

Nutritional Herbology A Reference Guide To Herbs

Nutritional Herbology
How to be Your Own Herbal Pharmacist
Herbal Medicine Past and Present: A reference guide to medicinal plants
The Power of Herbs
The Vitamin & Herb Guide
The Total Guide to a Healthy Heart
Pharmacist's Guide to Medicinal Herbs
The Medical Library Association Encyclopedic Guide to Searching and Finding Health Information on the Web
The Herb Companion
Wishbook and Resource Guide
Your Complete Guide to Herbs
Dr. Pitcairn's New Complete Guide to Natural Health for Dogs and Cats
Subject Guide to Books in Print
The Bootstrap Guide to Medicinal Herbs in the Garden, Field & Marketplace
The ABC Clinical Guide to Herbs
Fundamentals of Complementary and Integrative Medicine
Alternative Medicine Resource Guide
A Bibliography on Herbs, Herbal Medicine, "natural" Foods, and Unconventional Medical Treatment
A Muggle's Guide to the Wizarding World
The Family Wellness Guide
The American Association of Oriental Medicine's Complete Guide to Chinese Herbal Medicine
Mark Pedersen Linda Page J. K. Crellin La Stellaire Global Health Ltd Seth J. Baum Arthur M. Presser P. F. Anderson Bobbi A. McRae Steven Bratman Richard H. Pitcairn Lee Sturdivant Josef A. Brinckmann Marc S. Micozzi Francine Feuerman Theodora Andrews Fionna Boyle Tara Fellner David Molony

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topics include how and why herbs work nutritional analysis of scores of herbs scientific analysis that authenticates historical usage

detailed description of active principles in each herb how to decipher each herb s herbal properties major acupuncture and iridology points correlated to herbal combinations easy to read charts giving vital information on each herb

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

this book gives you a simple guide on what the nature has to offer you and your daily needs it contain over 80 pages covering remedies for issues and conditions related to skin body brain mind hair such as memory blemishes rosacea metabolism hair growth detox cleanse sleep and focus

offers natural alternatives to treat the breakdown of the immunity system quick scan index quick reference charts on homeopathic tissue salts latest dosages u s rda complete amino acid chart over 120 common herbs complete herbal glossary designed to give more information in less reading time simplified allowing readers to skim through and quickly find what they want and need to know the vitamin herb guide is by far the most concise and straightforward vitamin and herb guide on the market today

integrative strategies for preventing and reversing heart disease

a national spokesperson for anti aging and fitness supplements explores the historical and modern day uses of medicinal herbs covering benefits drug interactions side effects and hypersensitivities

searching for health information may be the most important type of search a librarian performs in a day instead of starting a health care search with a blank computer screen or simply accessing ordinary information available most anywhere on the you can begin with help from the prestigious medical library association each entry will show you how an experienced health sciences librarian would approach the question you can begin a truly valuable search knowing special searching issues what to ask where to start supplementary search strategies topic profile recommended search terms and important sites hotline phone numbers faqs publications on the internet professional organizations patient support organizations and discussion groups best one stop shops finally there s one read reference source written by librarians to help their colleagues that contains every important aspect of the question you or your patron want to answer it s time saving it s authoritative it sets a new standard for comprehensive medical information reference let a fellow librarian be your guide through the sometimes dizzying amount of information available find hundreds of specific entries grouped in three easy to

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discover what herbs can do for you did you know that scientific evidence suggests that herbs may be effective treatments for several of today's most common ailments it's true millions are discovering the powers of natural remedies with this book so can you inside you'll learn which herbs may help improve mental function shorten the length of colds lower cholesterol reduce anxiety fight insomnia and much more includes an a-z guide to herbs including bilberry echinacea evening primrose feverfew ginkgo biloba horse chestnut kava milk thistle st john's wort uva ursi valerian and much more it's all here in simple straightforward language you'll find yourself turning to this helpful trusted companion again and again

a reference guide to common ailments affecting domestic canines and felines features recipes for healthier food sources of herbal and homeopathic supplies environmental issues and solutions and emergency care information

a guide to medicinal herb growing and marketing in the u s and canada

this book contains extensive information on 29 of the most popular herbs sold in the u s market today including which products have shown safe and effective activity in published clinical trials it also reviews 13 proprietary products used in clinical studies book cover

this resource lays the groundwork for a solid understanding of complementary and integrative therapy it provides insight into the historical context of alternative healing systems as well as the most up to date scientific research and clinical applications for integrative medicine focusing on therapies best supported by clinical trials and evidence it describes key concepts of the most prevalent complementary and alternative therapies in use today this edition features many new chapters and a new appendix with thorough updates and references throughout

contains information on resources and publications in the general field of alternative medicine and thirty two specific modalities

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to zombies every aspect of the enthralling universe in j k rowling s harry potter series is explained expanded and celebrated in this literary guidebook for muggles humans who are often not aware of the magical world that witches and wizards inhabit characters creatures locations and objects in the series are explored including the magicians school hogwarts the sport of quidditch and the practitioners of the dark arts enthusiasts of the series will find supplementary information on the historical roots of the symbolism and mythology used in the series how the books and movies compare and creative ideas for throwing a harry potter themed party

describes the use of healing herbs homeopathy flower essences and aromatherapy for maintaining health and treating common ailments includes information on childhood ailments nature games crafts and stories and specific chapters on bathtime and bedtime rituals

more and more people are choosing herbal healing methods as a supplement or alternative to traditional medical care this book traces the history of the oldest and most comprehensive form of internal medicine and offers information on more than 170 herbs and herb combinations readers will learn how to treat common ailments with chinese herbs and how to use herbs to achieve an overall balanced state of health and well being included are the basic theories and ideas behind chinese herbal medicine chinese herbal formulas for general disorders and chronic conditions an alphabetized list of illnesses that can be treated with chinese herbs a glossary of common terms and a list of reputable herb suppliers

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