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Your Complete Guide To **Herbs**

Inside—An A-Z Guide to Herbs, Including:

Echinacea - Feverfew - Kava - Ginkgo biloba
Milk Thistle - St. John's Wort - Uva Ursi - Valerian
Bilberry - Evening Primrose - Horse Chestnut
And much more



Steven Bratman, M.D.

Series Editors:

Steven Bratman, M.D. & David Kroll, Ph.D.

Natural Pharmacist Your Complete Guide To Herbs

Prima,Prima Games



Natural Pharmacist Your Complete Guide To Herbs:

The Natural Pharmacist: Your Complete Guide to Herbs Prima,Prima Games,2000-03-30 **Your Complete Guide to Illnesses and Their Natural Remedies** Steven Bratman,1999 Discover Nature s Treatment for Illnesses Did you know that scientific evidence suggests that many illnesses may be effectively treated naturally It s true Millions are discovering the power of natural remedies With this book so can you Inside you ll learn how to make colds shorter and milder prevent and treat osteoporosis reduce the discomfort of varicose veins ease the pain of migraines treat mild to moderate depression and much more Includes an A Z remedy guide by illness including Colds and Flus Migraine Headaches Arthritis Menopause Depression Varicose Veins Atherosclerosis PMS Osteoporosis High Cholesterol Alzheimer s Disease And much more It s all here in simple straightforward language You ll find yourself turning to this helpful trusted companion again and again

The Complete Natural Medicine Guide to the 50 Most Common Medicinal Herbs Heather Boon,Michael Smith,2004 The most current scientific information from the world s leading medical journals Although there is growing consumer awareness of alternative and complementary medicine there is a lack of comprehensive information available on herbal products While pharmacists physicians and other health care professionals sometimes offer advice their patients want more information The Complete Natural Medicine Guide to the 50 Most Common Medicinal Herbs is a comprehensive fully illustrated reference to the 50 most commonly prescribed herbs A complete description of each herb is featured along with its other common names possible adverse effects therapeutic uses for treating illness and disease as well as potential drug interactions Some of the herbs included are Aloe Vera Evening Primrose Goldenseal Scullcap Burdock Tumeric Tea Tree Oil Meadowsweet This guide is written by professional pharmacists one a naturopathic doctor using the most current research and clinical testing The authors easy to understand text combined with the latest findings and clear directions for safe dosages makes this practical reference on medicinal herbs a primary resource of data *The Complete Guide to Growing Healing and Medicinal Herbs* Wendy Vincent,2011 This book will guide you through the step by step process of learning about and growing your own healing herbs starting with the basics of what each herb can do and proceeding to show you everything you need to cultivate them yourself The first things you will learn in this guide are the basics of all healing herbs starting with a complete breakdown of the numerous healing herbs known to be easily cultivated in temperate climates Matching the right herbs to your region you will then be able to start learning about how herbs grow as well as what they need from the soil water the weather and feeding You will learn which plants grow best together and which style of herbs are going to be best for selling and which are best for personal growing Experts in the field of healing herbs have provided their insights into issues such as how to harvest the healing herbs best and how to dry or preserve them for use as healing materials Learn how you can make a number of common treatments for various ailments with your herbs and how you can benefit best from your newfound garden COVER **The Natural Pharmacist** Richard Harkness,1999 Discover a Natural

Approach to Cancer Prevention Did you know that scientific evidence suggests that certain foods and natural supplements can help you prevent cancer And there s still more you can do to reduce the risk Inside you ll learn which herbs vitamins and other natural supplements can help cut your cancer risk which foods contain natural anticancer agents four key ways you can keep cancer away how to reduce carcinogens in grilled meats and much more Includes up to date information on cancer and Vitamin E Selenium Lycopene Soy Green Tea Garlic Flaxseed Beta Carotene Vitamin C And conventional medical treatments It s all here in simple straightforward language You ll find yourself turning to this helpful trusted companion again and again

Your Complete Guide to Vitamins and Supplements Angelo DePalma,1999 Discover What Vitamins and Supplements Can Do for You Did you know that scientific evidence suggests that many vitamins and supplements may be effective treatments for several of today s most common ailments It s true Millions are discovering the power of natural remedies With this book so can you Inside you ll learn which vitamins or supplements may reduce the severity of cold symptoms help prevent osteoporosis improve sports performance help relieve PMS symptoms help osteoarthritis and much more Includes an A Z guide to supplements including Vitamin C Zinc Creatine Glucosamine Lycopene Selenium Carnitine Coenzyme Q10 5 HTP Iron Folic Acid Calcium And much more It s all here in simple straightforward language You ll find yourself turning to this helpful trusted companion again and again [The Ultimate Guide to Natural Remedies](#) Barrett

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tools *The Natural Pharmacist* Anna M. Barton, Elizabeth Collins, Nancy Berkoff, 2000 Did you know that scientific evidence suggests that certain natural herbs and supplements may make your cold and flu symptoms milder and reduce the number of days you're sick It's true Millions have already discovered the healing power of echinacea and other popular herbs With this book so can you Inside you'll learn How echinacea may reduce the number of days you are sick How taking zinc lozenges at the beginning of a cold may help you get better faster Which other herbs and supplements are helpful for colds and flus It's all here in simple straightforward language You'll find yourself turning to this helpful trusted companion again and again

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The Natural Pharmacist Constance Grauds, Connie Grauds, 1999 Discover Nature's Treatment for Anxiety Did you know that scientific evidence suggests that kava may be an effective treatment for mild to moderate anxiety It's true For years South Pacific islanders have used kava as a natural treatment Now millions are discovering the healing power of this and other natural remedies in the treatment of anxiety Inside you'll learn how kava may reduce symptoms of anxiety how kava compares to prescription drugs how to treat anxiety related insomnia and much more Includes up to date information on anxiety and insomnia and Kava Valerian Melatonin Lemon Balm Skullcap Passionflower Hops Lady's Slipper GABA And conventional medical treatments It's all here in simple straightforward language You'll find yourself turning to this helpful trusted companion again and again *How to be Your Own Herbal Pharmacist* Linda Page, 1998-12 How to combine herbs to address all aspects of specific ailments Linda Page has been saying it for years Good food is good medicine Now in her new revolutionary cookbook set she presents the latest information about the problems with today's food supply and shows how to use food as medicine for healing and for wellness **Everything You Need to Know about Menopause** Joanne Marie Snow, 1999 Discover Nature's Treatment for Menopause Every woman experiences menopause differently But did you know that there are natural remedies that may significantly reduce menopause related symptoms and help protect against the associated risks of cardiovascular disease and osteoporosis Inside you'll learn how black cohosh may reduce menopausal

symptoms which natural treatments may help reduce the risk of osteoporosis how kava may help menopause related anxiety the pros and cons of other natural treatments for menopause and much more Includes up to date information on menopause and Black Cohosh Kava Ipriflavone Soy Calcium Vitamin D Vitamin E B Vitamins St John s Wort Valerian Garlic Red Clover And conventional medical treatments It s all here in simple straightforward language You ll find yourself turning to this helpful trusted companion again and again Natural Treatments to Improve Memory Steven Dentali,2000 Did you know that there are natural treatments for failing mental function Scientific evidence suggests that ginkgo can protect memory and mental function in people with severe memory impairment It also may help those with normal age related memory loss Inside you ll learn How ginkgo may improve your memory and mental function How ginkgo may help those with Alzheimer s disease Which other natural treatments may help with memory and mental function And much more It s all here in simple straightforward language You ll find yourself turning to this helpful trusted companion again and again Keep up to date with The Natural Pharmacist™ at www.tnp.com **Everything You Need to Know about Echinacea and Immunity** Elizabeth W. Collins,Elizabeth Collins,Nancy Berkoff,1999 Discover Nature s Treatment for Colds and Flus Did you know that scientific evidence suggests that echinacea may make your cold and flu symptoms milder and reduce the number of days you re sick It s true Millions have already discovered the healing power of this popular herb With this book so can you Inside you ll learn how echinacea may reduce the number of days you are sick which other herbs and supplements are helpful for colds and flus how echinacea may make cold and flu symptoms milder and much more Includes up to date information on colds and flus and Echinacea Andrographis Zinc Vitamin C Ginseng Elderberry Ashwagandha Maitake Astragalus Garlic And conventional medical treatments It s all here in simple straightforward language You ll find yourself turning to this helpful trusted companion again and again *Natural Health Magazine Complete Guide to Safe Herbs* Chris D. Meletis,2002 A guide to safely combining medications and nutritional supplements with herbs and other foods that promote healing and wellness offers information about 175 of the most effective and safest herbs Drug-herb-vitamin Interactions Bible Richard Harkness,Steven Bratman,2000 Discover the Dangers and Benefits of Drug Herb Vitamin Interactions Are you aware that mixing certain drugs herbs and vitamins can benefit your health whereas other combinations are downright dangerous It s true With the right vitamin or herb you can reduce or even eliminate certain side effects of over the counter or prescription medications On the other hand taking the wrong vitamin or herb can increase some side effects or interfere with the effectiveness of your medication This book can help you to be sure Inside you ll learn how to reduce the risk of hazardous interactions You ll also discover exactly which supplements to take to enhance the effectiveness of your medications Every statement is based on the latest scientific research and is rigorously reviewed for accuracy by a medical doctor and a professor of pharmacology Balanced and trustworthy this book includes Detailed descriptions of drugs herbs and vitamins and their uses A comprehensive guide to both negative and positive combinations Easy reference to specific drug herb

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