

British Herbal Compendium Volume 1 A Handbook Of Scientific Information On Widely Used Plant Drugs

This book on medicinal plant biotechnology covers recent developments in this field. It includes a comprehensive up-to-date survey on established medicinal plants and on molecules which gained importance in recent years. No recently published book has covered these carefully selected topics. The contributing scientists have been selected on the basis of their involvement in the related plant material as evident by their internationally recognised published work. Written specifically for the conventional medical healthcare provider, Medicinal Herbs in Primary Care forms an integral part of the primary care tool belt. Through a series of system-based disease tables, this unique title provides quick, authoritative guidance for the busy practitioner whose patient is requesting guidance on medicinal herbs. The disease tables are supported by herbal monographs that provide expanded details of the available preclinical and clinical evidence laid out in a system-based sequence. Together with the section on herbal basics, this practical reference contains the information today's medical healthcare providers need to develop familiarity with and confidence in the

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prescription of medicinal herbs. Provides quick answers and evidence-based prescribing guidance for medicinal herbs while also addressing complexities and co-morbidities in patient care. Features 48 system-based disease tables that identify herbs based on strength of evidence and indicate the scope of potential benefits for other conditions the patient may have. Includes 55 monographs for the most common medicinal herbs, with safety and precaution guidelines, summaries of preclinical and clinical trials, chemical constituents and actions, and prescription options for each. Contains an introductory section on the basics of medicinal herbs that dispels common misconceptions regarding herbal medicine. Discusses key topics such as herb-drug interactions, and includes information on SARS-COV-2 where appropriate. Uses typical medical abbreviations throughout for ease of use, and provides a glossary of terms for non-medical and alternative health care providers. Helps conventional medical practitioners partner with patients to determine safe herbal options when appropriate, and ensure safety and efficacy of herbal use.

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

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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.

This unique book gives health care professionals a quick reference to herbs, minerals, vitamins, amino acids, probiotics, enzymes, over-the-counter hormones and other dietary supplements commonly used by consumers. The text covers claims, indications, scientific evidence, possible benefits, adverse effects, contraindications, and drug interactions. Compatibility: BlackBerry(R) OS 4.1 or Higher / iPhone/iPod Touch 2.0 or Higher /Palm OS 3.5 or higher / Palm Pre Classic / Symbian S60, 3rd edition (Nokia) / Windows Mobile(TM) Pocket PC (all versions) / Windows Mobile Smartphone / Windows

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The skills of the ancient Egyptians in preserving bodies through mummification are well known, but their expertise in the everyday medical practices needed to treat the living is less familiar and often misinterpreted. John F. Nunn draws on his own experience as an eminent doctor of medicine and an Egyptologist to reassess the evidence. He has translated and reviewed the original Egyptian medical papyri and has reconsidered other sources of information, including skeletons, mummies, statues, tomb paintings and coffins. Illustrations highlight symptoms of similar conditions in patients ancient and modern, and the criteria by which the Egyptian doctors made their diagnoses - many still valid today - are evaluated in the light of current medical knowledge. In addition, an appendix listing all known named doctors contains previously unpublished additions from newly translated texts. Spells and incantations and the relationship of magic and religion to medical practice are also explored. Incorporating the most recent insights of modern medicine and Egyptology, the result is the most comprehensive and authoritative general book to be published on this fascinating subject for many years.

This book is an indispensable guide that will introduce you to 20 of the most frequently used herbs.

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Organized by body system and ailment makes it easy to locate appropriate therapies. Includes background on the physiology of major systems and ailments so readers can understand how and why a pharmaceutical, botanical, or dietary supplement works. Broad coverage includes green plants, fungi, and microorganisms. Includes extensive references and citations from both conventional and complimentary-alternative medical systems when natural products or their derivatives are involved.

This book covers the most common areas of concern in women's health. It provides a truly integrative approach, showing when, how, and for whom complementary/integrative therapies can benefit women in continuity with their regular medical care. This is an evidence-based, clinically-oriented book that presents the background and range of complementary and alternative therapies related to common medical conditions and functional complaints and disorders. It summarizes and analyzes scientific studies on the safety and efficacy of these therapies for various women's health conditions. Each chapter includes a description of commonly used treatments, discussions of safety issues (including adverse effects and drug interactions), a comprehensive summary and methodological assessment of clinical trials on the subject (with animal and in vitro data included as appropriate), and advice on counseling patients. Provides a

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clear review of the scientific evidence relating complementary and integrative medicine to the care of women. Offers a roadmap to the options in the treatment of women with complementary and integrative medicine - expanding the clinician's practice, whatever their specialty, with realistic possibilities. Features comprehensive coverage of safety issues. Written by leading experts in the field. Sidebars within each chapter provide at-a-glance advice for patients and practitioners. Includes key coverage of non-gynecologic issues such as nutrition, headache, depression, cancer, and heart disease. Offers comprehensive coverage of commonly used treatments and related safety issues, such as possible adverse effects and drug interactions, plus a helpful appendix on Botanical Products. A focused table of contents makes it easy to find the right treatment for each patient based on their condition. Features advice on talking with patients about self-treatments they may have read about in books or on the Internet.

The Encyclopedia of Herbs and Spices provides comprehensive coverage of the taxonomy, botany, chemistry, functional properties, medicinal uses, culinary uses and safety issues relating to over 250 species of herbs and spices. These herbs and spices constitute an important agricultural commodity; many are traded globally and are indispensable for pharmaceuticals, flavouring foods and beverages, and in the

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perfumery and cosmetic industries. More recently, they are increasingly being identified as having high nutraceutical potential and important value in human healthcare. This encyclopedia is an excellent resource for researchers, students, growers and manufacturers, in the fields of horticulture, agriculture, botany, crop sciences, food science and pharmacognosy.

The past two decades have witnessed a phenomenal explosion of interest in the potential uses of plant medicines in healthcare and this has evoked the rebirth of pharmacognosy. This volume is unique in that it is the first, in English, to employ the Anatomical, Therapeutic and Chemical (ATC) classification system, developed by the World Health Organization, to present information on the therapeutic uses of plants. Initially developed in the Swedish edition 'Phytopharmaca Therapy', this volume expands the original concept and highlights the aspects of medicinal plants that are crucial for a comprehensive understanding of the role plant drugs can play in healthcare.

This book presents up-to-date information on a total of 75 native and non-native medicinal plants growing in Singapore. Comprehensive and useful information from the published literature OCo including plant descriptions and origins, traditional medicinal uses, phytoconstituents, pharmacological activities, adverse reactions, toxicities, and reported drugOCoherb interactions OCo is presented in an easy-to-read manner for easy and quick reference. There is no minimum level of knowledge required to read this

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book, and botanical and medical glossaries are also provided for readers' convenience. The book will be of great practical benefit to a wide-ranging audience. Educators and students in complementary medicine and health, pharmacognosy, medicinal chemistry, natural products, pharmacology, toxicology, pharmacovigilance, medicine, pharmacy, nursing, botany, biology, chemistry and life sciences will find the information useful. The book will also appeal to clinicians, pharmacists, nurses and researchers, as it contains a comprehensive reference list at the end for further reading."

For over 2000 years, preparations of chamomile flowers have counted among the medicinal treasures of many cultural groups. This book provides an interdisciplinary inventory of the scientific level of knowledge about German chamomile as well as Roman chamomile, the two types of chamomile most produced. It includes information for pharmacists and the

The scientific world and modern society today is experiencing the dawning of an era of herbal medicine. Extensive research has shown that aromatic plants are important anti-inflammatory, antioxidant, anti aging and immune boosting delectable foods, with the magic and miracle to boost our immune system providing us with extended and an improved quality of life. Apart from making bland recipes into welcoming or interesting victories, herbs and spices have stirred the minds of the research community to look deeper into its active components from a functional perspective. It is essential to present the scientific and medicinal aspect of herbs and spices together with the

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analysis of constituents, its medicinal application, toxicology and its physiological effects. Herbs and spices with high levels of antioxidants are in great demand as they tend to promote health and prevent diseases naturally assuring increased safety and reliability for consumers. Herbs and spices are not only known for taste and flavor, but today research has opened up a new realm in which the antioxidant properties of these aromatic plants provide preservation for foods and health benefits for consumers who look forward to concrete scientific research to guide them further and explore herbal medicine. The aim of this book is to create awareness in society about the reliability of medicinal properties of certain herbs and spices through scientific and scholarly research.

Planting the Future shows how land stewardship, habitat protection, and sustainable cultivation are of critical importance to ensure an abundant renewable supply of medicinal plants for future generations.

This full-color text and practical clinical reference provides comprehensive information on herbal remedies for both large and small animal species. Key coverage includes clinical uses of medicinal plants, specific information on how to formulate herbal remedies, a systems-based review of plant-based medicine, and in-depth information on the different animal species--dog, cat, avian and exotic, equine, food animal, and poultry.

In this innovative text, James LaValle clearly explains what can cause joint and muscle

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inflammation, then sets forward multiple treatments, with step-by-step instructions on how to use these treatments most effectively. Furthermore, he writes about exciting new studies that indicate the possible effectiveness of Cox-2 inhibitors in treating diseases such as cancer and Alzheimer's.

Access the most reliable information on herbs and alternative medicines from trusted author, Linda Skidmore-Roth, in Mosby's Handbook of Herbs and Natural Supplements! Reviewed by nurses and herbalists alike, this authoritative resource presents herb and supplement profiles in a convenient, A-Z format for fast reference. This edition's updated, streamlined design helps you find information quickly, and a new systematic pregnancy and breastfeeding classification offers the latest guidelines for this special client population. Detailed monographs for 300 commonly used herbal products and natural supplements include vital information on the products you'll encounter with your clients. Updated references and information from new studies make this a reliable source for herbal content. Alert icons warn you of potentially dangerous reactions that could threaten your clients' health. Popular Herb, Pregnancy, and Pediatric icons help you find relevant content quickly for common herbs and herbs for special populations. Quick-reference format presents consistent monographs for each herb and makes it easy to find the information you need. Herbal Resource appendix, Drug/Herb Interaction appendix, Pediatric Herbal Use appendix, and a list of abbreviations provide essential resources and expanded herbal material in one

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convenient spot. A comprehensive index of herbal terms allows you to look up an herb by its common or scientific name, as well as by condition. A pregnancy classification system from the Australian Therapeutic Goods Administration allows you to analyze herbs individually and provides a consistent formula to decide which herbs should be used. Updated content throughout includes the latest uses, actions, dosages, contraindications, side effects/adverse reactions, interactions, pharmacology, alerts, and references. Pediatric Herbal Use appendix covers uses, guidelines, and expanded pediatric and adolescent information for 32 herbs. Drug/Herb Interaction appendix lists known drug and herb interactions for herbs included in the handbook to ensure client safety.

Answer patients' questions about botanical supplements quickly and easily! This informative book is a compendium of detailed scientific research on 34 of the most popular dietary supplements used in North America and Europe. Its coverage of pharmacological studies on the main medicinal plants used in clinical practice and sold in pharmacies in the Western world is more extensive than any other publication of monographic reviews available. The way Botanical Medicines: The Desk Reference for Major Herbal Supplements, Second Edition. is organized (standardized topic formats are used in each monograph) makes it easy for you to locate relevant information quickly and to compare corresponding sections between different entries. This book is an invaluable tool for pharmacists, physicians, and other health care professionals who

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need detailed, scientifically accurate information on appropriate use, safety, dosages, and similar issues related to botanical dietary supplements. Each entry in *Botanical Medicines: The Desk Reference for Major Herbal Supplements, Second Edition*. covers botanical data (classification and nomenclature, common names, geographic occurrence, and botanical characteristics), plus: history and traditional uses chemistry therapeutic applications pre-clinical studies clinical studies recommended dosages safety profiles (including toxicology) side effects and contraindications drug interactions and special precautions safety recommendations during pregnancy and lactation This extensively referenced volume includes appendixes with information on the major provisions of DSHEA (the Dietary Supplement Health and Education Act of 1994) and on the criteria and procedures for assessing the quality of botanical products.

The Second Edition of this pocket guide presents the essentials of herbal therapy and nutritional supplements, combining the traditional and scientific worlds. Dr. Kuhn has a PhD in physiology and is author of two pharmacology textbooks; Mr. Winston is a traditional herbalist in practice with a native American heritage. The book covers 115 herbs that are commonly available in the United States and Canada and 15 nutritional supplements. Coverage of each herb includes traditional and current uses, dangers and toxicities, and a bibliography. This edition includes 15 new herbs.

The H.E.R.B.A.L. Guide will greatly assist clinicians in counseling patients about use of herbal and dietary supplements and integrating these supplements into the

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comprehensive clinical management of common conditions. The opening section offers practical advice on the clinician-patient dialogue about supplements. Subsequent chapters discuss key issues regarding labeling, dosing, regulation, interactions and reactions, efficacy, clinical trials, and the role of each member of the health care team in management of supplements. Major sections present case studies of patients with common conditions and quick reference guides to the use of natural medicines in clinical management of specific disorders.

Native Healers is a foundation text on the fundamental principles of Western herbal medicine and how to implement them in practice by two leaders in their field. It combines the latest in scientific research with the wisdom of ancient traditions to reveal a system of healing that is flexible, supportive, powerful, and kind. Presenting a view of the body and its systems which is unique to Western herbal medicine, Native Healers provides a clear and comprehensive overview of basic treatment approaches to common conditions and the herbs used to heal them. This book serves as an informative companion to the Heartwood Foundation Course in Western Herbal Medicine and is an indispensable resource for students, healthcare professionals, and anyone interested in herbal medicine.

Presents a system that integrates diet, lifestyle changes, and nutrients and supplements to increase metabolism and regain good health.

An essential guide to the principles of and current major issues relating to herbal

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medicine safety, this volume also contains comprehensive reviews of the safety data for 125 common herbs.

A comprehensive resource of medical and herbal interventions related to women's health issues, *Botanical Medicine for Women's Health* provides a unique combination of traditional and modern scientific data on herbal medicine. Written by Aviva Romm, MD, an experienced herbalist, physician, and midwife, this guide blends a clinician-sensitive and patient-centered approach to women's health issues. Coverage of menstrual health, fertility, breast conditions, and more makes this an essential resource for everyday practice. Winner of the 2010 American Botanical Council's James A. Duke Excellence in Botanical Literature Award! Expert author Dr. Aviva Romm combines her experience as an herbalist, physician, and midwife for a fully integrated approach to medical and botanical interventions. Convenient organization begins with herbal medicine and then covers health conditions organized chronologically by lifecycle help you understand the relationship between herbal medicine and women's health. Plant profiles include principle uses, clinical indications, and safety information on the 10 most commonly used botanicals for women's health. Detailed illustrations and professional plant photographs enable you to identify herbs visually as well as by substance make-up. Specialized focus on women's health and botanical medicine provides the specific information you need for treating women at any stage of life. Content on over 150 botanicals for over 35 different conditions make this a

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comprehensive resource for current, evidence-based information. Appendices on common botanical names, quick dose reference charts, adverse interactions, and botanical medicine resources offer practical information at a glance. Over 30 expert contributors with a combination of practical experience as clinicians and teachers provide a unique, clinically based perspective on botanical medicine.

We are at a crossroads in health care as many of us suffer from hard-to-treat health conditions and multisystem diseases and syndromes that are on the rise. Modern medicine and technology have failed at keeping us healthy and/or improving many conditions like cancer, heart disease, diabetes, metabolic syndrome, autoimmune disease, depression, allergies, and dementia, to name only a few. We have abandoned the way our bodies are designed to stay healthy. In reality, many orthodox and standard treatments disrupt or bodies normal function and promote these very disorders. The answers to many of your health concerns are literally right in front of you in the way you move, eat, and sleep. Small changes can have a great impact. Five Alive offers these small changes. The goal of Five Alive is to change the standard. We have the knowledge, and you have the power. A single choice each day can make a profound change in your health. Five Alive offers a new approach not previously seen. Simple, safe, scientific, and low-cost actions in each of the three areas of moving, eating, and sleeping. The uniqueness of Five Alive is offered by way of synergy, which the recommended actions, interacting with the others creating a compound effect. Five Alive is not a diet plan or an exercise regime. Five Alive can be incorporated into any health and/or fitness program, diet, and/or lifestyle, and can be used by the very young to the most senior populations. This work

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has its genesis in the need of those seeking easy-to-follow, safe, and scientific actions to address their concerns about health issues associated with moving, eating, and sleeping/mood. We have taken twenty-eight years of suggestions, twenty-eight years of research, education, and personal experience and have developed a plan we call Five Alive. We have condensed our knowledge and our expertise and have simplified the complex, confusing, and at times contradictory advice regarding moving, eating, and sleeping (diet, exercise, and mind). We liken this book to a finished statue. Initially, a large chunk of marble chiseled away over a long period to reveal a simple, beautiful piece of work. Everyone moves, everyone eats, and everyone sleeps. How well you do each of these will determine how healthy you are.

Herbs, Botanicals and Teas presents the latest scientific and technical information on the chemical, pharmacological, epidemiological and clinical aspects of major herbal and tea products. Written by leading researchers contributing to the field, this is the first reference to provide in-depth coverage of garlic, ginseng, Echinacea, ginger, fenugreek, St. John's Wort, Ginko Biloba, goldenseal, saw palmetto, valerian, evening primrose, licorice, bilberries and blueberries and black and green teas. Also included are chapters on international regulations and quality assurance and quality control for the herbal and tea industry.

This authoritative reference, the Sixth Edition of an internationally acclaimed bestseller, offers the most up-to-date information available on multidisciplinary pain diagnosis, treatment, and management. Pain Management: A Practical Guide for Clinicians is a compilation of literature written by members of The American Academy of Pain Management, the largest multidisciplinary society of pain management professionals in North America and the largest

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physician-based pain society in the United States. This unique reference covers both traditional and alternative approaches and discusses the pain of children as well as adult and geriatric patients. It includes approximately 60 new chapters and each chapter is written to allow the reader to read independently topics of interest and thus may be viewed as a self-contained study module. The collection of chapters allows an authoritative self-study on many of the pressing issues faced by pain practitioners. Regardless of your specialty or medical training or whether you are in a large hospital or a small clinic, if you work with patients in need of pain management, this complete reference is for you.

Culinary herbs and spices have been recognised globally for their dietary and medicinal uses for centuries. A growing body of research is acknowledging their health-promoting properties as well as their therapeutic potential with reference to a number of chronic non-communicable diseases including cancer and type 2 diabetes. The aim of this book is to bring together current knowledge of thirty of the most commonly used culinary herbs and spices globally in an accessible dictionary format. For each culinary herb or spice the following is covered: origin and history of use, including their use in food preservation and for medicinal purposes; nutritional composition; chemistry; sensory properties; adulteration; current and emerging research concerning their bioactive properties and their health promoting and therapeutic potential; safety; and adverse effects. The book is a central source of information for those who have a general interest in these foods, are studying plant and food science and nutrition, and who practice or have an interest in the culinary arts.

The Western Herbal Tradition provides a comprehensive and critical exploration of the use of plant medicines through 2000 years of history from Dioscorides to the present day. It follows

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each of the 27 herbs through a wide range of key sources from European, Arabic and American traditions including Greek, Roman and Renaissance texts. A rich discussion of the historical texts is balanced with current application and research. The herbs have been selected on the basis of common use by practising herbalists. Each illustrated monograph contains: Species, identification and botanical description A study of the characterisation and medicinal use of the plants consistently drawn from featured herbals which includes the authors' own translations from the Latin Assessment of past and current texts in the transmission of herbal knowledge Consideration of traditional therapeutics, including humoral and physiomedical approaches Suggestions towards a modern experiential approach through Goethean methodology Current evidence on pharmacological constituents Review of evidence on safety Recommendations for internal and external uses, prescribing and dosage Excellent illustrations accompany each monograph to aid learning First book to cover broader historical perspective and discussions of issues surrounding each herb Written by leading experts who are well known in the field Includes some monographs of which there is little material already available The bibliographic evidence provided could support applications for registration of Herbal Medicinal Products under the provisions of the Traditional Herbal Medicinal Product Directive An excellent valuable resource for everyone interested in herbal medicine This volume assists practicing mental health professionals in expanding their knowledge about nutritional and herbal interventions that can be attempted as alternatives to prescription medications. Designed to provide guidance for non-medical caregivers treating children and adolescents who present with emotional and/or behavioral difficulties such as such as depression, anxiety, ADHD, sleep difficulties, impulsivity, distractibility, and other psychological

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and psychiatric disorders, the volume provides a comprehensive discussion of naturopathic solutions based on existing research. In areas where research is not extensive, conclusions are provided about potentially beneficial effects based on the specific pharmacologic action of the compounds. Dosage for specific age groups, schedules of administration, dietary considerations (i.e., whether or not to take the supplement with food), monitoring for response and adverse effects, signs of dangerous reactions, and the need to control interactions with other compounds (i.e., prescription medications) are thoroughly reviewed with regard to each supplement discussed in the book. Reviews specific psychological disorders (i.e. ADHD, depression, mania, anxiety, sleep difficulties, tic behaviors and autism) and the available data about their treatment with the use of nutritional and herbal supplements. Provides rationale for the use of every specific compound with detailed recommendations tailored for each age group with regard to the dosage, frequency of administration, possible dangers and monitoring for side effects. Discusses claims of efficacy used to market various products and ground those claims within fully vetted scientific research. Discusses neurobiology, pharmacodynamics and pharmokinetics in detailed but accessible language *Non-medical clinicians with limited knowledge of medicine and pharmacology come away with understanding of key issues involved in Fully covers assessment, diagnosis & treatment of children and adolescents, focusing on evidence-based practices *Consolidates broadly distributed literature into single source and specifically relates evidence-based tools to practical treatment, saving clinicians time in obtaining and translating information and improving the level of care they can provide Detailed how-to explanation of practical evidence-based treatment techniques *Gives reader firm grasp of how to more effectively treat patients Material related to diversity (including race,

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ethnicity, gender and social class) integrated into each chapter *Prepares readers for treating the wide range of youth they will encounter in practice

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This is the second volume in a series of monographs which are intended to promote information exchange and international harmonised standards for the quality control and use of herbal medicines. It contains scientific information on 30 selected plants, and each entry includes a pharmacopoeial summary for quality assurance purposes, information on its clinical application and sections on contraindications, pharmacology, safety issues, and dosage forms. It provides two cumulative indexes with entries in alphabetical order by plant name and according to the plant material of interest.

This volume provides reviews and details of the quality, safety and efficacy for some of the top-selling botanicals worldwide, including black cohosh, chamomile, comfrey, echinacea, garlic, ginkgo, ginseng, kava, milk thistle, St John's wort and valerian. The work was written based on a systematic review of the scientific literature from 1975-2000.;Each review includes a brief introduction, a section on quality including a definition of the crude drug, geographical distribution, and a listing of the major chemical constituents. The safety and efficacy sections summarize the medical uses, pharmacology, contraindications, warnings, precautions, adverse reactions, dose and dosage forms. The safety and efficacy sections were written for a busy health-care professional, and should enable one to ascertain which clinical uses are supported

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by clinical data, without having to read through all the pharmacology. Each chapter is fully referenced, enabling the reader to access further information when necessary.

This book is a printed edition of the Special Issue "The Impact of Altered Timing of Eating, Sleep and Work Patterns on Human Health" that was published in *Nutrients*

Ever wonder why most women can handle the kids and careers and the renovation but men can concentrate on either the newspaper or a game on TV? This is because female brains have more interconnections that allow them to multi-task and split their attention. *The New Feminine Brain* is the first book by a medical doctor, who is also a psychiatrist and a brain expert, to show how modern life challenges are physically rewiring the brain and to address the particular challenges that women face as a result. The female brain today is not your grandmother's brain - it has even more connections and skills, but with that can come more physical problems, including an increase in attention and memory deficits and chronic mood and health conditions. *The New Feminine Brain* combines the insights of Dr Schulz's research and stories of clinical experience as a neuropsychiatrist treating people with tough brain disorders with unique self-help and expert health advice. Readers will discover and cultivate their special genius and intuitive style with provocative self-tests, so they can hear and heal their depression, anxiety, attention, memory, and other brain problems. 'Rewiring' exercises, herbs and nutritional supplements will improve their physical, psychological and emotional health.

Written by one of the foremost experts on sports nutrition and performance, *A Guide to Understanding Dietary Supplements* takes a critical look at the dietary supplement industry. With an estimated 60 percent of adult Americans using dietary supplements every day, the

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need for a thorough examination of the hundreds of products on the market is long overdue. This comprehensive guide (Selected as an Outstanding Academic Title by Choice Magazine) presents straightforward analysis from a consumer's perspective, giving you the facts on more than 140 supplements and information on which supplements work (and which don't!) for a wide range of health conditions—from preventing cancer and heart disease to fighting diabetes and depression. United States Department of Agriculture surveys show that more than 70 percent of Americans fail to achieve daily recommended levels for many vitamins and minerals. With today's emphasis on fitness, millions are investing their money and health in quick-fix solutions—supplements promoted as cure-alls to right nutritional wrongs, lower the likelihood of disease, and work dietary miracles. A Guide to Understanding Dietary Supplements presents a more realistic view of supplements as neither miracle cure nor nutritional sham, but as consumer products to be accepted or rejected based on scientific fact, not fitness fantasy. A Guide to Understanding Dietary Supplements looks at the pros and cons of dietary supplements in the areas of: weight loss bones and joints energy, brain, and mood heart, eye, and gastrointestinal health male and female health cancer, diabetes, and the immune system sports and ergogenic aids In addition, the book presents an overview of the dietary supplement industry and the regulations that govern it and looks at the process for developing new products. Designed to cut through the confusion surrounding dietary supplements, A Guide to Understanding Dietary Supplement is an invaluable resource for students, educators and professionals who deal with nutrition, exercise, physical education, nursing, and anyone else interested in health and fitness.

"Medicinal Herbs: A Vital Reference Guide is... A helpful and easy-to-read reference for

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anyone wanting to learn more about the valuable benefits of medicinal herbs. Nutritionist and herbalist John Westerdahl, introduces you to the important herbalremedies used today for healing and, maintaining good health." Norman R. Farnsworth, Ph.D, Research Professor of Pharmacognosy and Senior University Scholar, Program for Collaborative Research in the Pharmaceutical Sciences, College of Pharmacy, University of Illinois at Chicago"Herbal medicines offer us safe, effective and cost-saving alternatives for our better health. Medicinal Herbs: A Vital Reference Guide gives us a concise, thorough guide to today's popular herbs in an easy-tounderstand format. The appropriate use of nature's medicinal herbs can bring a gift of healing and quality to our lives." Constance Grauds, R.Ph., Founder and President, Association of Natural Medicine Pharmacists "Medicinal Herbs: A Vital Reference Guide is a valuable resource for anyone looking for a more natural, yet effective, approach to better health. John Westerdahl, M.P.H., R.D., C.N.S., M.H., will help you sort through much of the confusion surrounding the use of medicinal herbs." John A. McDougall, M.D., Director of the McDougall Program, St. Helena Hospital, Napa Valley, California

Through interviews with British herbalists, the importance of hidden experiences of meetings with plants is explored alongside how such 'enchantment' has influenced the narrative of their lives. Some herbalists have visible entryways into studying, such as personal experience of taking herbal medicine, a search for a new career or a love of nature. Other entryways are more hidden, with many noting 'crossings' and 'callings' with plants at a young age. This sensual ability of herbs raises questions about the agency of living plants and of herbal medicines, and about how the relationship between herbalists and plants may be reconceived. Meetings with plants and herbal medicines allow herbalists to draw easily from a diverse range

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of influences that others may see as incommensurable."This fascinating, original and challenging book convincingly explores modern-day herbalists understanding of their place in the complementary health world, against the backdrop of encroaching professionalisation, legitimacy and scientism. In his case study interviews with herbalists, Guy Waddell draws our attention to the enchanting power of plants and their agentic qualities. In his quest for greater understanding of their sensual power, the author rejects the conventional modernity/rationalisation thesis, seen both in the sensual- affective energy that herbalists draw upon and in the ontological implications of human/nonhuman crossings. This book is an excellent contribution to our understanding of Western herbal medicine and contemporary thought." - Dr Stuart McClean, PhD. Associate Professor in Public Health (Health and Wellbeing), University of the West of England"

"In the field of herbal medicine, few seem to know their history and the lessons it teaches us. In *The Enchantment of Western Herbal Medicine*, Dr Guy Waddell not only provides the reader with a detailed history of the trials and triumphs of British Phytotherapy, but also travels into uncharted territory looking at how herbalists come to find their passion for plants and the use of them to help heal others. This is a new area of research and exploring the entryways to practice though interviews and clinician narratives is both a fascinating undertaking and a unique way of understanding our own motivations and experiences as herbalists." - David Winston, RH(AHG), DSc (hc), author of *Adaptogens; Herbs for Strength, Stamina and Stress Relief*"

Both compelling and challenging, Guy Waddell's unique book is filled with the voices of herbalists and makes essential reading for anyone on their own journey into herbalism or those interested in human- plant relationships. Here is a much-needed roadmap for all who are exploring the diverse choices between ancient and

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modern, science and tradition, evidence and intuition, and human and nonhuman agency. My congratulations to the author for so brilliantly signposting the fundamental unity that resides at the heart of herbal practice." - Phil Deakin. President of the National Institute of Medical Herbalists

The consumption of herbal products continues to increase, with an estimated sales growth of 10-15% per year projected through the end of the 1990s. As more and more consumers use herbs, it becomes that much more important to ensure that the herbs are used properly and safely. While herbs generally have a safe consumption history, information relevant to specific herbs and particular populations has not been easily available. The Botanical Safety Handbook provides readily accessible safety data in an easy-to-use classification system for more than 600 commonly sold herbs. The handbook also features additional information regarding international regulatory status, standard dosage, and certain common toxicity concerns. The editors of this book are among the most respected leaders in the herbal products industry. Their experience includes years of clinical practice, manufacturing and industry governance, and significant writing and lecturing about herbs. The Botanical Safety Handbook is for manufacturers of herbal products, health professionals who prescribe herbal remedies, and the consumer. This is a valuable resource for the safe dispensation of herbal products, and will help ensure the safe consumption of herbs through the 1990s and beyond.

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