

# Little Herb Encyclopedia

The Little Herb Encyclopedia, 4th Edition Little Herb Encyclopedia The Little Herb Encyclopedia The Little Herb Encyclopedia La Pequena Enciclopedia de Hierbas (Little Herb Encyclopedia) Aging Without Growing Old The Earthwise Herbal, Volume II The Earthwise Herbal, Volume I The Way of Herbs The Gale Encyclopedia of Alternative Medicine The Gale Encyclopedia of Alternative Medicine The Biblical Encyclopedia The Concise Herbal Encyclopedia The Outrageous Herb Lady The Vitamin and Health Encyclopedia Books in Print The Encyclopedia Britannica Acu-Energy Surgery Electives Today's Herbal Health for Children Jack Ritchason N.D. Jack Ritchason Jack Ritchason Judy Lindberg McFarland Matthew Wood Matthew Wood Michael Tierra Kristine M. Krapp Jacqueline L. Longe James Comper Gray Donald Law Margaret L. McWhorter Jack Ritchason James Louis Garvin Patti L. Johnson John McCabe Louise Tenney

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the recent herbal popularity is not a new fad but merely a renewal of ancient medicinal healing methods that have been used for centuries herbs are some of the oldest medicines in the world the correct usage of the wide variety of herbs has often required extensive research the little herb encyclopedia fourth edition ends the debate over how to use herbs it includes a thorough list of the most common and beneficial herbs and widely acclaimed herbal combinations this book is a ready reference that makes herbal health easy in addition it includes a list of the most prevalent health problems and their most effective herbal remedies take the difficulty out of herbal health and find the answers to your most common herbal questions with the little herb encyclopedia

an essential reference companion the little herb encyclopedia presents alphabetical listings of the most common and beneficial herbs and herbal combinations in addition the encyclopedia pinpoints the most prevalent health problems and their most effective herbal remedies

most people today are aging too rapidly and are dying from illnesses that could be prevented judy lindberg mcfarland wants to help readers prevent all the degenerative diseases and illnesses that accompany aging and the heartaches resulting from the loss of one's health in aging without growing old men and women of all ages will find out how to become healthy through natural and nutritional means they'll learn how to enjoy greater health no matter how old they are and how to slow the aging process down to a crawl it is possible to start defying your age with the essential information found in this book

the first part in a comprehensive two volume guide on the use of medicinal plants in western herbal medicine from an author who has almost forty years of clinical experience the first in a two volume set the earthwise herbal profiles old world plants volume two will treat american plants organized alphabetically the book encompasses all the major and many of the secondary herbs of traditional and modern western herbalism author matthew wood describes characteristic symptoms and conditions in which each plant has proved useful in the clinic often illustrated with appropriate case histories he also takes a historical view based on his extensive study of ancient and traditional herbal literature written in an easy engaging non technical style the earthwise herbal offers insight into the logic of the plant how it works in what areas of the body it works how it has been used in the past what its pharmacological constituents indicate about its use and how all these different factors hang together to produce a portrait of the plant as a whole entity ideal for beginners serious students or advanced practitioners the earthwise herbal is also useful for homeopaths and flower essence practitioners as it bridges these fields in its treatment of herbal medicines

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fully updated with the latest developments in herbal science this practical and useful guide offers comprehensive descriptions of herbal treatments for a number of modern ailments and reveals how to gain and maintain health through a holistic approach the way of herbs is an essential manual for gaining and maintaining good health through a holistic approach a natural path to well being and is the one book that should be in everyone's library william mcgarey md this comprehensive and approachable guide includes the three functions of herbs eight traditional methods of herbal therapy the benefits of a balanced diet herbal treatments for cancer herpes acne arthritis back pain weight problems colds and flu detailed descriptions use and dosage for more than 140 western herbs and 31 important chinese herbs how to purchase grow and store herbs a new extensive directory of herbal health care stores the way of herbs is a must read for anyone interested in herbal medicine be they a dedicated naturopathic practitioner or simply in search of more environmentally and economically friendly alternative remedies

authoritative objective and in tune with the subjects that matter to students and researchers the gale group presents the gale encyclopedia of alternative medicine unbiased information on alternative and complementary medical practices covering all aspects of the subject therapies conditions diseases herbs plants and people the encyclopedia identifies 40 types of alternative medicine being practiced today including accupressure acupuncture ayurveda biofeedback chelation therapy chinese medicine chiropractic detoxification feldenkrais kinesiology naturopathy osteopathy polarity therapy yoga and many others for the practitioner or interested patient there are current training requirements listings of organizations as well as descriptions of treatments information on recommended therapies for specific disorders and diseases medicinal uses for plants and herbs are balanced by conclusions of studies on efficacy and analysis of current levels of acceptance by traditional scientists and doctors biographies of pioneers in the field including deepak chopra edward bach and david palmer appear as sidebars through the text included are 50 sidebars each volume contains a color photo insert containing images of herbs includes more than 275 disease condition entries 300 herb remedy entries and 150 therapies

presents a four volume alphabetically arranged medical reference set that examines a variety of supplemental therapies and herbal remedies along with treatments for certain conditions and diseases

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today's herbal health for children contains valuable information to help concerned parents learn how to aid the healing process of their children

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