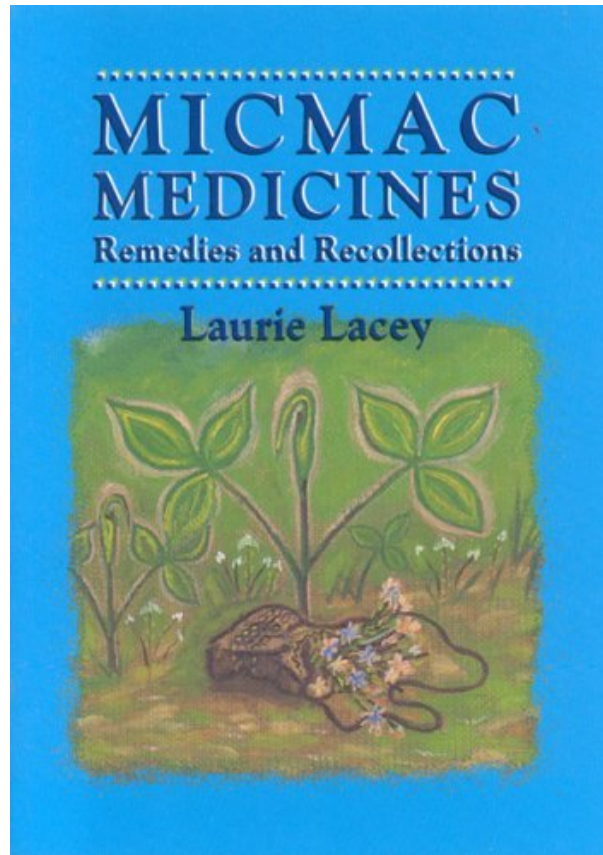


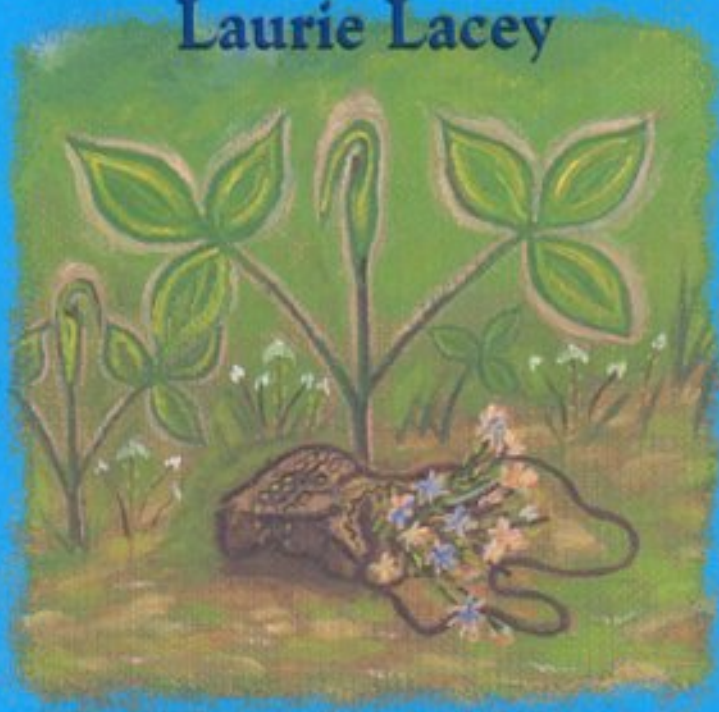
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In this delightful book, Laurie Lacey's reflections on the magical world of plant life and the gathering of remedies chronicles more than 70 plants used by the Micmac as medicines. Since the Micmac healing process begins with the gathering and preparation of medicines, Lacey takes us into swamps and bogs, the barrens and woods to explore the habitats of plants with healing properties. He then illustrates each medicinal plant and describes its traditional use or uses. Whether one is hiking through a field listening for the sound of the "sacred plant", the yellow rattle, exploring bogs in the hope of finding the elusive blue flag, or simply interested in the Micmac approach to health and healing, Micmac Medicines will prove a helpful and enjoyable companion.

About the Author

Laurie Lacey is an artist, writer, naturalist, nature mystic, and traditional plant and tree medicine maker. He is the author of Medicine Walk and also the writer and publisher of the Natural Healing Talk email newsletter on nature, natural healing, wellness, self-growth, and spirituality. He lives in Lunenburg County, Nova Scotia. Visit him at wildworldofplants.com

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Mi'kmaq Medicines chronicles more than seventy plants used by the Mi'kmaq as medicines. Lacey takes us into the swamps and bogs, the barrens and woods to explore the habitats of plants with healing properties. He then illustrates each medicinal plant and describes its traditional use.

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