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The Little Herb Encyclopedia

N Noddings

The Little Herb Encyclopedia:

The Little Herb Encyclopedia, 4th Edition Jack Ritchason N.D.,2015-06-01 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

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La Pequena Enciclopedia de Hierbas (Little Herb Encyclopedia) Jack Ritchason,1992-01-01 The Earthwise Herbal, Volume II Matthew Wood,2009-04-28 In this companion volume to The Earthwise Herbal A Complete Guide to Old World Medicinal Plants Matthew Wood an expert herbalist who has used medicinal herbs with tens of thousands of patients over a twenty five year career provides detailed descriptions of New World North American herbs and their uses Organized as a *materia medica* names and descriptions of herbs plants are listed alphabetically the book explains the use of the whole plant not just active ingredients in the treatment of the whole person and describes symptoms and conditions that the plants have been successful in treating from digestive ailments headaches and high blood pressure to asthma skin rashes and allergies to name a few Wood who has systematically studied ancient and traditional herbal literature takes a historical view and presents information in a thoughtful engaging nontechnical style In addition he provides remarkable case studies as well as insight into the logic of each plant its current and past usage pharmacological constituents and other elements that together produce a comprehensive portrait of each herb

Aging Without Growing Old Judy Lindberg McFarland,Laura Gladys McFarland,2003 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. **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

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information about alternative medicine covering complementary therapies herbs and remedies and common diseases and conditions and includes sidebar biographies cross references and resources Arranged alphabetically from D to K. **New Cyclopædia of Botany and Complete Book of Herbs** Richard Brook (Botanist), 1854 Early edition other copies appear under the imprint of Frederick Farrah during the same period. This is a very scarce book which although cheaply printed on thin paper also includes some very attractive if unrefined handcoloured illustrations. The frontispiece depiction of the goddess Flora is particularly weird. The text covers all species of British flora with tips on cultivation and care but is especially useful in its concise discussion of the medical properties of hundreds of plants. This was clearly intended as a manual for domestic use and the list of diseases that can be treated with home remedies is exhaustive. Antiquarian bookseller's description 2015

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