

MEDICINAL PLANTS OF THE ISLE OF MAN



Opium poppies, Douglas Promenade, Isle of Man, planted by the Department of Infrastructure

Coming soon - this book is still under construction. This book is intended to be a companion volume to the much larger Post Peak Medicine. In the Herbal Medicine section of Post Peak Medicine, I have said that practitioners of herbal medicine should familiarise themselves with some essential and universal herbal preparations such as opium and ethanol, but also be aware what medicinal plants grow wild, or can easily be cultivated, in their local area. This will differ from one area to another depending on soil type, climate and other variables. This book, when completed, will explore the history and current availability of medicinal plants on the Isle of Man, where I live.