

The Healing Herbs: The Ultimate Guide to the Curative Power of Nature's Medicines

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The Healing Herbs provides the information you need to use the earth's wonderful bounty of medicinal plants confidently, effectively, and above all, safely. It examines 100 of the most widely used, most easily available, most familiar, and most fascinating medicinal plants, tracing their history, folklore, and healing properties, and summarizing the latest scientific research on their many benefits. The Healing Herbs also explains where to find the herbs, how to take them, store and prepare them, even how to grow them.

The Healing Herbs also includes an easy-to-use A-to-Z herb encyclopedia, plus a section titled Prevention and Treatment: A Fast-action Guide to Using the Healing Herbs, including: Conditions--from ear infection to stress, A-to-Z conditions and the herbs you can use to treat and prevent specific symptoms and diseases; Healing Actions--from antibiotic to sedative, an A-to-Z list of medicinal uses with herbs as a natural alternative to certain medicines; Other Uses--some unusual uses for the healing herbs, for example as insect repellent or memory improvement. Both Conditions and Healing Actions include special precautions about certain herbs, whether in preparation, long-term use, or short-term effects.

Michael Castleman writes about health and sexuality. For thirty-five years, his journalism focused on health defined broadly, including optimal wellness, mainstream medicine, alternative therapies, nutrition, fitness, and sexuality. Castleman also writes mystery novels set in San Francisco. Except for vague references to folk practices, many books on herbs gloss over their medicinal uses. Not so here. After chapters discussing the history of herbal therapy, the controversies waged over the safety of herbal remedies, and strategies for herb storage and preparation, Castleman offers encyclopedic entries on 100 of the most common healing herbs. Unlike some herbalists, he makes no extravagant claims about the plants; subheadings entitled "Dead-End File" and "The Safety Factor" detail, respectively, what specific herbs won't cure and the herbs' side effects. The author wisely stresses that self-treatment with herbs should never take the place of professional medical care. His informative entries are highly readable and packed with anecdotal lore. A final chapter contains an invaluable table of common ailments, with herbal preventives and treatments included. A list of references and a bibliography finish this very useful volume. Photos not seen by PW.

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Other Books

Laurie Pippen's All Natural Antibacterial Agents. The classification antibacterial includes anything that destroys bacteria or inhibits the ability of bacteria to grow and reproduce. Herbals approach bacterial infection from two directions. They stimulate the immune system to produce more immune cells aiding your body's ability to fight the infection and they act in direct opposition to bacteria by inhibiting their ability to grow and reproduce so they cannot survive. The first line of defense against bacterial infection is prevention. Disinfecting surfaces with known antibacterial cleaners, maintaining good health through diet, rest, and exercise, and minimizing exposure to infectious agents is far more effective than any treatment plan in the continued battle against bacteria. Regardless of the preventative care you take, there are always times where treating an infection will be necessary. Traditionally, bacterial infection is fought by blending herbals that support the body's own natural defenses with those that act to inhibit and kill the bacteria. Using a combination that blends both actions helps to minimize the duration and severity of any

infection. Many herbs and oils act as natural immunostimulant and antibacterial agents. Some of these natural products work as well as or even better than the products sold in your local pharmacy. Some of the items in your local pharmacy are even created based on the chemical constituents of plants you might have growing in your own yard. This guide contains antibacterial agents that act as both disinfectants for infected air and surfaces and disease fighting agents for the body. Both categories eliminate harmful bacteria. It is important that you read the traditional uses and side effects of each plant and discuss any alternative treatment with a qualified herbalist or physician prior to choosing a natural product.

Beijing University of Traditional Chinese Medicine Chittenden, F. (1951) RHS Dictionary of Plants plus Supplement. ... The healing herbs : The ultimate guide to the curative power of nature's medicines. Emmaus, Pa.: Rodale Press."