

*A Barefoot Doctor's Manual* (Washington, DC: National Institutes of Health, 1974).

Adams, James D. Jr, and Cecilia Garcia. "Women's health among the Chumash." *Evidence-based complementary and alternative medicine: eCaliforniaM*, vol. 3, 1:125–31. [ncbi.nlm.nih.gov/pmc/articles/PMC1375244/](https://ncbi.nlm.nih.gov/pmc/articles/PMC1375244/).

Adams, James David, et al. "*Salvia mellifera*—How Does It Alleviate Chronic Pain?" *Medicines*, vol. 6, 1 18. Basel, Switzerland, January 24, 2019. [ncbi.nlm.nih.gov/pmc/articles/PMC6473501/](https://ncbi.nlm.nih.gov/pmc/articles/PMC6473501/).

Adams, Robert, Sanko Nguyen, Chang-Fu Hsieh, and Guan Kaiyun. "The Leaf Essential Oils of the Genus *Calocedrus*." *Journal of Essential Oil Research*. October 2006, 18(6): 654–58. [researchgate.net/publication/254247259\\_The\\_Leaf\\_Essential\\_Oils\\_of\\_the\\_Genus\\_Calocedrus](https://researchgate.net/publication/254247259_The_Leaf_Essential_Oils_of_the_Genus_Calocedrus).

Akhtari, Elham, et al. "*Tribulus terrestris* for treatment of sexual dysfunction in women: randomized double-blind placebo—controlled study." *Daru: Journal of Faculty of Pharmacy*, vol. 22, 1 40. Tehran University of Medical Sciences, April 28, 2014. [ncbi.nlm.nih.gov/pmc/articles/PMC4045980/](https://ncbi.nlm.nih.gov/pmc/articles/PMC4045980/).

Allison, Brittany J., et al. (2016). "Antibacterial activity of fractions from three Chumash medicinal plant extracts and in vitro inhibition of the enzyme enoyl reductase by the flavonoid jaceosidin." *Natural Product Research*. [pubmed.ncbi.nlm.nih.gov/27482826/](https://pubmed.ncbi.nlm.nih.gov/27482826/).

American Botanical Council. Complete German Commission E Monographs. [herbalgram.org/resources/commission-e-monographs/](https://herbalgram.org/resources/commission-e-monographs/).

———. Herbal Medicine: Expanded Commission E Monographs. [herbalgram.org/resources/expanded-commission-e/](https://herbalgram.org/resources/expanded-commission-e/)

Applequist, Wendy, and Daniel Moerman. (2011). "Yarrow (*Achillea millefolium* L.): A Neglected Panacea? A Review of Ethnobotany, Bioactivity, and Biomedical Research." *Economic Botany* 65: 209–25. [link.springer.com/article/10.1007/s12231-011-9154-3](https://link.springer.com/article/10.1007/s12231-011-9154-3).

Awad, R., et al. "Phytochemical and biological analysis of Skullcap (*Scutellaria lateriflora* L.): a medicinal plant with anxiolytic properties." The Free Library, November 1, 2003. May 15, 2020. [https://www.thefreelibrary.com/Phytochemical+and+biological+analysis+of+Skullcap+\(Scutellaria...-a0112687600](https://www.thefreelibrary.com/Phytochemical+and+biological+analysis+of+Skullcap+(Scutellaria...-a0112687600).

Awang, Dennis V. C. *Tyler's Herbs of Choice: The Therapeutic Use of Phytomedicinals*, third edition. Boca Raton, FL: CRC Press, 2009.

Baker, Marc (1981). "The ethnobotany of the Yurok, Tolowa, and Karok Indians of northwest California." 10.13140/RG.2.2.12690.66240. [researchgate.net/publication/34885874\\_The\\_Ethnobotany\\_of\\_the\\_Yurok\\_Tolowa\\_and\\_Karok\\_Indians\\_of\\_Northwest\\_California#fullTextFileContent\\_of\\_Northwest\\_California#fullTextFileContent](https://researchgate.net/publication/34885874_The_Ethnobotany_of_the_Yurok_Tolowa_and_Karok_Indians_of_Northwest_California#fullTextFileContent_of_Northwest_California#fullTextFileContent) .

Bard, Cephas L. "A Contribution to the History of Medicine in Southern California." *Journal of California and Great Basin Anthropology*, vol. 26, no. 1 (2006), 95–108. [escholarship.org/uc/item/72p336fw](https://escholarship.org/uc/item/72p336fw).

Barnes, Joanne, Linda A. Anderson, and J. D. Phillipson. *Herbal Medicines*, third edition. London: Pharmaceutical Press, 2007.

Barrett, S. A., and E. W. Gifford (1933). "Miwok Material Culture." *Bulletin of the Public Museum of the City of Milwaukee*, vol. 2, no. 4. [yosemite.ca.us/library/miwok\\_material\\_culture/miwok\\_material\\_culture.pdf](https://yosemite.ca.us/library/miwok_material_culture/miwok_material_culture.pdf)

Barrows, David P. *The Ethno-botany of the Coahuilla Indians of Southern California*. Chicago: University of Chicago Press, 1900. [biodiversitylibrary.org/bibliography/19178#/summary](https://biodiversitylibrary.org/bibliography/19178#/summary).

- Bean, Lowell John, and Katherine Siva Saubel. *Temalpakh: Cahuilla Indian Knowledge and Usage of Plants*. Banning, CA: Malki Museum, 1972.
- Behera, Bhaskar, Neeraj Verma, Anjali Sonone, and Urmila Makhija (2009). "Usnea, Optimization of Culture Conditions for Lichen *Usnea ghattensis* G. Awasthi to Increase Biomass and Antioxidant Metabolite Production." *Food Technology and Biotechnology* 47.  
<https://www.ftb.com.hr/images/pdfarticles/2009/January-March/47-7.pdf>.
- Bingham, Mrs. R. F. "Medicinal Plants Growing Wild in Santa Barbara and Vicinity." *Bulletin of the Santa Barbara Society of Natural History*, vol. 1, no. 2, October 1890.  
[archive.org/stream/bulletinofsanta121890sant/bulletinofsanta121890sant\\_djvu.txt](http://archive.org/stream/bulletinofsanta121890sant/bulletinofsanta121890sant_djvu.txt)
- Bissett, Norman G., editor. *Herbal Drugs and Phytopharmaceuticals*. Boca Raton, FL: CRC Press, 1994.
- Blumenthal, Mark. "Herb Industry and FDA Issue Chaparral Warning: Experts Unable to Explain Possible Links to Five Cases of Hepatitis." Reprinted from *HerbalGram* magazine. [encognitive.com/node/14728](http://encognitive.com/node/14728).
- Bocek, Barbara R. (1984). "Ethnobotany of Costanoan Indians, California, Based on Collections by John P. Harrington." *Economic Botany* 38, no. 2, 240–55. [jstor.org/stable/4254616?seq=1](http://jstor.org/stable/4254616?seq=1).
- Bown, Deni. *New Encyclopedia of Herbs and Their Uses*, revised edition. New York: DK Publishing, 2001.
- Buhner, Stephen H. *Herbal Antibiotics*, second edition. North Adams, MA: Storey Publishing, 2012.
- California Invasive Plant Council. "*Foeniculum vulgare*," Cal IPC. [cal-ipc.org/plants/profile/foeniculum-vulgare-profile/](http://cal-ipc.org/plants/profile/foeniculum-vulgare-profile/).
- California Native Plant Society. CalScape website: <https://calscape.org>.  
———. "Inventory of Rare and Endangered Plants of California." Online edition, v8-030.38.  
[rareplants.cnps.org](http://rareplants.cnps.org)
- California Penal Code. "Crimes Against the Public Health and Safety." California penal code section 384a.  
[leginfo.legislature.ca.gov/faces/codes\\_displaySection.xhtml?sectionNum=384a.&lawCode=PEN](http://leginfo.legislature.ca.gov/faces/codes_displaySection.xhtml?sectionNum=384a.&lawCode=PEN).  
———. "Crimes Against the Public Health and Safety." California Penal Code 384b et seq. [leginfo.legislature.ca.gov/faces/codes\\_displaySection.xhtml?sectionNum=384b.&lawCode=PEN](http://leginfo.legislature.ca.gov/faces/codes_displaySection.xhtml?sectionNum=384b.&lawCode=PEN).
- Canavan, Don, and Eric Yarnell (2005). "Successful Treatment of Poison Oak Dermatitis Treated with *Grindelia* spp. (Gumweed)." *Journal of Alternative and Complementary Medicine*, vol. 11: 709–10.  
[pubmed.ncbi.nlm.nih.gov/16131296/](http://pubmed.ncbi.nlm.nih.gov/16131296/).
- Castleman, Michael. *The New Healing Herbs*. Emmaus, PA: Rodale Press, 2009.
- Caveney, S., et al. (2001). "New observations on the secondary chemistry of world *Ephedra* (Ephedraceae)." *Am. J. Bot.* 88: 1199–1208. [bsapubs.onlinelibrary.wiley.com/doi/full/10.2307/3558330](http://bsapubs.onlinelibrary.wiley.com/doi/full/10.2307/3558330).
- Chandler, R. F., et al. (1982). "Ethnobotany and Phytochemistry of Yarrow, *Achillea millefolium*, Compositae." *Economic Botany*, vol. 36, no. 2: 203–223. JSTOR. [jstor.org/stable/4254376](http://jstor.org/stable/4254376).
- Chesnut, Victor K. *Plants Used by the Indians of Mendocino County, California*. US Government Printing Office, 1902.  
[books.google.com/books/about/Plants\\_Used\\_by\\_the\\_Indians\\_of\\_Mendocino.html?id=vLkUAAAAYAAJ](http://books.google.com/books/about/Plants_Used_by_the_Indians_of_Mendocino.html?id=vLkUAAAAYAAJ).
- Chevallier, Andrew. *Encyclopedia of Herbal Medicine*, third edition. (New York: DK Publishing, 2016).

Chu, Joe Hing Kwok. Chinese Herbal Medicine Dictionary. [alternativehealing.org/chinese\\_herbs\\_dictionary.htm](http://alternativehealing.org/chinese_herbs_dictionary.htm).

Cinatl, J., et al. (2003). "Glycyrrhizin, an active component of liquorice roots, and replication of SARS-associated coronavirus." *Lancet*, vol. 361,9374: 2045–46. [ncbi.nlm.nih.gov/pmc/articles/PMC7112442/](http://ncbi.nlm.nih.gov/pmc/articles/PMC7112442/).

Clark, A. M., T. M. Jurgens, and C. D. Hufford (1990). "Antimicrobial activity of juglone." *Phytother. Res.* 4: 11–14. [onlinelibrary.wiley.com/doi/abs/10.1002/ptr.2650040104](http://onlinelibrary.wiley.com/doi/abs/10.1002/ptr.2650040104).

Coombes, Allen J. *The Dictionary of Plant Names*. Portland, OR: Timber Press, 1985. Cottingham, Michael. *Medicinal Uses of Mormon Tea*. Wild Medicine School, November 17, 2020. YouTube video, 4:28. [youtu.be/onTBhnl7cbw](https://youtu.be/onTBhnl7cbw).

Crouthamel, Steven J. (2009). "Luiseo Ethnobotany." Palomar College. San Marcos, CA. [palomar.edu/users/scrouthamel/luisenob.htm](http://palomar.edu/users/scrouthamel/luisenob.htm).

D'Abrosca, Brigida, et al. "*Urtica dioica* L. inhibits proliferation and enhances cisplatin cytotoxicity in NSCLC cells via Endoplasmic Reticulum-stress mediated apoptosis." *Scientific Reports* vol. 9:1, 4986. March 21, 2019. [ncbi.nlm.nih.gov/pmc/articles/PMC6428841/](http://ncbi.nlm.nih.gov/pmc/articles/PMC6428841/).

Dentali, S. J., and J. J. Hoffmann (1992). "Potential Anti-infective Agents from *Eriodictyon angustifolium* and *Salvia apiana*." *International Journal of Pharmacognosy*, 30:3, 223–31. [tandfonline.com/doi/abs/10.3109/13880209209054003](http://tandfonline.com/doi/abs/10.3109/13880209209054003).

DerMarderosian, Ara, and John A. Beutler, co-editors. *The Review of Natural Products*, seventh edition. St. Louis, MO: Wolters Kluwer Health, 2012.

*Dispensatory of the United States of America*, eighteenth edition. 1877, 518. [google.com/books/reader?id=QS9OAQAIAAJ&pg=GBS.PP18](http://google.com/books/reader?id=QS9OAQAIAAJ&pg=GBS.PP18).

Duffy, Thomas P., "The Flexner Report—100 Years Later." *The Yale Journal of Biology and Medicine*, 84(3): 269–76. [ncbi.nlm.nih.gov/pmc/articles/PMC3178858/](http://ncbi.nlm.nih.gov/pmc/articles/PMC3178858/).

Duke, James A. *Handbook of Medicinal Herbs*, second edition. Boca Raton, FL: CRC Press, 2002. European Medicines Agency (2017). "Raspberry leaf: Summary for the public." [ema.europa.eu/en/medicines/herbal/rubi-idaei-folium#overview-section](http://ema.europa.eu/en/medicines/herbal/rubi-idaei-folium#overview-section).

——— (2012). "Community herbal monograph on *Grindelia robusta* Nutt., *Grindelia squarrosa* (Pursh)

Dunal, *Grindelia humilis* Hook. et Arn., *Grindelia camporum* Greene, herba." [ema.europa.eu/en/documents/herbal-monograph/final-community-herbal-monograph-grindelia-robusta-nutt-grindelia-squarrosa-pursh-dunal-grindelia\\_en.pdf](http://ema.europa.eu/en/documents/herbal-monograph/final-community-herbal-monograph-grindelia-robusta-nutt-grindelia-squarrosa-pursh-dunal-grindelia_en.pdf)

Fidyt, Klaudyna, et al. (2016). "β-caryophyllene and β-caryophyllene oxide-natural compounds of anticancer and analgesic properties." *Cancer Medicine*, vol. 5,10: 3007–17. [ncbi.nlm.nih.gov/pmc/articles/PMC5083753/](http://ncbi.nlm.nih.gov/pmc/articles/PMC5083753/).

Fiol, Camila, Diego Prado, Mara Mora, and J. Iaki Alava. "Nettle Cheese: Using Nettle Leaves (*Urtica dioica*) to Coagulate Milk in the Fresh Cheese Making Process." *International Journal of Gastronomy and Food Science*. Elsevier, May 28, 2016. [sciencedirect.com/science/article/pii/S1878450X16300178](http://sciencedirect.com/science/article/pii/S1878450X16300178).

Fischer, Wolfgang, et al. (2019). "Old age-associated phenotypic screening for Alzheimer's disease drug candidates identifies sterubin as a potent neuroprotective compound from yerba santa." *Redox Biology*, vol. 21. [sciencedirect.com/science/article/pii/S2213231718311996](http://sciencedirect.com/science/article/pii/S2213231718311996).

- Fleming, Matthew C., et al. (2018). "Immunomodulatory and Antibacterial Properties of the Chumash Medicinal Plant *Trichostema lanatum*." *Medicines*, 5(2): 25. [doi.org/10.3390/medicines5020025](https://doi.org/10.3390/medicines5020025).
- Fontaine P., et al. (2013). "Chemical composition and antinociceptive activity of California sagebrush (*Artemisia californica*)." *J. Pharmacognosy Phytother*, 5(1): 1–11. [academicjournals.org/journal/JPP/article-full-text-pdf/4DFE9165344](https://academicjournals.org/journal/JPP/article-full-text-pdf/4DFE9165344).
- Foster, Steven, and Christopher Hobbs. *A Field Guide to Western Medicinal Plants and Herbs*. New York: Houghton Mifflin Company, 2002.
- Frati, A.C., E. Jimnez, and C. R. Ariza (1990). "Hypoglycemic effect of *Opuntia ficus-indica* in non insulin-dependent diabetes mellitus patients." *Phytother. Res.*, 4: 195– 97. [onlinelibrary.wiley.com/doi/10.1002/ptr.2650040507](https://onlinelibrary.wiley.com/doi/10.1002/ptr.2650040507).
- Frati-Munari, Alberto C., Blanca E Gordillo, Perla Altamirano, and C. Ral Ariza. "Hypoglycemic Effect of *Opuntia streptacantha* Lemaire in NIDDM." *Diabetes Care*, January 1988, 11 (1): 63–66. [care.diabetesjournals.org/content/11/1/63](https://care.diabetesjournals.org/content/11/1/63).
- Frawley, David, and Vasant Lad. *The Yoga of Herbs: An Ayurvedic Guide to Herbal Medicine*. Santa Fe, NM: Lotus Press, 1986.
- Garcia, Cecilia, and James D. Adams. *Healing with Medicinal Plants of the West: Cultural and Scientific Basis for Their Use*, third edition, revised. La Crescenta, CA: Abedus Press, 2016.
- Garth, Thomas R. (1953). "Atsugewi Ethnography." *Anthropological Records* 14(2):140– 41, 140. [digicoll.lib.berkeley.edu/record/84175?ln=en](https://digicoll.lib.berkeley.edu/record/84175?ln=en).
- Gifford, E. W. (1967). "Ethnographic Notes on the Southwestern Pomo." *Anthropological Records*, vol. 25: 14. University of California, Berkeley. [digicoll.lib.berkeley.edu/record/84242?ln=en](https://digicoll.lib.berkeley.edu/record/84242?ln=en).
- Glatt, Levi. *Medicinal Herbs of Santa Cruz County*. Santa Cruz, CA: Forest Academy Press, 2017.
- Gledhill, David. *The Names of Plants*, third edition. Cambridge, UK: Cambridge University Press, 2002.
- González-Juárez, Daphne E., et al. "A Review of the *Ephedra* genus: Distribution, Ecology, Ethnobotany, Phytochemistry and Pharmacological Properties." *Molecules* (Basel, Switzerland), vol. 25,14, July 20, 2020: 3283. [ncbi.nlm.nih.gov/pmc/articles/PMC7397145/](https://ncbi.nlm.nih.gov/pmc/articles/PMC7397145/).
- Goodrich, Jennie, Claudia Lawson, and Vana Parrish Lawson. *Kashaya Pomo Plants*. Los Angeles: American Indian Studies Center, University of California, 1980.
- Grieve, Mrs. M. *A Modern Herbal*. New York: Dover Publications, 1971. [botanical.com/botanical/mgmh/mgmh.html](https://botanical.com/botanical/mgmh/mgmh.html).
- Hardy, Karen, et al. (2012). "Neanderthal medics? Evidence for food, cooking, and medicinal plants entrapped in dental calculus." *Die Naturwissenschaften*, vol. 99,8: 617–26. [pubmed.ncbi.nlm.nih.gov/22806252/](https://pubmed.ncbi.nlm.nih.gov/22806252/).
- Harnett, Joanna, et al. (2020). "The effects of *Sambucus nigra* berry on acute respiratory viral infections: A rapid review of clinical studies." *Advances in Integrative Medicine*, vol. 7,4: 240–46. [ncbi.nlm.nih.gov/pmc/articles/PMC7443157/](https://ncbi.nlm.nih.gov/pmc/articles/PMC7443157/).
- Hashidoko, Yasuyuki (1996). "Phytochemistry of *Rosa rugosa*." *Phytochemistry* 43: 535–49. [10.1016/0031-9422\(96\)00287-7](https://doi.org/10.1016/0031-9422(96)00287-7). [sciencedirect.com/science/article/abs/pii/S0031942296002877](https://www.sciencedirect.com/science/article/abs/pii/S0031942296002877).

Hawkins, Jessie, et al. "Black elderberry (*Sambucus nigra*) supplementation effectively treats upper respiratory symptoms: A meta-analysis of randomized, controlled clinical trials." *Complement Ther Med.*, February 2019, 42: 361–65. [ncbi.nlm.nih.gov/pubmed/30670267](https://pubmed.ncbi.nlm.nih.gov/30670267).

Hayashi, Hiroaki, et al. (2005). "Phylogenetic Relationship of *Glycyrrhiza lepidota*, American Licorice, in Genus *Glycyrrhiza* Based on rbcL Sequences and Chemical Constituents." *Biological & Pharmaceutical Bulletin* 28: 161–64. [bpb.pharm.or.jp/bpb/200501/b01\\_0161.pdf](http://bpb.pharm.or.jp/bpb/200501/b01_0161.pdf).

Hedges, Ken, and Christina Beresford. *Santa Ysabel Ethnobotany*. San Diego, CA: San Diego Museum of Man, 1986.

Hedrick, U. P. *Sturtevant's Edible Plants of the World*. Mineola, NY: Dover Publications, 1972.

Hemmes, Richard B., Arlene Alvarado, and Benjamin L. Hart. "Use of California bay foliage by wood rats for possible fumigation of nest-borne ectoparasites." *Behavioral Ecology*, vol. 13, no. 3, May 2002: 381–85. [academic.oup.com/beheco/article/13/3/381/221893](http://academic.oup.com/beheco/article/13/3/381/221893).

HerbWalks.com. "Chinese researcher wins Nobel Prize for malaria drug derived from 'Sweet Annie.'" [herbwalks.com/2015/10/07/chinese-researcher-wins-nobel-prize-for-malaria-drug-derived-from-herbal-medicine/](http://herbwalks.com/2015/10/07/chinese-researcher-wins-nobel-prize-for-malaria-drug-derived-from-herbal-medicine/).

Hinton, L. (1975). "Notes on La Huerta Diegueo Ethnobotany." *The Journal of California Anthropology* 2(2). Retrieved from [escholarship.org/uc/item/71h7710r](http://escholarship.org/uc/item/71h7710r). [escholarship.org/uc/item/71h7710r](http://escholarship.org/uc/item/71h7710r).

Hobbs, Christopher. *Usnea: The Herbal Antibiotic*. Capitola, CA: Botanica Press, 1986. [christopherhobbs.com/wp-website/wp-content/uploads/2015/01/Usnea-booklet-text.pdf](http://christopherhobbs.com/wp-website/wp-content/uploads/2015/01/Usnea-booklet-text.pdf).

Hoffmann, David. *The New Holistic Herbal*, third edition. Rockport, MA: Element Inc., 1991.

Incayawar, Mario, MD (2010). "Tongva Medicinal Plants." [runajambi.net/tongva/](http://runajambi.net/tongva/).

International Union for Conservation of Nature and Natural Resources (2020–3). "The IUCN Red List of Threatened Species." IUCN Red List. [iucnredlist.org](http://iucnredlist.org).

Ivanescu, Bianca, et al. (2015). "Sesquiterpene Lactones from *Artemisia* Genus: Biological Activities and Methods of Analysis." *Journal of Analytical Methods in Chemistry*, vol. 2015. [ncbi.nlm.nih.gov/pmc/articles/PMC4606394/](https://pubmed.ncbi.nlm.nih.gov/pmc/articles/PMC4606394/).

Jepson Flora Project (editors) (2020). "Jepson eFlora." [ucjeps.berkeley.edu/eflora/](http://ucjeps.berkeley.edu/eflora/).

Johnson J. J. (2011). "Carnosol: a promising anti-cancer and anti-inflammatory agent." *Cancer Letters*, 305(1): 1–7. [ncbi.nlm.nih.gov/pmc/articles/PMC3070765/](https://pubmed.ncbi.nlm.nih.gov/pmc/articles/PMC3070765/).

Kaiser Permanente (2015). "Chaparral." Kaiser Foundation Health Plan of Washington. [wa.kaiserpermanente.org/kbase/topic.jhtml?docId=hn-2067001](http://wa.kaiserpermanente.org/kbase/topic.jhtml?docId=hn-2067001).

——— (2015). "Eucalyptus." Kaiser Foundation Health Plan of Washington. [wa.kaiserpermanente.org/kbase/topic.jhtml?docId=hn-2086009](http://wa.kaiserpermanente.org/kbase/topic.jhtml?docId=hn-2086009).

——— (2015). "Sage." Kaiser Foundation Health Plan of Washington. [wa.kaiserpermanente.org/kbase/topic.jhtml?docId=hn-2158004](http://wa.kaiserpermanente.org/kbase/topic.jhtml?docId=hn-2158004).

——— (2015). "St. John's Wort." Kaiser Foundation Health Plan of Washington. [wa.kaiserpermanente.org/kbase/topic.jhtml?docId=hn-2168009](http://wa.kaiserpermanente.org/kbase/topic.jhtml?docId=hn-2168009).

——— (2015). "Usnea." Kaiser Foundation Health Plan of Washington. [wa.kaiserpermanente.org/kbase/topic.jhtml?docId=hn-2177002](http://wa.kaiserpermanente.org/kbase/topic.jhtml?docId=hn-2177002).

Kay, Margarita Artschwager. *Healing with Plants in the American and Mexican West*. Tucson, AZ: University of Arizona Press, 1998.

Khan, Ikhlas A., and Ehab A. Abourashed. *Leung's Encyclopedia of Common Natural Ingredients Used in Food, Drugs, and Cosmetics*, third edition. Hoboken, NJ: John Wiley & Sons, 2010.

Kim, Seung-Hee, and Kyung-Chul Choi (2013). "Anti-cancer Effect and Underlying Mechanism(s) of Kaempferol, a Phytoestrogen, on the Regulation of Apoptosis in Diverse Cancer Cell Models." *Toxicological Research*, vol. 29,4: 229–34. [ncbi.nlm.nih.gov/pmc/articles/PMC3936174/](https://pubmed.ncbi.nlm.nih.gov/PMC3936174/).

Klingelhoefer S., B. Obertreis, S. Quast, and B. Behnke (1999). "Antirheumatic Effect of IDS 23, a Stinging Nettle Leaf Extract, on in Vitro Expression of T Helper Cytokines." *The Journal of Rheumatology*. US National Library of Medicine. [ncbi.nlm.nih.gov/pubmed/10606356](https://pubmed.ncbi.nlm.nih.gov/pubmed/10606356).

Knishinsky, Ran. *Prickly Pear Cactus Medicine: Treatments for Diabetes, Cholesterol, and the Immune System*. Rochester, VT: Healing Arts Press, 2004.

Kregiel, Dorota, et al. "Urtica spp.: Ordinary Plants with Extraordinary Properties." *Molecules* (Basel, Switzerland), vol. 23,7, July 9, 2018: 1664. [ncbi.nlm.nih.gov/pmc/articles/PMC6100552/](https://pubmed.ncbi.nlm.nih.gov/PMC6100552/).

Largo, Donna, Daniel F. McCarthy, and Marcia Roper. *Medicinal Plants Used by Native American Tribes in Southern California*. Banning, CA: Malki-Ballena Press, 2009.

Linus Pauling Institute. "Vitamin C." Oregon State University Micronutrient Information Center. [lpi.oregonstate.edu/mic/vitamins/vitamin-C](https://lpi.oregonstate.edu/mic/vitamins/vitamin-C).

Lis, Anna, Agata Swaczyna, Agnieszka Krajewska, and Karolina Mellor. "Chemical Composition of the Essential Oils From Twigs, Leaves, and Cones of *Thuja plicata* and Its Cultivar Varieties 'Fastigiata,' 'Kornik,' and 'Zebrina.'" *Natural Product Communications*, July 2019. <https://journals.sagepub.com/doi/full/10.1177/1934578X19862904>.

Luther Burbank Home & Gardens. "Spineless Cactus." [lutherburbank.org/about-us/specialty-gardens/spineless-cactus](https://lutherburbank.org/about-us/specialty-gardens/spineless-cactus).

Lyle, T. J. *Physio-Medical Therapeutics, Materia Medica and Pharmacy*. Salem, OH: J. M. Lyle & Bros., 1897 [Public domain; accessed online at Internet Archive]. [archive.org/details/physiomedicalthe00lyle/mode/2up](https://archive.org/details/physiomedicalthe00lyle/mode/2up).

Mangelsdorf, Paul C. "Introduction." *Plants in the Development of Modern Medicine*, Tony Swain, editor. Cambridge, MA: Harvard University Press, 1972.

McKay, D. L., and J. B. Blumberg (2006). "A review of the bioactivity and potential health benefits of chamomile tea (*Matricaria recutita* L.)." *Phytother Res*. 20(7): 519–30. [pubmed.ncbi.nlm.nih.gov/16628544/](https://pubmed.ncbi.nlm.nih.gov/16628544/).

Mead, George R. *The Ethnobotany of the California Indians*. La Grande, OR: E-Cat Worlds, 2003.

Medina, Andrea L., et al. (2005). "Composition and Antimicrobial Activity of *Anemopsis californica* Leaf Oil." *Journal of Agricultural and Food Chemistry* 53, no. 22: 8694–98. [academia.edu/6364511/](https://pubs.academy.edu/6364511/).

Medina-Holgun, A.L., et al. "Chemotypic variation of essential oils in the medicinal plant, *Anemopsis californica*." *Phytochemistry* 69(4), February 2008: 919–27. [europepmc.org/article/PMC/2330197](https://pubs.europepmc.org/article/PMC/2330197).

Meng, Ge, et al. (2014). "Research progress on the chemistry and pharmacology of *Prunella vulgaris* species." *Open Access Library Journal* 1, no. 3: 1–19. [dx.doi.org/10.4236/oalib.1100558](https://doi.org/10.4236/oalib.1100558).

Mitscher, Lester, et al. (1983). "Antimicrobial agents from higher plants: Prenylated flavonoids and other phenols from *Glycyrrhiza lepidota*." *Phytochemistry* 22: 573–76. [sciencedirect.com/science/article/abs/pii/0031942283830490](https://pubs.sciedirect.com/science/article/abs/pii/0031942283830490).



Moerman, Daniel E. *Native American Medicinal Plants: An Ethnobotanical Dictionary*. Portland, OR: Timber Press, 2009.

Moore, Michael. "Medicinal Plants." *In The Field With Michael Moore*—4. Michael Cottingham, December 8, 2011. YouTube video, 9:58. [youtube.com/watch?v=RAQHzzPrqKs](https://www.youtube.com/watch?v=RAQHzzPrqKs) (*Grindelia*).

———. *Herbal Tinctures in Clinical Practice*, third edition. Bisbee, AZ: Southwest School of Botanical Medicine, 1996. [swsbm.com/ManualsMM/MansMM.html](https://www.swsbm.com/ManualsMM/MansMM.html). [swsbm.com/ManualsMM/MansMM.html](https://www.swsbm.com/ManualsMM/MansMM.html).

———. *Medicinal Plants of the Desert and Canyon West*. Santa Fe, NM: Museum of New Mexico Press, 1989.

———. *Medicinal Plants of the Mountain West*. Santa Fe, NM: Museum of New Mexico Press, 2003.

———. *Medicinal Plants of the Pacific West*. Santa Fe, NM: Red Crane Books, 1993.

———. Plant monographs extracted from *The Eclectic Materia Medica, Pharmacology and Therapeutics* by Harvey Wickes Felter, MD (1922). [swsbm.com/FelterMM/Felters.html](https://www.swsbm.com/FelterMM/Felters.html).

Mowrey, Daniel B. *The Scientific Validation of Herbal Medicine*. Los Angeles: Keats Publishing, 1986.

Murphey, Edith Van Allen. *Indian Uses of Native Plants*. Ukiah, CA: Mendocino County Historical Society, 1987.

*National Formulary*, fourth edition, 1916.

[google.com/books/reader?id=mb8qAAAAYAAJ&hl=en&pg=GBS.PP4](https://books.google.com/books/reader?id=mb8qAAAAYAAJ&hl=en&pg=GBS.PP4).

Native American Ethnobotany Database. [naeb.brit.org](http://naeb.brit.org).

NatureServe. "Explorer." [explorer.natureserve.org](http://explorer.natureserve.org).

Nyerges, Christopher. *Foraging California*, second edition. Lanham, MD: The Rowman and Littlefield Publishing Group, 2019.

Ommundsen, Peter. "Pronunciation of Biological Latin." Salt Spring Island, BC: Cape West Publishing. [capewest.ca/pron.html](http://capewest.ca/pron.html).

O'Neill, Maggie. "A 54-Year-Old Man Died from Eating Too Much Black Licorice—Here's How That Can Happen." MSN, September 24, 2020.

[health.com/food/man-dies-black-licorice](https://www.health.com/food/man-dies-black-licorice).

Parke, Davis & Company (1894). *Descriptive catalogue of the laboratory products of Parke, Davis & Company. Materia medica, therapeutics, formulae, approximate prices*. [archive.org/details/descriptivecatal00park/page/68/mode/2up](https://archive.org/details/descriptivecatal00park/page/68/mode/2up).

Pengelly, Andrew. *The Constituents of Medicinal Plants*. Crows Nest, Australia: Allen & Unwin, 2004.

Perri, Filomena, et al. "Naturally occurring sesquiterpene lactones and their semi-synthetic derivatives modulate PGE2 levels by decreasing COX2 activity and expression." *Heliyon* 5(3), March 2019: e01366. Published online, March 27, 2019. [ncbi.nlm.nih.gov/pmc/articles/PMC6441754/](https://pubmed.ncbi.nlm.nih.gov/pmc/articles/PMC6441754/).

*Pharmacopoeia of the United States of America*, eighth decennial revision, 1905.

[google.com/books/reader?id=5nh66efDQnAC&hl=en&pg=GBS.PP8](https://books.google.com/books/reader?id=5nh66efDQnAC&hl=en&pg=GBS.PP8).

*Pharmacopoeia of the United States of America*, ninth decennial revision, 1916.

[google.com/books/reader?id=qVZAAQAAMAAJ&pg=GBS.PP1](https://books.google.com/books/reader?id=qVZAAQAAMAAJ&pg=GBS.PP1).

Popoola, Olugbenga K., et al. (2013). "Marrubiin." *Molecules* 18(8): 9049–60. [mdpi.com/14203049/18/8/9049/htm](https://doi.org/10.3390/molecules18089049).

Power, Frederick B., and Arthur H. Salway. "Chemical Examination of *Micromeria chamissonis* (Yerba Buena)." *The Journal of the American Chemical Society*, vol. 30., no. 2. February 1908. (as reprinted in *Internet Archive*). [archive.org/details/b30613188](https://www.archive.org/details/b30613188).

Prasad, Malini A., et al. "Leveraging phytochemicals: the plant phylogeny predicts sources of novel antibacterial compounds." *Future Science OA*, vol. 5,7. FSO407, July 25, 2019. [ncbi.nlm.nih.gov/pmc/articles/PMC6695524/](https://pubmed.ncbi.nlm.nih.gov/pmc/articles/PMC6695524/).

Puig, Carolina, et al. (2018). "Unravelling the bioherbicide potential of *Eucalyptus globulus* Labill: Biochemistry and effects of its aqueous extract." *PLOS ONE*. 13. e0192872. [journals.plos.org/plosone/article?id=10.1371/journal.pone.0192872](https://doi.org/10.1371/journal.pone.0192872)

Pullela, Venkata S., et al. (2005). "Isolation of Lignans and Biological Activity Studies of *Ephedra viridis*." *Planta Medica* 71: 789–91. [pubmed.ncbi.nlm.nih.gov/16142651/](https://pubmed.ncbi.nlm.nih.gov/16142651/).

Radulescu, Valeria, et al. (2013). "Determination of ascorbic acid in shoots from different coniferous species by HPLC." *Farmacia* 61: 1158–66. [farmaciajournal.com/wp-content/uploads/2013-06-art-12-radulescu-1158-1166.pdf](https://farmaciajournal.com/wp-content/uploads/2013-06-art-12-radulescu-1158-1166.pdf).

Robinson, David W., et al. "Datura quids at Pinwheel Cave, California, provide unambiguous confirmation of the ingestion of hallucinogens at a rock art site." *PNAS*, 117 (49), December 8, 2020: 31026–37. First published November 23, 2020. [pnas.org/content/117/49/31026](https://doi.org/10.1073/pnas.2011102117).

Romero, John Bruno. *The Botanical Lore of the California Indians*. New York: Vantage Press, 1954. [gutenberg.org/files/55009/55009-h/55009-h.htm](https://www.gutenberg.org/files/55009/55009-h/55009-h.htm).

Safford, William E. "Daturas of the Old World and New: An Account of Their Narcotic Properties and Their Use in Oracular and Initiatory Ceremonies" (published in the *Smithsonian Report* for 1920). Washington, DC: Government Printing Office, 1922. [books.google.com/books/about/Daturas\\_of\\_the\\_Old\\_World\\_and\\_New.html?id=OtoaAAAAYAAJ](https://books.google.com/books/about/Daturas_of_the_Old_World_and_New.html?id=OtoaAAAAYAAJ).

Salehi, Bahare, et al. (2019). "Therapeutic Potential of  $\alpha$ - and  $\beta$ -Pinene: A Miracle Gift of Nature." *Biomolecules* 9(11): 738. [mdpi.com/2218-273X/9/11/738#cite](https://doi.org/10.3390/biom9110738).

Sarris, J., E. McIntyre, and D. A. Camfield (2013). "Plant-Based Medicines for Anxiety Disorders, Part 2: A Review of Clinical Studies with Supporting Preclinical Evidence." *CNS Drugs* 27: 301–19. [pubmed.ncbi.nlm.nih.gov/23653088/](https://pubmed.ncbi.nlm.nih.gov/23653088/).

Schenck, Sara M., and Edward W. Gifford. *Karok Ethnobotany*. Berkeley, CA: University of California Anthropological Records, vol. 13(6), 1952: 377–92. [dotycoyote.com/pdfs/sources/schenck\\_karok\\_ethnobotony.pdf](https://dotycoyote.com/pdfs/sources/schenck_karok_ethnobotony.pdf).

Schle, Cornelius, Thomas Baghai, N. Sauer, and Gregor Laakmann (2004). "Endocrinological Effects of High-Dose *Hypericum perforatum* Extract WS 5570 in Healthy Subjects." *Neuropsychobiology* 49: 58–63. [epub.uni-muenchen.de/16535/1/10\\_1159\\_000076411.pdf](https://pub.eub.uni-muenchen.de/16535/1/10_1159_000076411.pdf).

Selfridge, Nancy J. "Black Elderberry Supplementation for Upper Respiratory Infection Symptoms." *Integrative Medicine Alert*, May 1, 2020. [reliasmedia.com/articles/146146-black-elderberry-supplementation-for-upper-respiratory-infection-symptoms](https://www.reliasmedia.com/articles/146146-black-elderberry-supplementation-for-upper-respiratory-infection-symptoms).

Senica, Mateja, et al. "The Higher the Better? Differences in Phenolics and Cyanogenic Glycosides in *Sambucus nigra* Leaves, Flowers and Berries from Different Altitudes." *J Sci Food Agric.*, 97(8), June 2017: 2623–32. [pubmed.ncbi.nlm.nih.gov/27734518/](https://pubmed.ncbi.nlm.nih.gov/27734518/).



- Shipek, Florence Connolly. *Delfina Cuero: Her Autobiography: An Account of Her Last Years and Her Ethnobotanic Contributions*. Menlo Park, CA: Ballena Press, 1991.
- Sidor, Andrzej, and Anna Gramza-Michalowska. "Advanced research on the antioxidant and health benefit of elderberry (*Sambucus nigra*) in food—a review." *Journal of Functional Foods*, volume 18, part B. October 2015: 941–58. [sciencedirect.com/ science/article/pii/S1756464614002400](https://www.sciencedirect.com/science/article/pii/S1756464614002400).
- Smith, Micholas, and Jeremy C. Smith (2020). "Repurposing Therapeutics for COVID 19: Supercomputer-based Docking to the Sars-cov-2 Viral Spike Protein and Viral Spike Protein-human ACE2 Interface." *ChemRxiv*. <https://europepmc.org/article/PPR/PPR116961>
- Stephens, Tim. "UCSC Arboretum holds the most eucalyptus species anywhere outside of Australia." *UC Santa Cruz News*, September 25, 2007. [news.ucsc.edu/2007/09/1591.html](https://news.ucsc.edu/2007/09/1591.html).
- Strike, Sandra S. *Ethnobotany of the California Indians, Volume 2: Aboriginal uses of California's indigenous plants*. Champaign, IL: Koeltz Scientific Books, 1994.
- Tabanca, Nurhayat, et al. (2013). "Comparative investigation of *Umbellularia californica* and *Laurus nobilis* leaf essential oils and identification of constituents active against *Aedes aegypti*." *Journal of Agricultural and Food Chemistry*, vol. 61(50): 12283–91. [pubmed.ncbi.nlm.nih.gov/24266426/](https://pubmed.ncbi.nlm.nih.gov/24266426/).
- Tadd, Brown. *Brown Tadd—Miwok: One Miwok's View of Native Food Preparations and the Medicinal Uses of Plants*. Tollhouse, CA: Three Forests Interpretive Association, 1988.
- Taib, Mehdi, et al. "Medicinal Uses, Phytochemistry, and Pharmacological Activities of *Quercus* Species." Evidence-based complementary and alternative medicine: eCaliforniaM, vol. 2020 1920683. July 31, 2020. [ncbi.nlm.nih.gov/pmc/articles/PMC7415107/](https://pubmed.ncbi.nlm.nih.gov/pmc/articles/PMC7415107/).
- Takeoka, Gary R. et al. "Headspace Volatiles of *Scutellaria californica* A. Gray Flowers." *Journal of Essential Oil Research*, February 2008. [tandfonline.com/doi/abs/10.1080/10412905.2008.9699982](https://doi.org/10.1080/10412905.2008.9699982).
- Takeoka, Gary R., et al. (2010). "Volatile Constituents of the Aerial Parts of *Salvia apiana* Jepson." *Journal of Essential Oil Research* 22. sd3b1043620c280fa. [researchgate.net/publication/48854429\\_Volatile\\_Constituents\\_of\\_the\\_Aerial\\_Parts\\_of\\_Salvia\\_apiana\\_Jepson](https://www.researchgate.net/publication/48854429_Volatile_Constituents_of_the_Aerial_Parts_of_Salvia_apiana_Jepson).
- Tan, Keng Hong, and Ritsuo Nishida (2012). "Methyl eugenol: its occurrence, distribution, and role in nature, especially in relation to insect behavior and pollination." *Journal of Insect Science* (online), vol. 12: 56. [ncbi.nlm.nih.gov/pmc/articles/PMC3500151/](https://pubmed.ncbi.nlm.nih.gov/pmc/articles/PMC3500151/).
- Tavares, Wilson R., and Ana M. L. Seca. "The Current Status of the Pharmaceutical Potential of *Juniperus* L. Metabolites." *Medicines* (Basel, Switzerland), vol. 5(3), July 31, 2018: 81. [ncbi.nlm.nih.gov/pmc/articles/PMC6165314/](https://pubmed.ncbi.nlm.nih.gov/pmc/articles/PMC6165314/).
- Thorne Research. *Sambucus nigra* (elderberry) monograph. *Altern Med Rev*. 10(1), March 2005: 51–54. [altmedrev.com/wp-content/uploads/2019/02/v10-1-51.pdf](https://www.altmedrev.com/wp-content/uploads/2019/02/v10-1-51.pdf).
- Tierra, Michael. "Wild Cherry, One of the Great North American Herbs." Michael's blog, East West School of Herbology website. [planetherbs.com/blogs/michaels-blogs/wild-cherry-one-of-the-great-north-american-herbs/](https://www.planetherbs.com/blogs/michaels-blogs/wild-cherry-one-of-the-great-north-american-herbs/).
- . *Planetary Herbology*. Santa Fe, NM: Lotus Press, 1988.
- Timbrook, Jan. *Chumash Ethnobotany*. Santa Barbara, CA: Santa Barbara Museum of Natural History, 2007.

———. “Virtuous Herbs: Plants in Chumash Medicine.” *J. Ethnobiol* 7(2), Winter 1987:171–80. [ethnobiology.org/sites/default/files/pdfs/JoE/7-2/Timbrook1987.pdf](http://ethnobiology.org/sites/default/files/pdfs/JoE/7-2/Timbrook1987.pdf).

Tiralongo, Evelin, et al. “Elderberry Supplementation Reduces Cold Duration and Symptoms in Air-Travellers: A Randomized, Double-Blind Placebo-Controlled Clinical Trial.” *Nutrients*, vol. 8(4), March 24, 2016: 182. [ncbi.nlm.nih.gov/pmc/articles/PMC4848651/](http://ncbi.nlm.nih.gov/pmc/articles/PMC4848651/).

Tomè, Franca, Maria Laura Colombo, and Luisa Caldirol (1999). “A Comparative Investigation on Alkaloid Composition in Different Populations of *Eschscholtzia californica* Cham.” *Phytochem. Anal* 10: 264–67. [academia.edu/12486673/A\\_comparative\\_investigation\\_on\\_alkaloid\\_composition\\_in\\_different\\_populations\\_of\\_Eschscholtzia\\_californica\\_cham](http://academia.edu/12486673/A_comparative_investigation_on_alkaloid_composition_in_different_populations_of_Eschscholtzia_californica_cham).

Train, Percy, et al. *Medicinal Uses of Plants by Indian Tribes of Nevada*, revised edition. US Department of Agriculture, 1957. [ia800504.us.archive.org/13/items/medicinalusesofp45tra/medicinalusesofp45tra.pdf](http://ia800504.us.archive.org/13/items/medicinalusesofp45tra/medicinalusesofp45tra.pdf).

Tumen, Ibrahim, et al. “Topical Wound-Healing Effects and Phytochemical Composition of Heartwood Essential Oils of *Juniperus virginiana* L., *Juniperus occidentalis* Hook., and *Juniperus ashei* J. Buchholz.” *Journal of Medicinal Food*, January 2013: 48–55. [juniper.oregonstate.edu/bibliography/topical-wound-healing-effects-and-phytochemical-composition-heartwood-essential-oils](http://juniper.oregonstate.edu/bibliography/topical-wound-healing-effects-and-phytochemical-composition-heartwood-essential-oils).

US Department of Agriculture, Agricultural Research Service. “Dr. Duke’s Phytochemical and Ethnobotanical Databases.” [phytochem.nal.usda.gov/phytochem/search](http://phytochem.nal.usda.gov/phytochem/search).

———, Forest Service. “Seasonal Changes in Carbohydrates and Ascorbic Acid of White Pine and Possible Relation to Tipburn Sensitivity.” Forest Research Note SE-124, December 1969. [srs.fs.usda.gov/pubs/rn/rn\\_se124.pdf](http://srs.fs.usda.gov/pubs/rn/rn_se124.pdf).

———, Natural Resources Conservation Service. “Plant Guide for Jeffrey Pine.” [plants.usda.gov/plantguide/pdf/pg\\_pije.pdf](http://plants.usda.gov/plantguide/pdf/pg_pije.pdf).

———, Natural Resources Conservation Service. “Plant Guide for Toyon.” [plants.usda.gov/plantguide/pdf/cs\\_hear5.pdf](http://plants.usda.gov/plantguide/pdf/cs_hear5.pdf).

United Plant Savers. “Species At-Risk” List. [unitedplantsavers.org/species-at-risk-list/](http://unitedplantsavers.org/species-at-risk-list/).

University of California, Berkeley. “The Jepson Herbarium.” [ucjeps.berkeley.edu/eflora/](http://ucjeps.berkeley.edu/eflora/).

University of California, Riverside. Detailed Case Histories of Salient Worldwide Biological Pest Control Projects (Puncture Vine). [faculty.ucr.edu/~legner/ef/biotact/ch-88.htm](http://faculty.ucr.edu/~legner/ef/biotact/ch-88.htm)

Upton R. (2013). “Stinging nettles leaf (*Urtica dioica* L.): Extraordinary vegetable medicine.” *J Herbal Med. sciencedirect.com/science/article/abs/pii/S2210803312000978?via%3Dihub*

Upton, Roy (editor), et al. *American Herbal Pharmacopoeia: Botanical Pharmacognosy — Microscopic Characterization of Botanical Medicines*. Boca Raton, FL: CRC Press, 2011.

Veluthoor, Sheeba, et al. (2011). “Composition of the heartwood essential oil of incense cedar (*Calocedrus decurrens* Torr.),” *Holzforschung* 65. [fs.fed.us/pnw/pubs/journals/pnw\\_2011\\_veluthoor.pdf](http://fs.fed.us/pnw/pubs/journals/pnw_2011_veluthoor.pdf).

Viola, H., et al. (1995). “Apigenin, a component of *Matricaria recutita* flowers, is a central benzodiazepine receptors-ligand with anxiolytic effects.” *Planta Med.* 61(3): 213–16. [pubmed.ncbi.nlm.nih.gov/7617761/](http://pubmed.ncbi.nlm.nih.gov/7617761/).

Walker, Phillip L., and Travis Hudson. *Chumash Healing; Changing Health and Medical Practices in an American Indian Society*. Banning, CA: Malki Museum, 1993.

Wang, Jiayi, et al. “Antibacterial Activity of Juglone against *Staphylococcus aureus*: From Apparent to Proteomic.” *International Journal of Molecular Sciences* 17, no. 6, June 18, 2016: 965. [mdpi.com/1422-0067/17/6/965#cite](http://mdpi.com/1422-0067/17/6/965#cite).

Wang, Xiaogang, et al. (2016). “*Heteromeles arbutifolia*, a Traditional Treatment for Alzheimer’s Disease, Phytochemistry and Safety.” *Medicines* 3, 17. [mdpi.com/2305-6320/3/3/17/htm](https://doi.org/10.3390/med303017).

Westrich, LoLo. *California Herbal Remedies*. Houston: Gulf Publishing Co., 1989.

Wheeler-Voegelin, Erminie. *Tübatulabal Ethnography*. Berkeley, CA: University of California Press, 1938. Accessed at Internet Archive. [archive.org/details/tubatulabaethno0000whee](https://www.archive.org/details/tubatulabaethno0000whee).

Whitehead, Anne, et al. “Cholesterol-lowering effects of oat  $\beta$ -glucan: a meta-analysis of randomized controlled trials,” *The American Journal of Clinical Nutrition*,” vol. 100, no. 6, December 2014: 1413–21. [academic.oup.com/ajcn/article/100/6/1413/4576477?login=true](https://academic.oup.com/ajcn/article/100/6/1413/4576477?login=true).

Wilken-Robertson, Michael. *Kumeyaay Ethnobotany: Shared Heritage of the Californias*. San Diego, CA: Sunbelt Publications, 2018.

World Health Organization. WHO monographs on selected medicinal plants, vol. 1–4. [apps.who.int/iris/handle/10665/42052](https://apps.who.int/iris/handle/10665/42052).

Yarnell, Eric, ND, and Lauren Russel, ND. “Solidago: An Inflammation Modulator.” *Naturopathic Doctor News & Review*, April 11, 2018. [ndnr.com/autoimmuncallergy-medicine/solidago-an-inflammation-modulator/](https://www.ndnr.com/autoimmuncallergy-medicine/solidago-an-inflammation-modulator/).