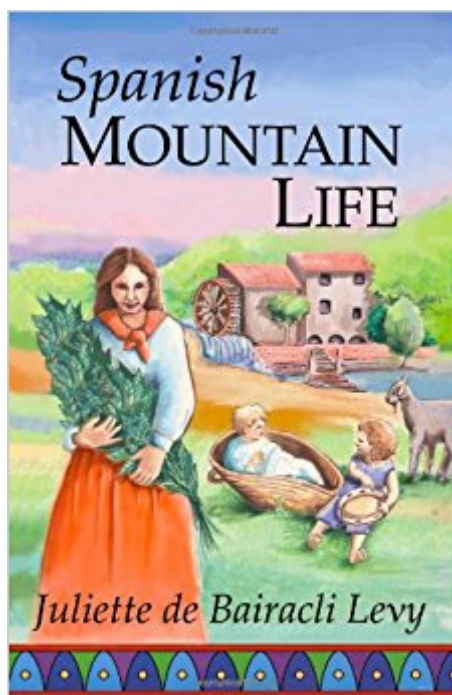


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# Spanish Mountain Life



## Synopsis

This jewel-like memoir by noted herbalist and traveler Juliette de Bairacli Levy details her personal struggle against typhus fever, during which she gave birth to her second child, Luz, who had to be suckled by a nanny goat. As ever we are embraced by Juliette's love of nature and animals, and welcomed onlookers as she relates with people whose lives are far different from ours. Gypsies dance and sing their way through this book, adding their picturesque and sometime threatening energy to an exquisitely detailed story that is always intriguing, and sometimes suspenseful. Juliette shares with us the herbal lore she learned and used in the Spanish Sierra Nevada mountains. You'll find herbs to combat vermin, counter burns, keep your skin beautiful, and many more. (Juliette de Bairacli Levy)

## Book Information

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## Customer Reviews

Juliette de Bairacli Levy is a world renowned herbalist, author, breeder of Afghan hounds, friend of the Gypsies, traveller in search of herbal wisdom, and the pioneer of holistic veterinary medicine. Juliette has a long record of spectacular cures to her credit and the books she has written have been a vital inspiration for the present day herbal renaissance. Juliette was born on the 11th hour of the 11th day of the 11 month, almost in 1911 (actually 1912) in Manchester, England. Her parents were Jewish - her mother from Egypt and her father from Turkey. Juliette was raised in a household with three sisters and two brothers, a nanny, chauffeur, maid and gardener. She was educated at Lowther College, one of the best girls schools in Britain, and went on to study veterinary medicine at the Universities of Manchester and Liverpool. However, Juliette did not approve of the

vivisection and animal experimentation that was going on in the universities in the name of science and health. So she left university after two years and went to study with the Gypsies and peasants of the world. For the past many years Juliette has been coming to America every summer to give lectures, workshops and seminars on herbal medicine. In America she has become recognized as the grandmother of today's herbal renaissance. In 1998 at their HerbFest in Iowa, Frontier Herbs presented Juliette with a Lifetime Achievement Award for her contribution to the herb world. Ash Tree Publishing is honored to offer to you three of her most popular books and her "Juliette of the Herbs" video, enjoy!

Juliette's life in Spain filled some gaps for me about her journeys throughout the world.

Juliette is such a compelling story teller. Her own inquisitiveness comes out as she weaves her way through the various experiences she encounters in the book "Spanish Mountain Life." It is difficult to describe her warmth of expression and the subtle way she tells us of cures, healings, omens, remedies, fore telling of coming events and all the other things she learns while in these lovely mountains she describes so beautifully. I always feel I am with her and having read this lovely book I feel like I need to go back. Wonderful book. Carl Bozeman Author; On Being God: Beyond Your Life's Purpose

Spanish Mountain Life By Juliette de Bairacli Levy Copyright 2011 by Juliette de Bairacli Levy, Copyright 2011 by Ash Tree Publishing, revised and updated ISBN 978-1-888123-07-4 Once again in Spanish Mountain Life Juliette de Bairacli Levy makes us her travel companions this time through the Sierra Nevada of Andalusia. This trip is far from her usual light-hearted one for on it both her son and she contract typhus, with Juliette facing death and her son becoming severely ill with the disease. To make matters worse during her time in the sierra young Luz, born that year in the Sierra Nevada becomes so sick it seems her death is an assured thing. Only Juliette de Bairacli Levy's reliance on her instinct and herbal remedies as well as a dose of penicillin finally pulls the child through her illness. Once again we are treated to new herbal remedies of the region as well as some of the older ones de Bairacli Levy has used successfully in past. We travel high into the Sierra's with Juliette and her son Rafik and spend time around the fires and fiestas of the gypsies of the region. Wherever de Bairacli Levy goes she finds the gypsy people answering a calling deep in her veins. Learning new skills from them and exchanging both tales and healing folklore. Spanish

Mountain Life is a valuable addition to any library, especially those dealing with herbals in general and with Juliette de Bairacli Levy in particular.

This is one of those rare books that, as soon as you begin reading becomes impossible to put down. Like an epic, you are drawn into the fruitful, bountiful (sometimes in unusual ways), beautiful world of the Sierra Nevada in Spain. The sights, sounds, smells and feelings of the place are saturated into the words pouring out of the book and into your imagination. Juliette's way of relating her experiences doesn't just imprint a strong image of her surroundings and her experiences into the reader's mind - they deliver a wealth of knowledge in a real world way. So at the end of the book, you'll know a great deal more about the application of various natural remedies and healing techniques than at the beginning; then, you'll want to pick the volume up and start reading all over again! This is a simply beautiful relation of what life is really about and the photographs throughout just serve to augment the wonderful writing. I thoroughly enjoyed the experience of reading Juliette's narration of her experiences. This book is a treasure and one I will certainly be re-reading many times!

A wonderful book about trusting yourself and the world around you. Juliette de Bairacli Levy weaves a story that draws the reader into her world, as if you are standing there with her during her experiences. This is a magnificent read, and a testament to the determined strength of a mother. When learning about herbs, healing and overall well-being, it is important (I feel) to do it in story-telling format. This way all senses are engaged, and the information can be recalled easier. Storytelling is where Juliette de Bairacli Levy is a master. The tapestry of her words covered me and brought a deeper understanding of wellness. A fantastic book! This is just another masterpiece in the world of Juliette de Bairacli Levy!

Freshly back from jungle Peru in 2011, I can't help but compare my reading of Juliette's time in Spain to my time in Peru. Both hearken to the connectedness of plant, animal, water, the earth, and the symbiosis of people and nature, given the opportunity. So much is lost in today's urban, technological world, that I wonder if the mountains of Spain resemble this book at all, fifty or more years later. As I read her work, written in such a way that the pictures of the events popped out in resplendent color and aroma, I enjoyed it more and more throughout the book. I especially appreciated the contrasts between personalities of people, including pleasant and not so pleasant, along with descriptions of pollution of water and flies, and how she dealt with these events.

In Spanish Mountain Life Juliette so vividly shares her experience of living in the Sierra Nevada Mountains, her struggle to recover from typhus she and her young daughter contracted there, her emotional struggle of accepting the illness and working with a doctor, ways she complemented and strengthened her recovery through practice of fasting and remedies she used in the process, etc. Her tremendously difficult struggle and almost miraculous recovery are narrated in a way to allow us to see and glean the complexity of human wellness as well as human illness and the all-important connection of between one's physical, emotional, mental and spiritual state of being. Through her wonderful way of storytelling, Juliette tells us of healings, omens, remedies, events, and many things she learned from the experience of living in the Sierra Nevada Mountains. This is an indispensable addition to every herbalist's library.

It was so refreshing to read such a beautiful memoir by a beautiful woman who did so much to open our eyes to the power of the natural life. I love all the practical applications of herbal and folk medicine use. I feel like I just took the trip along with Juliette and her children. My favorite remedy which she shared was when she was scalded and the medicine woman treated her with a vinegar wash and several applications of honey.

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