



# La Abeja Herbs

## << Recommended Reading >>

### **Materia Medica**

[Planetary Herbology](#) by Michael Tierra

[Medicinal Plants Of The Mountain West](#) by Michael Moore

[Medicinal Plants Of The Desert And Canyon West](#) by Michael Moore

[The Way Of Herbs](#) by Michael Tierra

[The Earthwise Herbal : A Complete Guide To Old World Medicinal Plants](#) by Matthew Wood

[The Earthwise Herbal : A Complete Guide To New World Medicinal Plants](#) by Matthew Wood

### **Flower Essences**

[Flower Power](#) by Anne McIntyre

[The Bach Flower Remedies](#) by Edward Bach

### **Field Guides**

[A Field Guide To Medicinal Plants And Herbs](#) By

Steven Foster and James A. Duke

### **Plant Spirit Medicine**

[The Secret Teachings Of Plants](#) by Stephen Harrod  
Buhner

### **Plant Magik**

[The Master Book Of Herbalism](#) by Paul Beyerl

### **Botany**

[Botany In A Day](#) by Thomas J. Elpel

### **Anatomy + Physiology**

[The Physiology Coloring Book](#)

[The Anatomy Coloring Book](#)

### **Vitalism**

[Nature Cure](#) by Henry Lindlahr

### **Medicine Making**

[The Herbal Medicine Maker's Handbook : A Home  
Manual](#) by James Green

[Making Plant Medicine](#) by Richo Cech