



# A Healing Grove: African Tree Remedies and Rituals for the Body and Spirit

*Stephanie Rose Bird*

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**A Healing Grove: African Tree Remedies and Rituals for the Body and Spirit** Stephanie Rose Bird  
Reclaiming traditions based on plants and herbs has never been more important than it is today. Widespread use of chemicals, hormones, and additives introduce unknown substances into our bodies. On a larger scale, our future on the planet depends on our ability and willingness to incorporate earth-friendly practices into daily life. Where better to look for natural remedies and soothing rituals than Africa? It is, after all, the Mother Continent, allegedly the birthplace of the entire human race, and the keeper of ancient earth knowledge.

No newcomer to these traditions, Stephanie Rose Bird explores the practical uses, spiritual traditions, and historical aspects of trees in the heritage of African Americans and offers ways to rediscover and implement natural practices in twenty-first-century daily life. The topics she covers are as diverse as a wood should be, including everything from hunting, gathering, and processing to natural divination, omens, signs, and forest medicine for wellness and beauty. *A Healing Grove* will lead not only to personal healing but also to a lifestyle that will heal our earth.

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