

The Practicing Herbalist: Thoughts for Meeting with Clients

Margi Flint

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Herbalists can rejoice in the publication of Margi Flint's new book, *The Practicing Herbalist: Thoughts for Meeting with Clients*. Drawing on three decades of herbal study, Flint has crafted a book that is both a clinical reference and a personal journey through her own practice.

Flint provides rich resources for assessing the body, including visual observations, Ayurvedic constitutional body types, and a wealth of hand-drawn diagrams of indications in the eyes, ears, facial lines, tongue, and fingernails. She includes several sample treatment protocols, including those for cancer, decreasing antidepressant use, disrupted sleep patterns, and autoimmune diseases. Flint provides her opinions on a variety of minerals, vitamins, and amino acids, with the caveat that all practitioners should question their sources. She also lists resources for purchasing herbs, vitamins, and supplies.

One feature readers may well find indispensable is Flint's exhaustive intake procedure, including the questions that she asks patients. When taken in combination with the description of how she physically set up her office, and the financial information written by her accountant, novice practitioners will find excellent advice on beginning their own practices.

More than a clinical textbook, *The Practicing Herbalist* shines with Flint's belief in integrative mind-body-spirit treatment of human beings. She relates stories of patients she has encountered, describes her own past as an herbalist, and even punctuates the book with her own artwork. Flint's personal passion informs every page of this book.

Practicing herbalists will find the book indispensable, but even nonpractitioners with an interest in mind-body-spirit and complementary and alternative treatments will find much to enjoy in this tome.

Margi Flint is a professional member of the American Herbalists Guild. An Adjunct Professor at Tufts University School of Medicine since 1994, she is also affiliated with Union Hospital in Lynn, MA. She lectures at herbal symposiums as well as medical institutions. She teaches Herbal Pharmacology at North Shore Community College and is a regular guest lecturer at Mass College of Pharmacy. She continues to practice as a certified Polarity and Reiki Therapist.

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