



Mountain Medicine: The Herbal Remedies of Tommie Bass

Darryl Patton

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Tommie Bass was a pivotal figure in the changing landscape of American herbalism and an inspiration to a whole generation of younger herbalists. Tommie practiced what he preached, living a life true to his beliefs, creating an archetype whose influence transcended the Appalachian area of north Alabama where he lived. The time-tested techniques and pharmacopoeia of Appalachian fold medicine form a component of traditional Western fold medicine that embodies American self-reliance and creativity, which is still evolving today. This book presents, often in his own words, the living legacy that Tommie left us of plants and their healing powers.

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