, crafts, and customs of Appalachia. Inspiring and practical, this classic series has become an American institution. In July 2016, *Vintage Shorts* celebrates Foxfire's 50th Anniversary.

## Book Information

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## Customer Reviews

This is a concise collection of folks medicines in earlier times in the Southeaster mountains. A description is given of each medicine to enable one to recognize it in its natural form as well as giving the applications for each natural medicine. Any one intersted in folk ways in the Southeastern mountains should read this book. It also gives much insight into the every day lives of these pioneering people. I myself remember when I was growning up that mountain people dug "seng" as well as other natural herbs for sale to the Chinese. Market prices for ginseng were published in the

papers. Many a mountain farm family was able to bet by on digging herbs and selling them. Extensive beds of these herbs have been destroyed by over harvesting.

Fun interesting read , historical but also a great laugh at a few of the sillier remedies , but tones of interesting old folk remedies and information.m

Live in these mountains and love the culture. Foxfire books keep us from forgetting the old ways.

Love this books

I've been loving the Foxfire books for years! Now that they are available in digital format, I'm buying them again! I think everybody should read all the Foxfire books.

Interesting books of all kinds of old tales very good books

A lot of useful information. Very interesting.

Excellent reading. The experience shared in their life style was so real. Highly recomend this series of books to those interested in learning about the mountain people's way of life.

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