

Plant Health & Culture: Plant Medicine—Exploring Nature’s Healing Potential

Faculty: Dr. Giulia Friso, Senior Lecturer and Senior Research Associate,
School of Integrative Plant Science, Plant Biology Section

Week Two: July 12 – 18, 2026

Schedule: Monday - Friday, 9-12 and 1:30-3:30; no class Wednesday
afternoon.

Location: Kennedy Hall, room 105 and some fieldwork

Suggested books:

- Plants, People and Culture – The Science of ethnobotany by Michael Balick and Paul A. Cox.
- Medicinal Plants and the Legacy of Richard E. Schultes. Bruce E. Ponman and Rainer W. Bussmann, Editors.
- Woman Who Glows in the Dark: A Curandera Reveals Traditional Aztec Secrets of Physical and Spiritual Health by Elena Avila.
- This Is Your Mind on Plants by Michael Pollan.
- How to change your mind by Michael Pollan.
- Plants of the Gods, their Sacred, Healing and Hallucinogenic Powers (1992) (revised and expanded edition), R.E. Schultes, A. Hofmann & C. Rätsch.
- In Defense of Food: an Eater's Manifesto by Michael Pollan.
- Cooked: A Natural History of transformation by Michael Pollan.
- Food Rules: An Eater's Manual by Michael Pollan.
- Culinary Medicine: On Your Plate, Every Meal by Mechelle Acero Palma
- The Mediterranean Diet, Cleveland Clinic.
- The Greek diet by Maria Loi.
- Blue Zones Kitchen by Dan Buettner.
- Spontaneous Healing : How to Discover and Embrace Your Body's Natural Ability to Maintain and Heal Itself, by Andrew Weil
- Eating Well for Optimum Health: The Essential Guide to Food, Diet, and Nutrition, by Andrew Weil
- Healthy Aging: A Lifelong Guide to Your Well-Being, by Andrew Weil
- Spontaneous Happiness: A New Path to Emotional Well-Being, by Andrew Weil
- The Natural history of Medicinal Plants, J. Sumner, 2000.
- Wicked plants by Amy Stewart.
- Finding the Mother Tree by Susanne Simard.
- Cannabis pharmacy by Michael Backes.
- Cannabis and Cannabinoids: Pharmacology, Toxicology, and Therapeutic Potential by Ethan B Russo.
- Chronic Relief: A Guide to Cannabis for the Terminally and Chronically Ill by Ms. Nishi Whiteley and Dr. Ethan Russo.
- The Mindbody prescription, by John Sarno.
- Manifesting Minds: A Review of Psychedelics in Science, Medicine, Sex, and Spirituality by Rick Doblin Ph.D. , Brad Burge , et al.
- Psilocybin Mushrooms of the World: An Identification Guide, by Paul Stamets and Andrew Weil M.D.
- W. Sneader. Drug Discovery: A History. John Wiley & Sons, Inc., Hoboken, NJ. 2005.
- Medicinal Plants: Traditions of yesterday and drugs of tomorrow. Gurib-Fakim, A. (2006). Molecular Aspect of Medicine 27 (1-93)
- Medicine Quest: In Search of Nature's Healing Secrets, by Mark J. Plotkin.
- The Jaguar that Roams the Mind: An Amazonian Plant Spirit Odyssey, by Robert Tindall and Mark J. Plotkin Ph.D.
- Vine of the Soul: Medicine Men, Their Plants and Rituals in the Colombian Amazonia, by Richard Evans Schultes PhD, Robert F. Raffaui PhD, et al.

- The Healing Forest: Medicinal and Toxic Plants of the Northwest Amazonia (Historical, Ethno-& Economic Botany), by Richard Evans Schultes , Robert F. Raffaui, et al.
- Hallucinogenic Plants, by Richard Evans Schultes and Elmer W. Smith.
- Ethnobotany: Evolution of a Discipline by Richard Evans Schultes and Siri von Reis.
- The Lost Amazon: The Photographic Journey of Richard Evans Schultes, by Wade Davis and Andrew Weil.
- The Serpent and the Rainbow: A Harvard Scientist's Astonishing Journey into the Secret Societies of Haitian Voodoo, Zombis, and Magic, by Wade Davis.
- Handbook of Poisonous and Injurious Plants, by Lewis S. Nelson and Michael J. Balick.
- Nafanua: Saving the Samoan Rain Forest, by Paul Cox.
- Tales of a Shaman's Apprentice: An Ethnobotanist Searches for New Medicines in the Amazon Rain Forest, by Mark J. Plotkin.
- Plant Bioactives and Drug Discovery. Principles, Practice and, Perspectives. Edited by Valdir Cechinel-Filho, 2012.
- Natural Products: Drug Discovery and Therapeutic Medicine. By Zhang, Lixin and Arnold L. Demain (Editors). 2005 edition.
- Medical Botany: Plant Affecting Human Health. (2003) Lewis, W. H. and Elvin-Lewis, M.P.F. (2nd edition) ISBN 978-0471628828.
- T. Swain (ed.). Plants in the Development of Modern Medicine. Harvard University Press, Cambridge, MA. 1972.
- Understanding Medicinal Plants: Their Chemistry and Therapeutic Action, by Bryan Hanson.
- The Chemistry of Plants: Perfumes, Pigments and Poisons, by Margareta Sequin
- A.C. Hulme (ed.). The Biochemistry of Fruits and their Products, Vols. 1 and 2. Academic Press, London. 1977.
- Herbert N. Nigg and David Seigler (eds.). Phytochemical Resources for Medicine and Agriculture. Plenum Press, New York. 1992.
- Steven M. Colegate and Russell J. Molyneux. Bioactive Natural Products: Detection, Isolation, and Structural Determination. CRC Press, Boca Raton, Florida. 1993.
- Paul M. Dewick. Medicinal Natural Products: A Biosynthetic Approach. JohnWiley and Sons Ltd, Chichester, England. 1997.
- Trevor Robinson. The Organic Constituents of Higher Plants: Their Chemistry and Interrelationships. Cordus Press, North Amherst, MA. 1991.
- John M. Kingsbury. Common Poisonous Plants. Information Bulletin 104. A Cornell Cooperative Extension Publication. Cornell University. Ithaca, NY. 1994.
- Braiding sweet grass, by Robin Wall Kimmerer.
- Bark skins by Annie Proulx.
- Oxaca journal, by Oliver Sacks.