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from the Rain Forest

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Pau d'Arco Kenneth Jones,1995-03-01 As the most complete chronicle of the science and folklore of pau d arco this book will serve as an invaluable resource for herbalists scientists and anyone interested in medicines from the rain forests of South America Kenneth Jones describes the different varieties of pau d arco and their applications in South American folk medicine as well as giving clear directions for the herb s preparation and dosage in the form of a tea and as an extract Reviewing the wide ranging scientific literature concerning pau d arco he also summarizes the results of the most up to date research on its medical benefits Moreover he points out the ecological dangers facing this and other valuable rain forest plants stressing our need to ensure the sustainability of the tropical rain forests and the life giving herbs they contain

Principles and Practice of Phytotherapy Kerry Bone,Simon Mills,2013-01-08 The authoritative and comprehensive modern textbook on western herbal medicine now in its second edition This long awaited second edition of Principles and Practice of Phytotherapy covers all major aspects of herbal medicine from fundamental concepts traditional use and scientific research through to safety effective dosage and clinical applications Written by herbal practitioners with active experience in clinical practice education manufacturing and research the textbook is both practical and evidence based The focus always is on the importance of tailoring the treatment to the individual case New insights are given into the herbal management of approximately 100 modern ailments including some of the most challenging medical conditions such as asthma inflammatory bowel disease and other complex autoimmune and inflammatory conditions and there is vibrant discussion around the contribution of phytotherapy in general to modern health issues including health ageing Fully referenced throughout with more than 10 000 citations the book is a core resource for students and practitioners of phytotherapy and naturopathy and will be of value to all healthcare professionals pharmacists doctors nurses with an interest in herbal therapeutics 50 evidence based monographs including 7 new herbs Rational guidance to phytotherapeutic strategies in the consulting room New appendices provide useful information on topics such as herbal actions dosage in children and reading and interpreting herbal clinical trials Comprehensive revision of vital safety data including an extensive herb drug interaction chart 50 evidence based monographs including 7 new herbs Rational guidance to phytotherapeutic strategies in the consulting room New appendices provide useful information on topics such as herbal actions dosage in children and reading and interpreting herbal clinical trials Comprehensive revision of vital safety data including an extensive herb drug interaction chart

The Way of Herbs Michael Tierra,1998-08-01 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 [A Clinical Guide to Blending Liquid Herbs](#) Kerry Bone,2003-08-18 This clinical guide and practical reference is ideal for those who use and combine liquid herbal remedies for the individual needs of the patient With three introductory chapters 125 monographs and various glossaries and appendices it covers the fundamental concepts of using liquid herbals including how the remedies are made quality issues and dosage guidelines The monographs include full prescribing information that covers actions indications contraindications warnings and precautions interactions side effects dosage traditional usage pharmacological research clinical studies and full references Focuses solely on liquid herbal preparations making it a must have resource and the only book of its kind Covers approximately 125 herb profiles in detail Offers the widest range of research backed information currently available on herbs Begins with basic principles to give practitioners confidence in the accuracy and precision of their prescriptions Written by one of the leading names in herbal medicine Clinically relevant with quick access to dosage information contraindications and more **Heilen mit Lapacho-Tee** Walter Lübeck,2021-04-01 Lapacho Tee das traditionelle Naturheilmittel der Indios ist eines der wirksamsten preisgünstigsten und wohlschmeckendsten Mittel gegen eine Vielzahl von akuten und chronischen Krankheiten Ursprünglich von den Indianern entdeckt und heute wiederentdeckt Die Inhaltsstoffe der Lapacho Rinde aus der der Tee zubereitet wird wirken entgiftend pilztönd antikarzinogen und kommen besonders bei vielen chronischen Problemen zur Anwendung Die Rinde ist nahezu nebenwirkungsfrei und extrem wohlschmeckend Wahrscheinlich nannten die südamerikanischen Indianer ihren Ipe Roxo den göttlichen Baum In diesem Buch informiert Walter Lübeck über die Tradition und die Wiederentdeckung der heilwirksamen Substanzen und wissenschaftliche Forschungen Dazu gibt es Rezepte für Lapacho Teezubereitungen mit genauen Angaben für eine kurmässige Anwendung oder einfach nur zum Genuss 100 *Herbs of Power* John E. Smith,2008 In this potent work 100 Herbs of Power John E Smith describes the rich colorful history and traditional uses of medicinal herbs from numerous cultures around the globe He outlines the potential of these powerful herbs in a world where science often overshadows common sense A must read **Weekly World News** ,1995-11-14 Rooted in the creative success of over 30 years of supermarket tabloid publishing the Weekly World News has been the world's only reliable news source since 1979 The online hub www.weeklyworldnews.com is a leading entertainment news site **Whitaker's Books in Print** ,1998 *Forthcoming Books* Rose Arny,1994-04 **Books in Print** ,1991 **Medical and Health Care Books and Serials in Print** ,1997 **Shiitake** Kenneth Jones,1995 The shiitake is a highly prized food yet few are aware of its important role in traditional Chinese medicine where it been used as a folk treatment for colds

measles and bronchial inflammations But recent studies also indicate its usefulness in lowering blood cholesterol bolstering the immune system and increasing the body's ability to ward off tumors viral infections and chronic fatigue

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