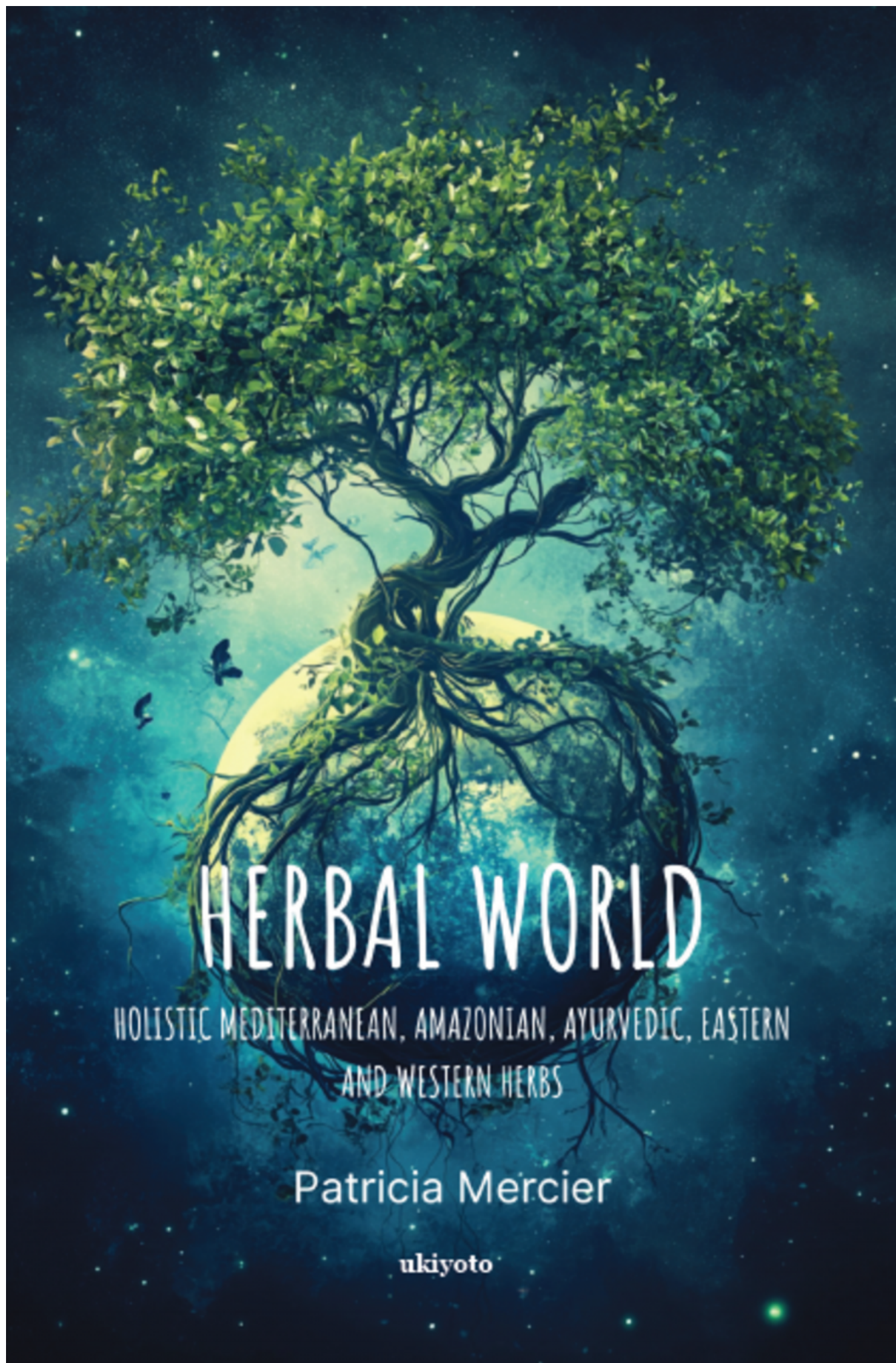


Author Patricia Mercier publishes Herbal World! Your Herbal Health and Our Environment!

Patricia Mercier's latest book, *Herbal World*, by Ukiyoto, highlights the holistic use of herbs from around the world. Patricia is a renowned author, known for her expertise in holistic health and herbalism, including the influential *Chakra Bible*.



Benalmadena, Andalusia May 30, 2025 ([IssueWire.com](http://www.IssueWire.com)) - Patricia Mercier, a renowned author and herbalist, is proud to announce the release of *Herbal World*, by Ukiyoto Publishing, a groundbreaking and inspiring book that explores the holistic use of herbs from various traditions around the World. This comprehensive illustrated guide delves into the medicinal properties of easily obtained herbs from the Mediterranean, Amazonian, Ayurvedic, Eastern, Australasian, and Western traditions, offering readers a broad view of holistic herbal use.

Herbal World connects people with plant traditions in a mindful and unique way, encouraging the inclusion of plants in daily life to support the body's balance and energy. The book emphasizes the importance of understanding the relationships between people and plants, and how herbs can improve quality of life by addressing physical, mental, and spiritual well-being. It really is extraordinary how they support both us and the entire ecosystem. Patricia explains how overuse or degradation of land threatens the plants that grow there and our future health.

Patricia has meticulously compiled information on around 50 herbal plants with therapeutic properties. Each chapter details ways to take control of one's health by developing a deep appreciation of plants that heal. It includes practical methods for preparing herbs, as well as a handy reference section for easy access to information.

The reader will discover how to choose, prepare and tune in to medicinal herbal plants. How to increase plant awareness by using them safely in a variety of ways from teas, tinctures, oils and infusions of leaf, flower, root, bark or seed.

This is Patricia Mercier's latest inspirational book. She is author of the influential *Chakra Bible* and *Herbal World* too is at the cutting edge of evolutionary wisdom. Her backstory takes us to a childhood fascination with British wild plants that she collected, pressed and painted in a childlike way. This developed into a life-long passion for growing and an environmental deep ecology focus. It also encompasses her Yoga and Complementary Therapies practice which she elevates with chakra energy awareness of medicinal plant uses and ways to connect to the Spirit of the Plant. Today Patricia can be found in her retreat on a wild Spanish mountainside surrounded by a cornucopia of wild aromatic and medicinal plants in full blossom.

Internationally the relationship between people and plants is referred to as 'ethnobotany'. In the Amazonian Rainforest chapter she speaks of the indigenous forest dwellers.

These people's knowledge and rights must be respected for they alone know the cry of the jaguar, which paths to tread and which local medicinal plants to gather. They know where the soldier ants march devouring all they encounter and where to find the sweetest wild honey and richest fruits. After all, it is their home.

In another chapter she explains how weeds that we might find in our own backyard are just plants in the wrong place for us humans.

Despite urban sprawl many common and extremely tough plants manage to survive around us such as Elderberry trees, Blackberries, Cleavers, Hawthorn trees and attractive flowering Milk Thistles,

Burdock, Evening Primrose, Plantain, Epilobium (Fireweed), Mustard, wild Poppies, Foxglove, and hundreds of others. If our ancestors had ignored or destroyed these plants, we wouldn't have the rich herbal knowledge we can draw upon today.

This timely book will transport the reader to other lands to encounter some of the readily available plant treasures they support, learning practical wellness and inner wisdom from the herbal plants we call our friends.

Available formats, Hardback, Paperback, Kindle, Audio.

Get the copies at: <https://www.ukiyoto.com/product-page/herbal-world>

<https://amzn.eu/d/aDYGDmR>

Contact Information

Ukiyoto Publishing holds all global publishing rights for "Herbal World," which is set to be a valuable resource for anyone interested in holistic health, herbalism and the environment. The book is available for purchase at all major bookstores and www.ukiyoto.com and info@ukiyoto.com

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