

The Herbal Medic

By Sam Coffman

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The Herbal Medic By Sam Coffman

The Herbal Medic is a comprehensive guide for beginners, preppers and experienced herbalists alike that covers practical, clinical herbalism topics for home, remote and post-disaster environments.
Written by a former Green Beret Medic with over 25 years experience working with herbal medicine both in the field and in clinics around the world, this is a book that will open your eyes to the amazing possibilities of herbal medicine for everything from respiratory infections to speeding the recovery of broken bones and lacerations.
In addition to chapters on how to effectively understand plant medicine and create formulas that work, this book also delves into subjects like dealing with venomous snake bites if there is no higher medical care available, distilling alcohol and making potent tinctures that will last for years, emergency childbirth, bacterial infections, setting up a safe and efficient clinic in a post-disaster environment.
Aside from herbs referenced throughout the practical portion of the 350 information-packed pages, this book also includes very high-quality photos of 50 medicinal plants (materia medica) with in-depth explanation of identification, preparation, use, contraindications and more.

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The Herbal Medic By Sam Coffman Bibliography

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Editorial Review

About the Author
Sam Coffman began his medical education in the military as a U.S. Special Forces Medic (aka Green Beret medic) in 1989.
At that same time, he became highly interested in herbalism as a way to provide health care in remote regions with a minimum of medical supplies, both for acute care and trauma as well as for chronic conditions.
This was the start of a long journey into the world of plant medicine for Sam, and after 1000 s of clinical hours as both a medic on teams and in military emergency rooms, as well as working with herbs throughout following decades, Sam s primary goal has become the creation of an integrative medical model that embraces both vitalistic and mechanistic aspects of herbalism into a collaboration with allopathic (orthodox) models of diagnosis and treatment.
Sam founded and runs a survival and herbalism school (The Human Path) offering classes throughout central Texas, as well as a non-profit organization (Herbal Medics) which are both focused on providing herbal and integrative health care education and treatment in remote and disaster areas around the world.
In Texas, Sam also works with a local medical doctor (family practice M.D.), providing herbal consultation for her clients as needed. He additionally runs a student clinic through his school and consults with personal clients as a clinical herbalist as much as time allows.
Aside from teaching herbalism and survival skills at his school, Sam also teaches survival and austere medicine to doctors, nurses and other medical staff who are preparing to embark into disaster-relief areas around the world. He teaches these subjects not only at The Human Path, but also at the Direct Action Resource Center (Arkansas), and at the Specops Survival School (Missouri).
Additionally, Sam has taught wildcrafting and herbalism for the Boulder School of Natural Medicine (Colorado) and numerous other adult-education programs in Colorado. Sam teaches a 524-hour herbalism program at his school year-round in a variety of basic, intermediate and advanced courses that offer curriculum focusing on practical herbalism, bio-regional herbalism, wilderness first aid, post-disaster and remote, botanical medicine.

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