

Little Herb Encyclopedia

The Little Herb Encyclopedia, 4th Edition The Little Herb Encyclopedia Little Herb Encyclopedia The Little Herb Encyclopedia La Pequena Enciclopedia de Hierbas (Little Herb Encyclopedia) The Herbal Encyclopedia Aging Without Growing Old The Herbal Handbook for Homesteaders The Way of Herbs The Concise Herbal Encyclopedia The Gale Encyclopedia of Alternative Medicine The Outrageous Herb Lady Books in Print The Gale Encyclopedia of Alternative Medicine Sex Herbs The Vitamin and Health Encyclopedia Surgery Electives Drugs & Cosmetics Acu-Energy Natural Medicines Comprehensive Database *Jack Ritchason N.D. Jack Ritchason Jack Ritchason Jack Ritchason Lisa R. Waltz Judy Lindberg McFarland Abby Artemisia Michael Tierra Donald Law Jacqueline L. Longe Margaret L. McWhorter Kristine M. Krapp Beth Ann Petro Roybal Jack Ritchason John McCabe Rachel Furman Patti L. Johnson*
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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

the herbal encyclopedia a practical guide to the many uses of herbs is a valuable resource for those seeking more than the usual aspects of learning about our planet s valuable medicinal herbs besides medicinal information included is also information regarding the spiritual uses and growing information for those who wish to grow their own natural medicines compiled by a nationally certified naturopathic doctor this guide is a valuable addition to any reference library want to learn how to feed your body naturally want to learn how to grow your own medicinal herbs want to learn ways to incorporate herbs into your worship want to learn how to get healthy and stay that way then this book is for you

most people today are aging too rapidly and are dying from illnesses that could be prevented judy lindberg mcfarland wants to help readers prevent all the degenerative diseases and illnesses that accompany aging and the heartaches resulting from the loss of one s health in aging without growing old men and women of all ages will find out how to become healthy through natural and nutritional means they ll learn how to enjoy greater health no matter how old they are and how to slow the aging process down to a crawl it is possible to start defying your age with the essential information found in this book

let the herbal handbook for homesteaders be your helpful compendium of herbal information and recipes for building health and tending to minor ailments out on the homestead when you re a homesteader you face many challenges from a simple cold to an earache in your child fleas on the dog or worms in your goat medicines and treatments are never cheap and are often vague wouldn t it be great to grow forage and create natural remedies yourself look no further than the herbal handbook for homesteaders abby artemisia a botanist herbalist and professional forager has created this user friendly resource if you re an herbal novice this guide will demystify the world of herbs for those with some herbal experience it will take you deeper into helpful home remedies with new techniques and recipes take control of your own health care and that of your family pets and livestock with tips on growing and foraging herbs safely and ethically secrets to preservation and processing and easy soothing recipes with bonus sections on creating your own herbal apothecary creating a foraging journal and more this handy book is sure to become your go to reference for all things herbal

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

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

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

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