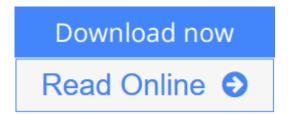


Smoke Plants of North America: A Journey of Discovery Illustrated Edition

By M R Ross



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New illustrated version includes beautiful line drawings of plants that can be smoked. The author shares her personal discovery of over 150 wild plants -legal, non-addictive, and enjoyable -- that have been smoked by Native Americans and others for centuries. Compiled here for the first time in print, this knowledge is drawn from personal experience, ethnobotanical texts, and contemporary herbalism. The book includes: over a dozen smoke mix recipes, a guide to gathering over 50 smokable wild plants, personal stories, and the original spiritual purpose of smoking.



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About the Author

M. R. Ross has explored the use of herbs and wild plants in India, Mexico, Hawaii, the American Southwest, and the Cherokee Nations.

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