

Little Herb Encyclopedia

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the recent herbal popularity is not a new fad but merely a renewal of ancient medicinal healing methods that have been used for centuries herbs are some of the oldest medicines in the world the correct usage of the wide variety of herbs has often required extensive research the little herb encyclopedia fourth edition ends the debate

over how to use herbs it includes a thorough list of the most common and beneficial herbs and widely acclaimed herbal combinations this book is a ready reference that makes herbal health easy in addition it includes a list of the most prevalent health problems and their most effective herbal remedies take the difficulty out of herbal health and find the answers to your most common herbal questions with the little herb encyclopedia

an essential reference companion the little herb encyclopedia presents alphabetical listings of the most common and beneficial herbs and herbal combinations in addition the encyclopedia pinpoints the most prevalent health problems and their most effective herbal remedies

presents a four volume alphabetically arranged medical reference set that examines a variety of supplemental therapies and herbal remedies along with treatments for certain conditions and diseases

authoritative objective and in tune with the subjects that matter to students and researchers the gale group presents the gale encyclopedia of alternative medicine unbiased information on alternative and complementary medical practices covering all aspects of the subject therapies conditions diseases herbs plants and people the encyclopedia identifies 40 types of alternative medicine being practiced today including accupressure acupuncture ayurveda biofeedback chelation therapy chinese medicine chiropractic detoxification feldenkrais kinesiology naturopathy osteopathy polarity therapy yoga and many others for the practitioner or interested patient there are current training requirements listings of organizations as well as descriptions of treatments information on recommended therapies for specific disorders and diseases medicinal uses for plants and herbs are balanced by conclusions of studies on efficacy and analysis of current levels of acceptance by traditional scientists and doctors biographies of pioneers in the field including deepak chopra edward bach and david palmer appear as sidebars through the text included are 50 sidebars each volume contains a color photo insert containing images of herbs includes more than 275 disease condition entries 300 herb remedy entries and 150 therapies

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a fresh new look for the best selling series from america s number one inspirational novelist karen kingsbury fans will enjoy a personal note from karen and gary smalley as well as discussion questions for book group use revisit the baxter family in all their life changing events or share the series with someone who hasn t discovered it yet the redemption series won christian retailing s 2005 retailer s choice award for best series when kari baxter jacobs finds out that her husband is involved in an adulterous relationship and wants a divorce she decides she will love him and remain faithful to her marriage at all costs this book shows how god can redeem seemingly hopeless relationships and it illustrates one of gary smalley s key messages love is a decision redemption is the first book in the five book redemption series that gary and karen will write about the baxter family their fears and desires their strengths and weaknesses their losses and victories each book explores key relationship themes as well as the larger theme of redemption both in characters spiritual lives and in their relationships

even with the popularity of the drug viagra few realize that nature already provides safe natural ways to boost sexual desire pleasure and fulfillment nature s sexual enhancers for both men and women are detailed and explained in this unique and enlightening book for example anise is shown to imitate the female hormone estrogen increasing sexual intensity and satisfaction and guarana seed teas are a proven aphrodisiac many more facts and hints about nature s way to increase sexual drive and pleasure treat impotence ease life changes and improve lifestyle are all contained in this informative volume

today s herbal health for children contains valuable information to help concerned parents learn how to aid the healing process of their children through natural methods also discussed is the importance of prevention through building the immune system a useful addendum to louise tenney s today s herbal health for adults and the kids they love

presents nutrition information with outstanding clarity and simplicity it creates a nice balance between the science of physiology and nutritional principles

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