

The Healing Power of Herbs: The Enlightened Person's Guide to the Wonders of Medicinal Plants

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Discover the Natural Healing Wonders of Medicinal Plants

Enlightened consumers of health products want more than just pills that block out symptoms. Some of the most powerful preventatives for ailments are not located in prescription drugs but in common herbs found in your kitchen or your local health food store.

In this up-to-date and carefully researched book on botanical medicine, Dr. Michael T. Murray brings you the latest scientific findings about the power and efficacy of medicinal herbs.

Dr. Murray addresses such topics as:

- ❑ The magic of common food herbs and spices-onion, garlic, ginger, turmeric
- ❑ Herbal tonics-Chinese or Korean ginseng, Siberian ginseng, angelica
- ❑ Herbal sedatives-valerian, St. John's wort
- ❑ Herbs for asthma, hay fever, immune-system enhancement, bladder infections, diabetes, herpes, and menopause

Michael T. Murray, N.D. is widely regarded as one of the world's leading authorities on natural medicine. He is a graduate, faculty member, and serves on the Board of Trustees of Bastyr University in Seattle, Washington. Dr. Murray is the co-author of A Textbook of Natural Medicine, the definitive textbook on naturopathic medicine for physicians, as well as the consumer version - Encyclopedia of Natural Medicine. He has also written over 20 other books including The Healing Power of Herbs and The Encyclopedia of Nutritional Supplements.

As a consultant to the health food industry, Dr. Murray has been instrumental in bringing many effective natural products to North America, including:

- ❑ Glucosamine sulfate
- ❑ St. John's wort extract
- ❑ Ginkgo biloba extract
- ❑ Silymarin
- ❑ Enteric coated peppermint oil
- ❑ Saw palmetto berry extract

For the past twenty years, Dr. Murray has been compiling a massive database of original scientific studies from the medical literature. He has personally collected over 50,000 articles from the scientific literature which provide strong evidence on the effectiveness of diet, vitamins, minerals, glandular extracts, herbs, and other natural measures in the maintenance of health and the treatment of disease. It is from this constantly expanding database that Dr. Murray provides the answers on health and healing. According to Dr. Murray: "One of the great myths about natural medicines is that they are not scientific. The fact of the matter is that for most common illnesses there is greater support in the medical literature for a natural approach than there is for drugs or surgery."

Unfortunately, many people are not aware of the natural approach that can put them on the road to lifelong health. Michael T. Murray, N.D. has dedicated his life to educating physicians, patients, and the general public on the tremendous healing power of nature. In addition to his books, which have cumulative sales of over two million copies, Dr. Murray has written thousands of articles, appeared on hundreds of radio and TV programs, and lectured to hundreds of thousands of people nationwide.

Other Books

Nutraceuticals, "Recent scientific research has shown that nutraceuticals - which include

everything from supplements and herbs to vitamins and healing foods - offer an effective, safe alternative to traditional prescription drugs and are a great way to maintain or improve your health. In this comprehensive, authoritative guide, Dr. Arthur J. Roberts, Dr. Mary E. O'Brien, and Genell Subak-Sharpe combine the wisdom of conventional and alternative medicine to help you choose the nutraceuticals best suited to your individual needs. Based on solid scientific evidence, the wealth of information contained in this book is organized by nutraceutical as well as by medical condition."--BOOK JACKET.Title

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? ? ? ? ? . Castleman , M. The Healing Herbs : The Ultimate Guide to the Curative Power of Nature's Medicines Murray , M.T. The Healing Power of Herbs : The Enlightened Person's Guide to the Wonders of Medicinal Plants ."