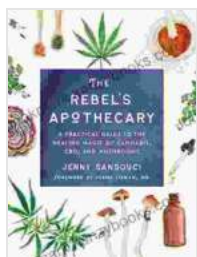


# The Rebel Apothecary: A Review



## The Rebel's Apothecary: A Practical Guide to the Healing Magic of Cannabis, CBD, and Mushrooms

by Jenny Sansouci

★★★★☆ 4.8 out of 5

Language : English  
File size : 33259 KB  
Text-to-Speech : Enabled  
Enhanced typesetting : Enabled  
X-Ray : Enabled  
Word Wise : Enabled  
Screen Reader : Supported  
Print length : 383 pages



### By Nicole Apelian

In her groundbreaking book, *The Rebel Apothecary*, Nicole Apelian invites us to rethink the way we approach health and healing. Drawing on her own experiences as a clinical herbalist and social justice activist, Apelian argues that true health equity can only be achieved when we address the root causes of illness, which are often rooted in social and environmental factors.

Apelian begins the book by sharing her own journey to natural medicine. After suffering from chronic health problems as a child, she was finally able to find relief through herbalism and other natural therapies. This experience inspired her to become a clinical herbalist, and she has since dedicated her life to helping others find healing through natural means.

In *The Rebel Apothecary*, Apelian argues that the current healthcare system is failing us. She points out that chronic diseases are on the rise, and that people of color and low-income communities are disproportionately affected by these diseases. She argues that this is not a coincidence, but rather a result of the systemic racism and oppression that these communities face.

Apelian calls for a new approach to healthcare, one that is based on social justice and equity. She believes that we need to focus on preventing illness, rather than simply treating it. She also believes that we need to empower people to take control of their own health, and to make healthy choices for themselves and their families.

*The Rebel Apothecary* is not just a book about herbal medicine. It is also a call to action. Apelian challenges us to think critically about the way we approach health and healing, and to work together to create a more just and equitable world.

If you are interested in learning more about natural medicine and social justice, I highly recommend reading *The Rebel Apothecary*. It is a powerful and inspiring book that will change the way you think about health and healing.

**Here are some of the key takeaways from *The Rebel Apothecary*:**

- True health equity can only be achieved when we address the root causes of illness, which are often rooted in social and environmental factors.
- The current healthcare system is failing us, and we need a new approach to healthcare that is based on social justice and equity.

- We need to focus on preventing illness, rather than simply treating it.
- We need to empower people to take control of their own health, and to make healthy choices for themselves and their families.

The Rebel Apothecary is a must-read for anyone who is interested in health, justice, and social change.

## About the Author

Nicole Apelian is a clinical herbalist, social justice activist, and the author of The Rebel Apothecary. She is the founder of the Center for Health Justice, a non-profit organization that provides free and low-cost herbal medicine to people in need. Apelian is a passionate advocate for health equity, and she has been featured in numerous media outlets, including The New York Times, The Washington Post, and NPR.



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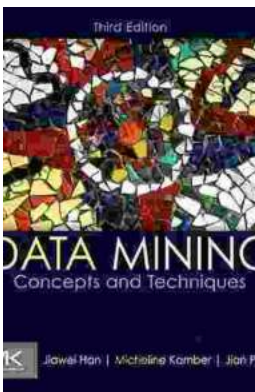
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