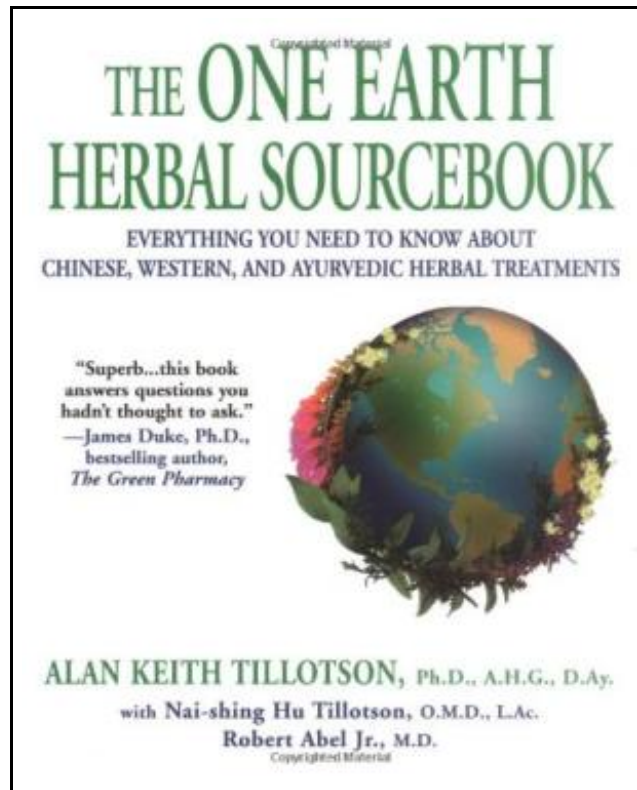


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THE ONE EARTH HERBAL SOURCEBOOK (PAPERBACK)



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Kensington Publishing, United States, 2001. Paperback. Book Condition: New. 229 x 185 mm. Language: English . Brand New Book. Sales of herbal products in the U.S. have zoomed to an astounding 15 per year. As more people choose herbs to supplement or replace medication, there is a growing need for a trusted source of information on how to use them safely and for maximum effect. While herbs are generally considered safe, combinations of herbs can be counterproductive or downright dangerous! The One Earth Herbal Sourcebook is the first interactive guide to herbal medicine, presenting information on how to combine herbs safely and evaluate which herbs to use for specific conditions. By knowing what each herb can do, and how best to integrate it into a personal healing program, readers will be able to treat common maladies, boost the immune system, prevent illness, maintain wellness, and ensure longevity. In this book, readers will learn about the Silver and Gold Standard herbs and herbal formulas from the top three herbal healing systems in the world: Ayurvedic Medicine from India, Traditional Chinese Medicine, and Western Medicine. Each entry contains the full botanical and common name as well as the plant's geographic origins and the documented and legendary history of its use. Proven effects (based on recent research data), potential problems, warnings, and safe dosage amounts are included. The One Earth Herbal Sourcebook covers: -- Proven herbal treatments for over 100 medical conditions, including multiple sclerosis, sickle cell anemia, hepatitis C, migraine, glaucoma, hypoglycemia, cancer, and heart disease; - The best herbal alternatives to antidepressant drugs such as Prozac; -- How to choose between a capsule, tablet, or tincture for best absorption; -- Top choices of herbs to lower cholesterol; -- Methods for blending ancient herbal wisdom with modern science; -- How to combine herbs...



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