



Medicine at Your Feet: Healing Plants of the Hawaiian Kingdom (Volume 1)

David Bruce Leonard L.Ac.

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A Hawaii-based practitioner of traditional Chinese medicine, David Bruce Leonard, has completed *Medicine at Your Feet: Healing Plants of the Hawaiian Kingdom*. Taking ten years to complete, this first volume is one of the most authoritative sources of information on Hawaiian medicinal plants. Exhaustively researched, *Medicine at Your Feet* contains cross-cultural uses for 49 different Hawaiian plant medicines, many of which are easy to find. Included is information on medicinal properties, food uses, chemical constituents, herbal combinations, plant gathering protocols, possible drug interactions, scientific research and much more.

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