

Download Free Flower Essence Repertory A  
Comprehensive Guide To North American And  
English Flower Essences For Emotional And  
Spiritual Well Being

# Flower Essence Repertory A Comprehensive Guide To North American And English Flower Essences For Emotional And Spiritual Well Being

***A modern, approachable holistic health guide that focuses on physical, emotional, and mental well-being. Radical Remedies urges readers to take an active concern for their overall health and well-being by reconnecting with nature and honoring their own emotional history and experience. Focusing on twenty-five of the most nourishing herbs, this book shows how they can be used to remedy stress, depression, and insomnia, soothe tension in the body, and comfort a broken heart. With insights on gut health, emotional balance, and the importance of whole foods, readers will discover practices and strategies to survive and thrive every day. Learn to make recipes like Ashwagandha Chai, Sacred Spark Infusion, Lemon Balm and Orange Peel Honey, and Banish the Blues Tincture or follow instructions for a Honey Mallow Soothing Face Mask or a Gotu Kola Rose Facial Oil. While balance or vitality is never achieved through a singular act or quick fix, this guide details a deep well of practices and self-care that can aid you in the toughest of times.***

***Bach Flower Massage contains all the information you need to begin treating yourself and others with the 38 flower remedies. Includes a list of the indications treated by each essence, illustrations of the flowers themselves, and tips on where to find them in the wild.***

***“Flowers represent a branch of plant medicine that is specifically concerned with our consciousness and***

**evolution. To connect with their essence catalyzes the blossoming of our own healing and spiritual journeys.”**

**—Heidi Smith From lavender’s ability to soothe frazzled nerves to rose’s charms in healing the heart, flowers don’t just delight the senses—they have a secret history as doorways to transformation. With *The Bloom Book*, Heidi Smith offers a holistic and comprehensive guide for working with flower essences—the vibrational signatures of our botanical allies—to bring about healing, awakening, and deep change. A psychosomatic therapist, flower essence practitioner, registered herbalist, and long-time student of ancient wisdom traditions, Smith seamlessly integrates the healing power of flower essences with vibrational medicine and the rise of the divine feminine. The result is a cosmic doctrine of healing that empowers readers to align with their highest selves and help to bring about planetary transformation. Highlights include: An intuitive approach to working with flower essences for balance and optimal health Detailed instructions for making, selecting, and formulating flower essences Rituals, recipes, and case studies for protection, grounding, dreamwork, grief, love, and more Complementary applications of vibrational healing—including breath work, moon cycles, colors, chakras, and sacred symbols Working with trauma and systemic oppression—how flower essences can support multi-generational, intersectional healing Reconnecting with nature, the divine feminine, and your true self through the healing power of flowers Filled with gorgeous illustrations by artist Chelsea Granger, *The Bloom Book* is both an information-rich resource and interactive guidebook for anyone who wants to awaken their most vibrant, balanced, and empowered self through the healing power of flower essences.**

• **The most comprehensive reference on Bach flower therapy in print.** • **Includes the latest information on Bach flower remedies, combination remedies, diagnosis, instructions for preparation, body maps, and more.** • **Illustrated with color plates of the Bach flowers and Kirlian photographs of the energy signature of each flower.** Mechthild Scheffer's groundbreaking bestseller *Bach Flower Therapy: Theory and Practice* revolutionized the science of Bach flower remedies, detailing the healing properties of each individual flower. Now, for practitioner, student, and patient alike, she offers *The Encyclopedia of Bach Flower Therapy*, the most comprehensive and up-to-date reference available on this gentle, effective therapy. The first practitioner to recognize the psychological underpinnings of the Bach flower remedies, Scheffer demonstrates that emotional and physical well-being are inextricably linked and shows how flower therapies can be a powerful tool for healing individual symptoms and restoring balance to one's life. The author provides a therapeutic profile for each remedy and specific instructions for preparing combination remedies to heal more complex conditions. Thorough diagnostic guidelines, interview questions, progress evaluations, and body maps guide both the practitioner and novice to the proper remedies for innumerable emotional and physical ailments. The author also gives advice for using Bach flower remedies in pediatrics and veterinary medicine. With more than 120 color photographs, *The Encyclopedia of Bach Flower Therapy* is the complete reference for everyone who studies and practices this therapy.

*Vibrational Healing from the Kingdom Fungi*

*The Bloom Book*

*The Bach Flower Remedies*

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**Flower Spirit Medicine: A Guidebook to Flower Essence  
Production and Usage**

**Treatment by Topical Application**

**The Healing Herbs of Edward Bach**

**A Comprehensive Guide to Over 700 Flower Essences**

New flower essences including ginseng, bo, and rosa webbiana, detailed information on treating animals and plants with flower essences, and new material for the current 108 essences described in the book including their relation to astrology, the 12 rays, animals, and plants.

This long-awaited follow-up to the author's acclaimed New Materia Medica provides the most comprehensive information available on the most successful new fundamental homoeopathic remedies, including 36 remarkably effective new crystal, botanical, and animal remedies, all currently in use by the Guild of Homoeopaths and proven through meditation. Entries cover the physical and esoteric characteristics of remedies, the history of their medicinal uses, and detailed descriptions of the symptoms affecting individual parts of the body. Summarized case notes show clinical evidence of efficacy and illustrate the optimal use of each cure.

Flowerrevolution is part traditional guidebook, part “choose-your-own-adventure”. From a stunning array of flower photographs, readers can choose the flowers they’re most attracted to, and based on those choices discover an interactive system that reveals their state of mind. The book provides specific questions for reflection and action steps to catalyze transformation in their lives. Using flowers as teachers, they can rediscover how to find new insights about themselves and their world. In many ways, with the current advancements in technology, we’ve lost our connection to nature, and in turn, our connection to ourselves. This disconnection leads to stress, fatigue, and imbalance. In

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Flowerrevolution, we will explore the vast and beautiful world of flowers and learn how flower elixirs can be used to help us bring nature back into our everyday modern lifestyles. Packed with information, stories, reflections, and rituals, this interactive book is designed to open up readers to a fresh new world of magic and possibility. Flowerrevolution reveals the secret healing powers of flowers, including ancient and modern methods for harnessing their unique qualities, like flower rituals, flower baths, and special applications for flower elixirs. “Flowers only live for a week. This book will live in your heart forever —and that’s our gift to you.”

In this innovative contribution to the field of energy medicine, experienced mycologist and herbalist Robert Rogers offers an extensive guide to healing a range of physical, emotional, and psychological conditions with mushroom essences. Similar to flower essences, but made under a lunar cycle, mushroom essences work subtly to bring deep healing to the mind and body; they are particularly well suited for working with the “shadow” or unintegrated parts of the psyche. The book is organized as an easy-to-use alphabetical reference, with entries that outline how to create each essence, indications for usage, and healing effects. Along the way, Rogers provides enlivening stories of his personal experience using these remedies in clinical practice. A profound exploration of both the practical and mythopoetic qualities of the mushroom, this is a must-have for anyone interested in plant medicine, mycology, personal healing, or depth psychology. From the Trade Paperback edition.

A Flower Essence Guide to Cosmic Balance

Radical Remedies

The Therapeutic and Healing Process

Healing the Emotional and Spiritual Causes of Illness

More Than 400 Flower Essences for Your Zodiac Path

Alternative Medicine and Spinal Cord Injury

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*An introductory guide to the healing properties of flower essences, with an emphasis on self-reliance and on methods that encourage self-healing. It covers the healing properties of flower essences, provides information on: how to select flower remedies; how to use these remedies most effectively; how to find a flower remedy practitioner; and what remedies to use for specific problems, from depression to loss of appetite.*

*This comprehensive encyclopedia brings together flower essences gathered from all corners of the globe, from Hawaii and the Himalayas to America and the Australian Bush. It explains what flower remedies are, how they work and how to choose the right remedies for your clients' needs. The properties of 33 families of flower essences and the benefits of over 2,000 remedies, combinations, mists and creams are described. An easy-to-use ailment chart pinpoints remedies for a wide range of physical and psychological conditions, from stress to hormonal imbalance and from allergy to depression. The author provides instructions for prescribing, preparing and using flower remedies alongside illustrative patient case studies. This will be the definitive handbook for practitioners, therapists and students of complementary and alternative therapies working with flower essences and will be valuable reading for those wanting to learn more about how they can use flower essences in their practice.*

*Traces relationship between the 38 flowers in an unprecedented way.*

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*"The Twelve Healers And Other Remedies"* is a book of herbal remedies and ingredients that may be used to treat a variety of ailments. The author claims that it is because of our fears, cares, and worries that we get ill; and, by treating these problems, we will be happier and healthier. To that end, he presents simple herbal remedies for a variety of problems ranging from indecision and apathy to hay fever and beyond. Contents include: "For Fear", "For Uncertainty", "For Insufficient Interest in Present Circumstances", "For Loneliness", "For Those Over-Sensitive to Influences and Ideas", "For despondency or Despair", "For Over-Care for Welfare of Others", etc. Many vintage books such as this are increasingly scarce and expensive. It is with this in mind that we are republishing this volume now in an affordable, modern, high-quality edition complete with the original text and artwork.

*An Illustrated Guide to the Flower Remedies  
Form and Function*

*Mushroom Essences*

*Floral Acupuncture*

*An Herbalist's Guide to Empowered Self-Care*

*The Flower Remedy Book*

*New Bach Flower Body Maps*

***Supplementary guide to choosing and administering the right remedy.***

***This reference to all the herbs and flowers associated with Edward Bach's remedies contains flower essences prepared by the Bach method. It contains photographs of the flowers, and details how the remedies can be made and show which plants are used, and where and when they can be found in***

*"Holistic healing manual with New Zealand native flower, fern, tree, seed and plant essences. This book is the 'definitive ethnobotanical reference that restores the ancient teachings of indigenous medicine that are the basis of the sacred plant medicine of Aotearoa.'" --Publisher.*

*Studies indicate that 40% of Americans use some form of alternative medicine; for individuals with long-term disabilities, learning about their options is even more critical. Written by the former director of the Spinal Cord Research and Education Foundation of the PVA, this is the first book to cover alternative therapies for spinal cord injury. From acupuncture to laser-based therapies, herbal medicine, homeopathy, craniosacral therapy, magnetic healing, and more, the book empowers readers by: Providing clear, reliable information on alternative choices to traditional health care. Equipping readers to make more informed decisions about their own health care. Tailoring information to meet the specific needs of the approximately 450,000 individuals living with a spinal cord injury. Providing healing modalities that minimize the risks that are especially relevant to people with SCI, like overmedication, hospitalization, and life-threatening infections. For those who have been forced to rely on the advice of the traditional medical specialist for their health care, this book opens a broad array of holistic options. It is essential for anyone suffering from a spinal cord injury, their families, friends, caregivers, and health-care providers.*

*An Astrological Study of the Bach Flower Remedies  
Using flower essences for personal development and spiritual growth*

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***Animal Healing with Australian Bush Flower Essences***

***Principles and Practice of Homeopathy***

***Centaury for Virgo, Rock Rose for Pisces***

***The Twelve Healers and Other Remedies***

***How to Use Flower Essences***

An Amazon #1 Bestseller in Mental & Spiritual Healing, The Comprehensive Vibrational Healing Guide covers hundreds of holistic remedies that work with the body's natural energetic rhythm to foster better emotional, spiritual and physical health. Maya Cointreau walks you through the layers of the body biofield, explaining vital concepts such as chakras, meridians, and elemental theory so that you can choose the remedies that will work best for you and your family. Quantum physics and rigorous scientific studies are explored, shedding light on how and why vibrational healing works so well in conjunction with modern allopathic medicine. "Vibrational remedies are energy medicine. Everything in this book is designed to balance or enhance the energy patterns in the body so that it can heal itself. All vibrational remedies shift our energy so that we can feel better. So that we can be better." Learn how to effectively use mind-body techniques such as EFT, meditation and affirmations. Create and use your own flower essences

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and homeopathic remedies, or choose from hundreds of remedies that are on the market today, including essential oils and crystal elixirs. Understand the power of UV light, and how to harness its healing potential through the use of LED lights or colors. Hands-on healing therapies such as Reiki, Polarity, Therapeutic Touch and Qigong Healing are all explained, as well the basic tenets of Ayurveda, Won-Ki and Traditional Chinese Medicine. Harness modern technological breakthroughs from NASA and other respected scientists and take charge of your healing process. Powerful Holistic Healing Modalities from the Comprehensive Vibrational Healing Guide: \* The Human Biofield, Chakras & Meridians \* Reiki, Polarity Therapy & Therapeutic Touch \* Ayurveda & Traditional Chinese Medicine \* EFT, Meditation and Affirmations \* Aromatherapy & Homeopathy \* Brain Waves, Learning, and Sound Healing \* UV Light & Color Therapy \* Learn to Create and Use Your Own Remedies \* Electro-Magnetic Quantum Healing Technologies \* Biofeedback, BioResonance and Rife Machines "Maya Cointreau will take you on a journey towards a new way of living life. She makes it easy to relate to the material and her words will leave you feeling confident and self-empowered."

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-Kathy Lalonde, RPP

Final and Complete healing will come from within, from the Soul itself, which by His Beneficence radiates harmony throughout the personality when allowed to do so.

Flower essences are used for a wide variety of healing purposes and to enhance overall wellbeing. They are a unique form of vibrational medicine in that they are completely harmless and do not force change but rather inspire changes within consciousness. This book contains a brief history about flower essences, creative suggestions for their usage, instructions on how to prepare an essence, references and an extensive list for common issues and the essences to address them.

Certified flower essence practitioner Deborah Craydon and licensed acupuncturist Warren Bellows combine their expertise to present an innovative and highly effective holistic method to treat body, mind, and spirit. By applying flower essences (in place of needles) to acupuncture points, it is possible to stimulate the movement of energy (chi), starting a powerful healing process. Filled with full-color photography, this practical manual, suitable for both professional and home use, includes treatments for common ailments, such as depression, anxiety, and

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loneliness. The authors also explain the theory behind this technique and provide general instructions for application of flower essence tinctures, creating a comprehensive view of this exciting new form of alternative healing. The first guidebook to show how to apply the flower essences of Dr. Bach to acupuncture points for treatment of emotional and physical conditions, such as depression, anxiety, neck and shoulder pain, and headaches—without the use of needles. Bach flower essences can be purchased in most health food stores and homeopathic pharmacies and are safe for use on children, pregnant women, the elderly, and pets. Includes more than 50 full-color instructional photographs.

Flowerrevolution

A Scientific Approach to Diagnosis and Treatment

Applying the Flower Essences of Dr. Bach to Acupuncture Sites

How to Use Gaia's Magick and Medicine for Wellness, Transformation and Emotional Balance

The Definitive Guide to All Flower Essences, their Making and Uses

New Key Remedies for the Future of Homeopathy

Flower Essence Repertory

Fully illustrated guide that gives an informative picture of 50 bush flower essences from all over the country, as well as detailed information about their preparation and use in all the areas of healing.

Carefully researched and comprehensive, this reference gives extraordinary insights into the emotional world of animals and explores the healing powers of Australian Bush Flower Essences. Providing practical hints for keeping creatures fit and happy as well as dealing with health and behavior problems, this helpful guide offers naturopathic remedies that are both safe and time saving. Exploring a variety of case studies, particular Australian Bush Flower Essences are recommended to support sound management, balanced diet, and exercise by stabilizing the energy that is essential for the well-being of animals. While this handbook focuses primarily on dogs, cats, horses, and birds, more exotic creatures are covered in the Repertory of Symptoms section offered at the close.

Flower Essence Repertory Spiral-Bound

**Flower essence repertory a  
comprehensive reference for the FES  
essences and traditional English flower  
remedies**  
**The Practitioner's Encyclopedia  
of Flower Remedies**  
**The Definitive Guide  
to All Flower Essences, their Making  
and Uses**  
**Singing Dragon**

It is a pioneering zeal by the author  
on a new subject of Bach Flower  
Remedies which is an allied subject of  
homeopathy. The system of flower  
remedies is still in its infancy  
stages. In this work, description of  
remedies are written in a lucid  
language with cases treated by the  
author himself. The cases given are  
complete in every extent along with  
follow ups and patient's feedback to  
the system of medicine. The repertory  
section of the book is complete and  
rubrics can be located in a minutes'  
time.

**Advanced Bach Flower Therapy**  
**The Encyclopedia of Bach Flower Therapy**  
**Spiral-Bound Edition**  
**Collected Writings of Edward Bach**  
**Flower Essences and Vibrational Healing**  
**Bach Flower Remedies**  
**The Healing Guide to Flower Essences**

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This reference book marks a major advancement in the scientific use of flower essences, detailing 200 clinically proven combinations of Bach Flower essences for treating hundreds of psychological conditions at their source.

Since Edward Bach produced his first set of flower remedies in the 1930s, whole new series of them have been developed - such as the Australian Bush Essences, the Findhorn Essences, and the Petit Fleur range. A dazzling 400 of them - the most commonly available - are dealt with in this book. Yet Debbie Sellwood has found a whole new tool for prescribing them, which is by your astrological sign. The zodiac is a real and effective way to understand what will particularly work for you. Vibrational medicine comes into its own with the subtle understandings this book provides. Choosing remedies the Sellwood way is also a wonderful aid to self-understanding. **CENTAURY FOR VIRGO, ROCK ROSE FOR PISCES** is a book about an inward path, not just about treating a condition. The complete home reference, it is also a wonderful tool for therapists and practitioners.

One of Germany's most innovative Bach flower practitioners presents his healing system, which correlates zones of the body with appropriate remedies. Profusely illustrated. Includes many case studies.

This comprehensive textbook provides a detailed, practical and thorough basis for the understanding and application of the homeopathic process. Drawing on the experience and knowledge of a wealth of contributors, the book offers the foundations for the safe and broadest practice of modern homeopathy. Divided into 6 sections, this book takes the understanding of homeopathy from basic principles to the treatment of acute and chronic illnesses, the first prescription, and difficult, confused and hidden cases. Each section progresses through five themes broadly divided into philosophy, material medica, case taking, case analyses and case management. Each theme is woven together through the text and, section by section, builds into an essential study guide for the

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homeopathic student. It provides opportunities for reflection, and invites all practitioners to engage in their own personal and professional development.

The Sacred Plant Medicine of Aotearoa

The Healthy Living Space

The Bach Remedies Repertory

Bloom

Specifics in Bach Flower Remedies

Australian Bush Flower Essences

Bach Flower Massage

Learn how the essences of wildflowers can help your mental and spiritual health Drawn from the essence of wildflower blooms by the power of the sun, the Bach Flower remedies produce results which have confounded conventional medicine. Dr. Bach's revolutionary approach to healing through the personality of the patient aroused a storm of controversy. Yet seven decades have demonstrated its efficacy in thousands of cases. This volume includes three books in one: Heal Thyself and The Twelve Healers by Edward Bach, M.D.; and the Bach Remedies Repertory by F. J. Wheeler, M.D. In this comprehensive book you'll discover Dr. Bach's 38 remedies and their application to every situation. It also reveals Dr. Bach's findings on what disease actually is and the natural way to conquer it--by allowing the miraculous human organism to find its own path to true health. Here are just a few remedies to help you through tough times: Honeysuckle relieves feelings of homesickness Beech counters your aggravation with others Mimulus helps you overcome shyness Wild rose reverses feelings of apathy

Bach's great ideal was to find simple herbal healing remedies that were available freely for all people to help themselves. His life was dedicated to the healing and alleviation of suffering, and this collection of his writings offers a sourcebook for users of the Bach Flower Remedies.

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Insightful and engaging, Bloom explains how to use the Bach Flower Remedies for personal and spiritual growth. Written by a key team member at the Dr Edward Bach Centre, Bloom reveals how the Bach flower essences offer a complete system that can help us to change our lives for the better. Chapters 1- explore the ways in which the remedies relate to different life experiences, as well as intriguing schools of religious and philosophical belief. Interspersed with chapters 1-7, chapters i- vii look closely at the individual remedies in the system, explaining when to take each one and what they will do for you. Containing a wealth of personal stories, individual testimonies and fascinating anecdotes, Bloom has something to offer to anyone interested in the Bach Flower Remedies or drawn to personal development in general. Discover how to use the remedies to improve your own life and to grow into your full potential.

For beginners, intermediates, and advanced flower essence buffs alike, The Flower Remedy Book addresses the single most commonly asked flower essence question: how do you know which essence(s) to take? This vital companion guide takes the mystery out of essence selection, in a comprehensive and easy digest manner. It diffuses the sense of confusion and overwhelm one faces, with so many reputable flower essences, and essence lines, presently available. In this book, Dr. Garsen Shapiro has provided credibility and dimension to an old healing art recently rediscovered.

- 70 Practical Ways to Detoxify the Body and Home
- The Practitioner's Encyclopedia of Flower Remedies
- Illustrated Handbook Of The Bach Flower Remedies
- a comprehensive reference for the FES essences and traditional English flower remedies
- Flowers that Heal
- New Bach Flower Therapies
- A Comprehensive Study

**Describes Bach's discovery of 38 healing effects of different flower essences, and looks at how the remedies may be produced.**

**The Healing Guide to Flower Essences shows you how to connect with the magic and frequency of 100 flower essences. The power of Nature to heal has been accepted for many millennia. Flowers inspire us with their beauty, beguile us with their fragrance, and can have medicinal properties in their oils and plant matter. However, the healing properties of flowers go even deeper. Each flower holds a unique energetic fingerprint or essence that can be used for healing, wellness, and self-discovery. Organized by categories such as transformation, inspiration, boundaries, and self-esteem, you will be able to easily find the right remedy for your wellness and self-discovery. For example, you can use Larch for overcoming doubt and insecurity, Gentian for perseverance and optimism after a setback or Cherry Plum for surrender and trust in one's soul path. You'll also learn about the history of flower essences and the original 38 Bach flower remedies. Learn how to connect more deeply with the properties and messages of the flowers by making your own flower essence remedies. Written by noted artist, Alena Hennessy, The Healing Guide to Flower Essences is also lovingly illustrated with original botanical art and illustration.**

**Discovered by Dr Edward Bach in the 1930s, the**

**thirty-eight Bach Flower Remedies form a system of healing for the negative emotions and attitudes that may interfere with health and happiness. This book provides an in-depth and detailed description of each remedy, together with case histories relating to each one to help the reader appreciate how they may be put into practice. The descriptions and cases have been compiled from the Bach Remedy Newsletter, originally edited by Nora Weeks, Dr Bach's successor and close companion. In each issue she featured a remedy along with a collection of her own case notes, and because they represent such an authoritative text, Philip Chancellor, with her blessing, has compiled them to create this book.**

**Science shows that nearly every corner of our planet is toxic, and that all people carry residues of dozens of chemicals in their cells. Our body, our home, and our world are steadily sickening us every day of our lives. But we don't have to live in a poisoned world, and we don't have to be sick. We can have a healthy living space again by detoxifying our body and home, ridding both of their burden. The key is to cleanse both at the same time. The Healthy Living Space is the first book that shows you how, and why, to detoxify your home and body together. In The Healthy Living Space health writer and alternative medicine journalist Richard Leviton gives 70 practical steps on how to use safe, proven,**

**nontoxic, self-care methods drawn from the fields of natural and alternative medicine. The detoxifying steps are backed by science and easy to use/ they don't require expensive equipment or a doctor's supervision. They're effective and produce results and you can start them today. Whether the poisons are in your liver and intestines or in your carpets and drinking water, whether the problem is the shape of your bedroom or radon seeping into your basement, The Healthy Living Space will show you how to get the poisons out of your life and the health back into it.**

**Beginner's Guide to Bach Flower Remedies With Repertory**

**Flower essence repertory**

**The Comprehensive Vibrational Healing Guide - Life Energy Healing Modalities, Flower Essences, Crystal Elixirs, Homeopathy and the Human Biofield**

**Blooming into Your Full Potential with the Magic of Flowers**

**The New Materia Medica**