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Women Healers of the World
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Health Care Systems Around the World
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Ecological Medicine
Traditional Medicine in Asia
An Encyclopedia of Natural Healing for Children
Aromatic and Medicinal Plants
The Essential Book of Herbal Medicine
Essentials of Chinese Materia Medica and Medical Formulas
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Volume 2Herbal MedicinesChinese Medicinal Wines & ElixirsThe ABC Clinical Guide to
HerbsWho Global Report on Traditional and Complementary Medicine 2019Advanced Herbal
PharmacyAn Herbalist's Guide to Formulary

Herbal Formularies for Health Professionals, Volume 4

This concise reference provides a one-stop point of research that examines major aspects of health care systems for over 190 countries worldwide. In a consistent format, ten major health care categories are systematically examined for each country: 1. Emergency Health Services; 2. Costs of Hospitalization; 3. Costs of Drugs; 4. Major Health Issues; 5. Government Role in Health Care; 6. Insurance; 7. Access to Health Care; 8. Health Care Facilities; 9. Health Care Personnel (doctor level of training, etc.); and 10. Public Health Programs. The volume is organized in alphabetical order of country names. Each country is presented on a two- or three-page spread with the same descriptive and statistical content, allowing readers to compare health care systems from country to country. For example, a reader may compare costs of drugs in France versus the United States versus Canada. Each country spread will feature short entries on the ten health care categories accompanied by charts, table, and photos as appropriate. The work culminates as a unique and essential resource for pre-med and medical students, as well as researchers in sociology, economics, and the health management fields.

Herbal Formularies for Health Professionals, Volume 1

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A celebration of the healing traditions that made yoga, acupuncture, and aromatherapy popular. The recent trend toward holistic living has heightened our national fascination with herbal remedies and less conventional therapies such as acupuncture, yoga, aromatherapy, and ethnobotany. Now, this intimate and inspiring book opens up the world of herbal medicine to those interested in learning about the history of these techniques and approaches. *Women Healers of the World* shares with readers an extraordinary variety of healing plants from around the world that have inspired today's "alternative" medicine, as well as the stories, challenges, and triumphs of remarkable women healers from past and present—all of whom promote the use of medicinal herbs. Through this book, herbalist and author Holly Bellebuono aims to educate readers about sixteen plant-based world healing traditions and thirty women who have practiced them. Bellebuono also explores the geography, history, and medical heritage of twenty countries where these traditions originated. With thorough knowledge of the uses and effects of these healing traditions, readers can then move on to featured recipes for herbal remedies they can make in their home kitchens. Following Bellebuono's instructions, readers will produce remedies such as soothing lip balms, wound pastes, face masks, arthritis oils, relaxing bath salts, and revitalizing teas.

The Wild Medicine Solution

Detailed and evidence-based, this comprehensive guide presents interactions between drugs and herbs and selected herbs and nutrients, including foods and dietary factors. The material

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looks in detail at the mechanisms of interaction and assesses the research available. Extensive references are also provided and key references are thoroughly annotated.

Women Healers of the World

"A comprehensive collection of knowledge about the use of medicinal plants commonly used in Western herbal medicine by one of the few authors in the field who has over twenty-five years of clinical experience"--Provided by publisher.

Master Your Diabetes

Explore the ancient art of formulary with award-winning herbalist Holly Bellebuono's comprehensive guide to creating effective herbal medicine. Organized by body systems, An Herbalist's Guide to Formulary shows how to design a holistic treatment for acute and chronic conditions. Packed with detailed information on more than one hundred plants, An Herbalist's Guide to Formulary is the go-to reference for formulary. Holly presents her 4-tier formula structure, a commonsense way to integrate a wide range of herbal actions while keeping the formula simple. She also shares the history of healing traditions as well as personal and clinical examples that illustrate the art of combining plants for illnesses, preventative care, and overall wellness. With this book's guidance, healing-arts practitioners can turn formulary into a rewarding and practical skill. Praise: "Holly has blended the richness of the Western herbal

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tradition with the transformative insights of modern holistic medicine. This book is a cornucopia of herbal insights."—David Hoffmann, BS, FNIMH, medical herbalist

Clinical Naturopathic Medicine

Herbal Formularies for Health Professionals is a five-volume set that serves as a comprehensive, practical reference manual for herbalists, physicians, nurses, and allied health professionals. Dr. Jill Stansbury draws on her decades of clinical experience and her extensive research to provide an unparalleled range of herbal formulas. Organized by body system, each volume includes hundreds of formulas to treat common health conditions, as well as formulas that address specific energetic or symptomatic presentations, including Dr. Stansbury's own formulas, formulas from herbal folklore, and formulas from Traditional Chinese Medicine. For each formula, Dr. Stansbury offers a brief explanation of how the selected herbs address the specific condition. The book offers many sidebars and user-friendly lists--helping readers quickly choose which herbs are best for specific presentations--and details traditional uses of both western herbs and traditional Asian herbs and formulas that are readily available in the United States. Volume II focuses on circulation and respiration, offering formulas and supporting information for treating a wide range of vascular, pulmonary, and respiratory conditions, including angina, coronary artery disease, hypertension, congestive heart failure, Reynaud's syndrome, anemia, coughs, bronchitis, cystic fibrosis, and emphysema. Each volume in the set also includes: a discussion of how herbal therapy fits into an overall treatment plan or approach for a particular health condition modern research findings on

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individual herbs and their mode of action in the body lists of herbs that might be beneficial for specific conditions advice on botanicals to avoid for particular conditions Each chapter includes a materia medica section listing 50 or more individual herbs with tips on their properties, modes of action, and very specific symptoms each plant best addresses. These formularies are also a tutorial for budding herbalists on the sophisticated art of fine-tuning the precision of an herbal formula for the constitution and overall health condition of an individual patient, rather than a basic diagnosis. The text aims to teach via example, helping clinicians develop their own intuition and ability to create effective herbal formulas. Volume 1 (Digestion and Elimination) debuted the set in February 2018. Volume III (Endocrinology) will be published in fall 2018; Volumes IV (Neurology, Pyschiatry, and Pain Management) and V (Immunology, Orthopedics, and Otolarnyngology) will be published in spring 2019.

Vegetarianism Explained

Restoring the use of wild plants in daily life for vibrant physical, mental, and spiritual health □ Explains how 3 classes of wild plants--aromatics, bitters, and tonics--are uniquely adapted to work with our physiology because we coevolved with them □ Provides simple recipes to easily integrate these plants into meals as well as formulas for teas, spirits, and tinctures □ Offers practical examples of plants in each of the 3 classes, from aromatic peppermint to bitter dandelion to tonic chocolate As people moved into cities and suburbs and embraced modern medicine and industrialized food, they lost their connection to nature, in particular to the plants with which humanity coevolved. These plants are essential components of our

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physiologies--tangible reminders of cross-kingdom signaling--and key not only to vibrant physical health and prevention of illness but also to soothing and awakening the troubled spirit. Blending traditional herbal medicine with history, mythology, clinical practice, and recent findings in physiology and biochemistry, herbalist Guido Masé explores the three classes of plants necessary for the healthy functioning of our bodies and minds--aromatics, bitters, and tonics. He explains how bitter plants ignite digestion, balance blood sugar, buffer toxicity, and improve metabolism; how tonic plants normalize the functions of our cells and nourish the immune system; and how aromatic plants relax tense organs, nerves, and muscles and stimulate sluggish systems, whether physical, mental, emotional, or spiritual. He reveals how wild plants regulate our heart variability rate and adjust the way DNA is read by our cells, controlling the self-destructive tendencies that lead to chronic inflammation or cancer. Offering examples of ancient and modern uses of wild plants in each of the 3 classes--from aromatic peppermint to bitter dandelion to tonic chocolate--Masé provides easy recipes to integrate them into meals as seasonings and as central ingredients in soups, stocks, salads, and grain dishes as well as including formulas for teas, spirits, and tinctures. Providing a framework for safe and effective use as well as new insights to enrich the practice of advanced herbalists, he shows how healing "wild plant deficiency syndrome"--that is, adding wild plants back into our diets--is vital not only to our health but also to our spiritual development.

American Herbal Products Association's Botanical Safety Handbook, Second Edition

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Updated for 2012, this book, Dr. Neil McKinney's fourth on naturopathic oncology, is updated with the rewards of clinical practice, study, research and reader feedback over the last several years. Patients and integrative physicians will find it easier to navigate, more complete, and of real service. DO: use this book to be informed about your best options, and what to expect them to accomplish. THEN: get expert guidance from a licensed, accountable, health professional team experienced in treating cancer. Cancer is a life-threatening disease in most cases. You do not have the objectivity, experience or knowledge to make critical medical decisions alone. This is not just a legal disclaimer! Cancer is unforgiving of delays and poor choices.

Health Care Systems Around the World

This book covers interesting research topics and the use of natural resources for medical treatments in some severe diseases. The most important message is to have native foods which contain high amount of active compounds that can be used as a medicinal plant. Most pharmaceutical drugs were discovered from plants, and still ongoing research will have to predict such new active compounds as anti-diseases. I do believe this book will add significant knowledge to medical societies as well as can be used for postgraduate students.

Sacred Plant Medicine

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The first in-depth examination of the sacred underpinnings of the world of Native American medicinal herbalism □ Reveals how shamans and healers □talk□ with plants to discover their medicinal properties □ Includes the prayers and medicine songs associated with each of the plants examined □ By the author of The Secret Teachings of Plants As humans evolved on Earth they used plants for everything imaginable--food, weapons, baskets, clothes, shelter, and medicine. Indigenous peoples the world over have been able to gather knowledge of plant uses by communicating directly with plants and honoring the sacred relationship between themselves and the plant world. In Sacred Plant Medicine Stephen Harrod Buhner looks at the long-standing relationship between indigenous peoples and plants and examines the techniques and states of mind these cultures use to communicate with the plant world. He explores the sacred dimension of plant and human interactions and the territory where plants are an expression of Spirit. For each healing plant described in the book, Buhner presents medicinal uses, preparatory guidelines, and ceremonial elements such as prayers and medicine songs associated with its use.

Stockley's Herbal Medicines Interactions

The Optimal Terrain Ten Protocol to Reboot Cellular Health Since the beginning of the twentieth century, cancer rates have increased exponentially--now affecting almost 50 percent of the American population. Conventional treatment continues to rely on chemotherapy, surgery, and radiation to attack cancer cells. Yet research has repeatedly shown that 95 percent of cancer cases are directly linked to diet and lifestyle. The Metabolic Approach to

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Cancer is the book we have been waiting for--it offers an innovative, metabolic-focused nutrition protocol that actually works. Naturopathic, integrative oncologist and cancer survivor Dr. Nasha Winters and nutrition therapist Jess Higgins Kelley have identified the ten key elements of a person's "terrain" (think of it as a topographical map of our body) that are crucial to preventing and managing cancer. Each of the terrain ten elements--including epigenetics, the microbiome, the immune system, toxin exposures, and blood sugar balance--is illuminated as it relates to the cancer process, then given a heavily researched and tested, non-toxic and metabolic, focused nutrition prescription. The metabolic theory of cancer--that cancer is fueled by high carbohydrate diets, not "bad" genetics--was introduced by Nobel Prize-laureate and scientist Otto Warburg in 1931. It has been largely disregarded by conventional oncology ever since. But this theory is resurging as a result of research showing incredible clinical outcomes when cancer cells are deprived of their primary fuel source (glucose). The ketogenic diet--which relies on the body's production of ketones as fuel--is the centerpiece of The Metabolic Approach to Cancer. Further, Winters and Kelley explain how to harness the anticancer potential of phytonutrients abundant in low-glycemic plant and animal foods to address the 10 hallmarks of cancer--an approach Western medicine does with drug based therapies. Their optimized, genetically-tuned diet shuns grains, legumes, sugar, genetically modified foods, pesticides, and synthetic ingredients while emphasizing whole, wild, local, organic, fermented, heirloom, and low-glycemic foods and herbs. Other components of their approach include harm-reductive herbal therapies like mistletoe (considered the original immunotherapy and common in European cancer care centers) and cannabinoids (which shrink tumors and increase quality of life, yet are illegal in more than half of the United States).

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Through addressing the ten root causes of cancer and approaching the disease from a nutrition-focused standpoint, we can slow cancer's endemic spread and live optimized lives.

Naturopathic Oncology

Aromatherapy is one of the fastest growing forms of alternative medicine in the UK and USA. Essential oils are now sold in pharmacies and aromatherapy is increasingly being used in hospitals and primary care settings. This unique book takes an analytical and scientific approach to aromatherapy practices and principles based on the scientific evidence to date. The monographs cover commonly used essential oils and their therapeutic uses, details of toxicity, bioactivity, contraindications and clinical studies. This book provides pharmacists, GPs, nurses and other healthcare professionals with reliable scientifically based information on this growing discipline.

Scientific Validation of Herbal Medicine

Provides an invaluable reference text for all healthcare professionals who require evidence-based information on the interactions of conventional medicines with herbal medicines, dietary supplements and nutraceuticals. Stockley's Herbal Medicines Interactions is a unique collaboration between a team of experts in the fields of drug interaction, clinical herbal medicines, phytopharmacovigilance and regulation of herbal medicinal products. Stockley's

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Herbal Medicines Interactions brings together available data on over 150 of the most commonly used herbal medicines dietary supplements and nutraceuticals in highly structured, rigorously researched and fully referenced monographs.

Herbal Formularies for Health Professionals, Volume 5: Immunology, Orthopedics, and Otolaryngology, Including Allergies, the Immune System, the Muscul

Herbal Formularies for Health Professionals is a five-volume set that serves as a comprehensive, practical reference manual for herbalists, physicians, nurses, and allied health professionals. Dr. Jill Stansbury draws on her decades of clinical experience and her extensive research to provide an unparalleled range of herbal formulas. Organized by body system, each volume includes hundreds of formulas to treat common health conditions, as well as formulas that address specific energetic or symptomatic presentations. For each formula, Dr. Stansbury briefly explains how the selected herbs address the specific condition. Sidebars and user-friendly lists help readers quickly choose which herbs are best for specific presentations and detail traditional uses of both Western and traditional Asian formulas and herbs that are readily available in the United States. Volume 3 focuses on endocrine systems, offering formulas and supporting information for treating thyroid disease, adrenal disorders, diabetes, and metabolic syndrome. This volume also covers the female and male reproductive systems including conditions related to menstruation and PMS, fertility and pregnancy, and the prostate.

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Reproductive endocrinology is one of Dr. Stansbury's specialties, and she provides herbal formulas and therapies for pelvic inflammatory disease, genital herpes, ovarian cysts, endometriosis, PCOS, uterine fibroids, low libido, erectile dysfunction, and more. She also discusses the role of herbal medicine in prevention and treatment of reproductive cancers. Each chapter includes a materia medica section that describes individual herbs with tips on their properties, modes of action, and the specific symptoms each plant best addresses. These formularies are also a tutorial for budding herbalists on the sophisticated art of fine-tuning an herbal formula for the constitution and overall health condition of an individual patient, rather than prescribing a one-size-fits-all treatment for a basic diagnosis. The text aims to teach by example, helping clinicians develop their own intuition and ability to create effective herbal formulas. Volume 1 focuses on digestion and elimination and Volume 2 covers circulation and respiration. Volumes 4 (Neurology, Psychiatry, and Pain Management) and 5 (Immunology, Orthopedics, and Otolaryngology) will be published in 2020.

Herbal Formularies for Health Professionals, Volume 3

Univ. of London, UK. Addresses the issues with scientifically impartial information on medicinal herbs sold in UK pharmacies. Provides 148 monographs and details the phytochemical, pharmacological and clinical aspects. Contains appendices grouping herbs by specific actions, and highlights potential interactions. Includes an overview of UK legislation in herbals.

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Oxford Handbook of Prescribing for Nurses and Allied Health Professionals

This report is structured in five parts: national framework for traditional and complementary medicine (T&CM); product regulation; practices and practitioners; the challenges faced by countries; and, finally, the country profiles. Apart from the section on practices and practitioners, the report is consistent with the format of the report of the first global survey in order to provide a useful comparison. The section on practices and practitioners, which covers providers, education and health insurance, is a new section incorporated to reflect the emerging trends in T&CM and to gather new information regarding these topics at a national level. All new information received has been incorporated into individual country profiles and data graphs. The report captures the three phases of progress made by Member States; that is, before and after the first WHO Traditional Medicine Strategy (1999-2005), from the first global survey to the second global survey (2005-2012) and from the second survey to the most recent timeline (2012-2018).

Herb, Nutrient, and Drug Interactions

Essentials of Chinese Materia Medica and Medical Formulas: New Century Traditional

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Chinese Medicine presents specific knowledge about the source, medicinal nature, action and application of more than 800 commonly-used Chinese materia medica, as well as the efficacy and application of more than 740 kinds of commonly-used Chinese medical formulas. Notably, all of the content is presented in table form, making the information easier to access, understand and apply. Each primary herbal medicine is introduced with color pictures, and each primary formula is presented with efficacy analysis pictures. The book provides readers with essential information on Chinese materia medica and formulas and how to use them accurately, including the most common Chinese materia medica used in clinics and in commonly used clinical formulas. This is an essential reference for traditional medical professionals and those interested in traditional Chinese medicine, including advanced undergraduate and postgraduate students. Includes over 800 Chinese materia medica and 740 medical formulas with their essential information Combines 514 color pictures of medicine material crude slices and 255 formulary efficacy analysis pictures Organized with concise forms, facilitating understanding and memorization

The Modern Herbal Dispensatory

"Presents the ingredients, method of preparation and administration, indications, and contradictions of over 200 authentic Chinese medicinal wines. These medicinal wines are especially useful for the treatment of traumatic injuries, bi syndromes, and debility in the aged"--Provided by publisher.

The Metabolic Approach to Cancer

Clinical Naturopathic Medicine is a foundation clinical text integrating the holistic traditional principles of naturopathic philosophy with the scientific rigour of evidence-based medicine (EBM) to support contemporary practices and principles. The text addresses all systems of the body and their related common conditions, with clear, accessible directions outlining how a practitioner can understand health from a naturopathic perspective and apply naturopathic medicines to treat patients individually. These treatments include herbal medicine, nutritional medicine and lifestyle recommendations. All chapters are structured by system and then by condition, so readers are easily able to navigate the content by chapter and heading structure. The content is designed for naturopathic practitioners and students (both undergraduate and postgraduate levels) and for medical and allied health professionals with an interest in integrative naturopathic medicine. detailed coverage of naturopathic treatments provides readers with a solid understanding of the major therapeutic modalities used within naturopathic medicine each system is reviewed from both naturopathic and mainstream medical perspectives to correlate the variations and synergies of treatment only clinically efficacious and evidence-based treatments have been included information is rigorously researched (over 7500 references) from both traditional texts and recent research papers the content skilfully bridges traditional practice and EBM to support confident practitioners within the current health care system

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Another blockbuster from Dr. Natasha Campbell-McBride, the creator and author of the GAPS Protocol—Gut And Psychology / Gut And Physiology Syndrome. Her GAPS Nutritional Protocol has been used successfully by hundreds of thousands of people around the world for treating a plethora of chronic health problems, from mental illness to physical disorders. Her book Gut and Psychology Syndrome has been translated into sixteen languages. She has now undertaken an intense study into the value of plant foods versus animal foods. Vegetarianism Explained: Making an Informed Decision is the result of this study. Dr Campbell-McBride gives a full scientific description of how animal and plant foods are digested and used by the human body. This information will give the reader a good understanding on how to feed their body to achieve optimal health and vitality. This book is an essential read for those who are considering a plant-based lifestyle and those who are already following a vegetarian or a vegan diet. The subject of fasting is covered and will give the reader a good understanding on how to use this method for healing and health. This book will also answer questions on where our food comes from and how it is produced, how to eat in harmony with your body's needs and how we should introduce small children to the world of food. Dr Natasha Campbell-McBride is known for her ability to explain complex scientific concepts in a language easily understood by all. Vegetarianism Explained will be enjoyed by all ages of adults — from young teenagers to mature professionals. For those who are scientifically minded the book is fully referenced.

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Vital Skincare

The wait is over for a practitioner-oriented guidebook instructing on efficacious herbal preparation. Drawing heavily upon vintage western pharmacopoeias, *Advanced Herbal Pharmacy* uncovers and brings forth what was considered common knowledge to turn of the century (19th/20th) pharmacists/chemists; that is, how to prepare effective herbal medicines with efficiency and without overly elaborate equipment. These well-prepared herbal medicines (or rather 'organic drugs') went on to successfully treat a variety of dysfunctions, some of which modern medicine struggles with, even to this day.

Herbal Antivirals

Treat common childhood ailments safely and naturally. This comprehensive, user-friendly volume by one of the nation's most highly trained medical herbalists has all the information that concerned parents need to safeguard and improve the health of their children. An *Encyclopedia of Natural Healing for Children and Infants* features new material on topics of particular interest to today's health-conscious parent, such as environmental allergies and the use of antibiotics.

Herbal Medicine

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Herbal Formularies for Health Professionals is a five-volume set that serves as a comprehensive, practical reference manual for herbalists, physicians, nurses, and allied health professionals. Dr. Jill Stansbury draws on her decades of clinical experience and her extensive research to provide an unparalleled range of herbal formulas. Organized by body system, each volume includes hundreds of formulas to treat common health conditions, as well as formulas that address specific energetic or symptomatic presentations, including Dr. Stansbury's own formulas, formulas from herbal folklore, and formulas from Traditional Chinese Medicine. For each formula, Dr. Stansbury offers a brief explanation of how the selected herbs address the specific condition. The book offers many sidebars and user-friendly lists--helping readers quickly choose which herbs are best for specific presentations--and details traditional uses of both western herbs and traditional Asian herbs and formulas that are readily available in the United States. Volume I focuses on digestive health and the emunctories, an herbal term referring to the organs of elimination: the gastrointestinal system, the urinary system, and the skin. This volume offers formulas and supporting information for treating gastrointestinal and biliary conditions, liver and gallbladder conditions, renal and urinary conditions, and dermatologic conditions. Each volume in the set also includes: a discussion of how herbal therapy fits into an overall treatment plan or approach for a particular health condition modern research findings on individual herbs and their mode of action in the body lists of herbs that might be beneficial for specific conditions advice on botanicals to avoid for particular conditions Each chapter includes a materia medica section listing 50 or more individual herbs with tips on their properties, modes of action, and very specific symptoms each plant best addresses. These formularies are also a tutorial for budding herbalists on the sophisticated art of fine-

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tuning the precision of an herbal formula for the constitution and overall health condition of an individual patient, rather than a basic diagnosis. The text aims to teach via example, helping clinicians develop their own intuition and ability to create effective herbal formulas. Volume II (Circulation and Respiration) will be available in July 2018. Volume III (Endocrinology) will be published in fall 2018; Volumes IV (Neurology, Psychiatry, and Pain Management) and V (Immunology, Orthopedics, and Otolaryngology) will be published in spring 2019.

The Earthwise Herbal

Access to accurate, evidence-based, and clinically relevant information is essential to anyone who uses or recommends herbal products. With input from some of the most respected experts in herbal and integrative medicine, this completely revised edition of the American Herbal Products Association's Botanical Safety Handbook reviews both traditional knowledge and contemporary research on herbs to provide an authoritative resource on botanical safety. The book covers more than 500 species of herbs and provides a holistic understanding of safety through data compiled from clinical trials, pharmacological and toxicological studies, medical case reports, and historical texts. For each species, a brief safety summary is provided for quick reference, along with a detailed review of the literature. Easily understood classification systems are used to indicate the safety of each listed species and the potential for the species to interact with drugs. Enhancements to the Second Edition include: Classification of each herb with both a safety rating and a drug interaction rating More references listed for each individual herb, vetted for accuracy Specific information on adverse

events reported in clinical trials or case reports Safety-related pharmacology and pharmacokinetics of each herb, including drug interactions Additional information on the use of herbs by pregnant or lactating women Toxicological studies and data on toxic compounds Representing the core of the botanical trade and comprising the finest growers, processors, manufacturers, and marketers of herbal products, the mission of the AHPA is to promote the responsible commerce of herbal products. The American Herbal Products Association Botanical Safety Handbook, Second Edition ensures that this vision is attained. The book will be a valuable reference for product manufacturers, healthcare practitioners, regulatory agencies, researchers, and consumers of herbal products.

Out of the Earth

The ABC Clinical Guide to Herbs is a unique reference book and nationally accredited continuing education course for physicians, pharmacists, nurses, dietitians and other healthcare professionals, and will be of great interest to herbalists and consumers. 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. Each chapter contains a well-referenced, comprehensive therapeutic Monograph, a 2-page Clinical Overview for quick reference, and a 1-page Patient Information Sheet for the health professional to photocopy and give to patients. The ABC Clinical Guide to Herbs also reviews 13 proprietary products used in clinical studies.

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Herbal Medicine in Treating Gynaecological Conditions

The fourth in Dr. Stansbury's acclaimed five-volume masterwork for herbalists and medical professionals—the best resource available for the modern clinical practice of Western herbal medicine Herbal Formularies for Health Professionals is a comprehensive, five-volume reference for herbalists, physicians, nurses, and allied health professionals. Dr. Jill Stansbury draws on decades of clinical experience and her extensive research to provide an unparalleled range of herbal formulas organized by body system. Volume 4 focuses on herbal formulas for cognitive, neurologic, and emotional conditions, including: Psychiatric disorders such as anxiety, depression, insomnia, dissociative disorders, post-traumatic stress disorder (PTSD), as well as formulas to treat drug addiction Acute and chronic pain such as headaches, sinus pain, muscle pain, neuralgia, gastrointestinal pain, and pain from injuries Peripheral nerve issues such as neuropathy and nerve trauma Central nervous system disorders such as seizures, Parkinson's, and dementia Each chapter includes a section describing individual herbs with tips on their properties, modes of action, and the specific symptoms each plant best addresses. Together, Dr. Stansbury's expert formularies comprise a practical manual for budding and seasoned herbalists alike on the sophisticated art of fine-tuning herbal treatments for the constitution and overall health of an individual patient. The text aims to teach by example, helping clinicians develop their own intuition and ability to create effective herbal formulas.

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Dr. Sarah Myhill's comprehensive, evidence-based guide to health care for both health practitioners and motivated patients Armed with this knowledge, wellness and an optimal health-span should be within our grasp and the grasp of those we care for. Dr Myhill explains--in easy-to-follow, logical fashion--how if we can get the basics right, disease-specific benefits will follow. And a range of case histories show how to apply the theory in this book to ourselves and to those we care for, personally and/or professionally. Using the PK diet, vitamin C, iodine, sleep, and exercise, ecological medicine can be available to all both practically and affordably.

Traditional Medicine in Asia

The evidence is clear: We are in the midst of a worldwide diabetes epidemic. In the United States alone, one in three Americans is either diabetic (29 million patients) or prediabetic (87 million patients), costing an annual \$242 billion in medical treatments. In *Master Your Diabetes*, naturopathic physician and diabetes expert Dr. Mona Morstein shows how people with both type 1 and type 2 diabetes can gain and maintain excellent control of their blood sugar levels, preventing and even reversing existing complications through education combined with medical support and encouragement. This is the first comprehensive guide for patients, caregivers, and medical practitioners to demonstrate an integrative approach based

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on the "eight essentials" of treatment and prevention: a low-carb diet, exercise, good sleep, stress management, healing the gut, detoxification, supplementation, and medications. Topics covered include: Important physical exams and lab work Conventional diets and non-insulin medications Insulin Low-carb diets and how they apply to different food groups Lifestyle factors, including exercise, stress management, and the microbiome Diabetic supplementation Pediatric diabetes An indispensable resource, Master Your Diabetes will empower readers to take control of their condition and continue living full, active, enjoyable, and long lives.

An Encyclopedia of Natural Healing for Children

The 5th and final volume in a masterwork for students of herbalism and practicing herbalists Herbal Formularies for Health Professionals is a five-volume set that serves as a comprehensive, practical reference manual for herbalists, physicians, nurses, and allied health professionals. Dr. Jill Stansbury draws on her decades of clinical experience and her extensive research to provide an unparalleled range of herbal formulas. Organized by body system, each volume includes hundreds of formulas to treat common health conditions, as well as formulas that address specific energetic or symptomatic presentations. For each formula, Dr. Stansbury briefly explains how the selected herbs address the specific condition. Sidebars and user-friendly lists help readers quickly choose which herbs are best for specific presentations and detail traditional uses of both Western and traditional Asian formulas and herbs that are readily available in the United States. Volume 5 focuses on autoimmune and allergic conditions including allergic rhinitis (hay fever), asthma, hives, and food sensitivities. A chapter on ears,

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eyes, nose, mouth, and throat includes herbal therapies for eye infections, glaucoma, and other eye conditions; sinus infections, colds, and sore throats; and tooth decay and oral infections. A chapter on the musculoskeletal system covers common conditions such as sore muscles and bruising as well as chronic conditions such as fibromyalgia, arthritis, and osteoporosis. Each chapter includes a materia medica section that describes individual herbs with tips on their properties, modes of action, and the specific symptoms each plant best addresses. These formularies are also a tutorial for budding herbalists on the sophisticated art of fine-tuning an herbal formula for the constitution and overall health condition of an individual patient, rather than prescribing a one-size-fits-all treatment for a basic diagnosis. The text aims to teach by example, helping clinicians develop their own intuition and ability to create effective herbal formulas. Previous volumes include Digestion and Elimination (Volume 1), Circulation and Respiration (Volume 2), Endocrinology (Volume 3), and Neurology, Psychiatry, and Pain Management (Volume 4).

Aromatic and Medicinal Plants

"1st ed. published as Oxford handbook of nurse prescribing, 2006"--t.p. verso.

The Essential Book of Herbal Medicine

Take control of your health with herbal antivirals. As traditional medications become less

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effective against today's potent and aggressive viruses, natural alternatives are proving capable of fighting off many common viral threats. Stephen Harrod Buhner offers in-depth instructions on how to prepare and use herbal formulations to prevent and treat infections such as SARS, influenza, and encephalitis. These natural remedies will fight off disease and strengthen your immune system, keeping your family healthy and happy.

Essentials of Chinese Materia Medica and Medical Formulas

A study that reconciles herbal lore with modern medicine includes an introduction to the history and philosophy of herbalism, a list of herbs that shows how they work and answers questions about their safety, and an index-by-ailment.

Herbal Formularies for Health Professionals, Volume 2

Book cover - In this book, Dr Mowrey provides the answers on why herbal medicine is effective - possibly more effective in treatment than pharmaceutical drugs and medications.

Herbal Medicines

The definitive, full-color guide to making and using approximately 250 herbal medicines at home, with instructions for everything from harvesting to administering low-cost, DIY remedies.

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This comprehensive, full-color guide provides detailed, easy-to-follow instructions for making and using approximately 250 herbal medicines at home, including practical tips and numerous effective formulas developed and tested by the authors, both expert herbalists with years of experience. Readers who appreciate the health-giving properties of herbal medicines but are discouraged by the high price of commercial products can now make their own preparations for a fraction of the cost. The authors tell you everything you need to know about harvesting, preparing, and administering herbs in many different forms, including fresh, bulk dried herbs, capsules, extracts in water, alcohol, glycerin, vinegar and oil, and even preparations like essential oils and flower essences. The book also covers topical applications of herbs as salves, lotions, poultices, tooth powders, ear drops, and more, and includes an extensive chapter on herbal hydrotherapy. The Modern Herbal Dispensary explains why different preparations of the same herb will obtain better results, demonstrating how capsules, teas, tinctures, or glycerites of the same plant will not have exactly the same effect on the body. Leading herbalists Thomas Easley and Steven Horne have tested and proven the herbal formulas they offer, along with suggestions for treating more than one hundred illnesses. They lay out the principles of herbal formulation and also provide instructions on how to prepare single herbs, a procedure that has been largely ignored in other references. More comprehensive than any other guide, thoroughly researched, beautifully illustrated, and presented with ease of use in mind, this book will take its place as the premier reference for those who want to produce all the herbal remedies they need, and to save money in the process.

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The ABC Clinical Guide to Herbs

This unique book provides a comprehensive picture of the vivid kaleidoscope of traditional medicine in Asia presented by 34 eminent authors from 15 countries belonging to the different systems like Ayurveda and Chinese Traditional Medicine. Important emerging areas such as harmonization of the traditional systems with modern medicine and the growing role of these systems in the health care structure of countries are also dealt with. Legislation and regulation of these systems and practitioners, an area of growing concern, the need for good preclinical toxicology studies and scientific clinical evaluation of the products and medicinal plants used for therapy are exhaustingly dealt with. The vital issue of protection of traditional systems of medicine and patenting of medicinal plants is discussed in detail. The book is replete with suggestions, and ideas aimed at making traditional systems more effectively, and more widely used for health care. The book also covers the prevailing situation regarding the use and other aspects of traditional medicine in the 10 Member countries of the South-East Asia Region of the World Health Organization.

Who Global Report on Traditional and Complementary Medicine 2019

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Including over 100 Blend-It-Yourself skincare recipes using hedgerow herbs With interest in natural skincare rocketing and Blend-It-Yourself Skincare listed among the Top 5 Trends for 2018, there is a thirst for straight-forward information and simple guidance that helps those seeking a natural lifestyle to take control of their own skincare and ingredients. Vital Skincare helps you understand why it is vital to look after your skin, to know the vital products and practices for healthy skin and learn how to add vitality to your skin and routines using the natural ingredients that grow around you. This is not a beauty book! Vital Skincare will help you to: Take control of your own skincare and be confident in your choices Feel and look your best every day, naturally Work with the body you have, in the time you have available Limit the pollutants and alien chemicals in your body and the environment Be more in tune with the natural world in the way you live and with the products you use Learn a natural approach that doesn't cost the earth. By appreciating the many roles skin performs and understanding its natural system you can love and look after your skin simply. Using fresh, local ingredients brings nature into your daily routines to help make you happier, healthier and smarter. It's never too early or too late to start knowing your skin.

Advanced Herbal Pharmacy

This is a reference book which combines modern medical principles and traditional medicine into a modern philosophy of herbalism. Beginning with human pathology, this book shows how plants act on the body, and how research has demonstrated that herbs are viable medicines in today's scientific climate. A pharmacology describes the active constituents of plants, while a

materia medica describes over 200 plants and shows how to recognize them, prepare them and use them for healing purposes.

An Herbalist's Guide to Formulary

The hormonal problems that are prevalent among women of all ages have many causes, including family and occupational stress, dietary habits, and our chemical environment. These problems are particularly amenable to herbal and nutritional treatment, but they are also multifactorial and sometimes subtle. The interplay of hormonal receptors and natural products is becoming ever better known, as is the role of these receptors in conditions as diverse as breast cancer and polycystic ovary syndrome, or PCOS. It is not always easy to make sense of this information, however, and its sheer abundance can be quite overwhelming. The purpose of this book is to give a concise overview of the principles of treatment for hormonal conditions in women that are of direct practical benefit in practice. Geared toward prospective, new, and experienced herbal practitioners, it aims to provide a clear working knowledge of the hormonal basis of gynaecological problems to help herbalists form practical, straightforward treatment plans that can be easily documented and explained to patients. Having a clear, therapeutic rationale motivates patients to participate fully in their treatment, understand what is happening as it progresses, and remain in treatment long enough to see its full benefit.

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