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Relief From Hayfever And Other Allergies

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Homeopathic Remedies Asa Hershoff, 2000-01-24 Organized alphabetically by disorder this convenient reference clearly describes all you need to know about homeopathy and the treatment of numerous disorders For each condition many possible remedies are suggested so you can find the one that most accurately fits your symptoms From food poisoning to varicose veins this book provides detailed homeopathic solutions for a wide range of ailments

Prescription Medicines Christina Bunce, Anne Fennell, 2005-06-06 Drugs have played a major role in treatment for thousands of years Most of us have taken or will take medicines at some time in our lives to cure prevent delay or mask the symptoms of ill health Prescription Medicines is the perfect practical companion providing a clear picture of which drugs are best for which conditions what they do and what the possible side effects are It also indicates how effective prescription remedies may be in treating common conditions Covering Medicines for both adults and children it is an ideal book to help you to use medicines cautiously and wisely to gain maximum benefit from them

Herbal Remedies Asa Hershoff, 2001-03-05 An essential reference to herbal remedies for the most common ailments Sharing twenty five years of clinical expertise Dr Asa Hershoff has written a highly accessible and useful guide to hundreds of herbs and their uses for specific conditions The book s unique format helps readers quickly assess health conditions Margins on each page depict icons of body parts for very easy reference An alphabetical listing of ailments provides information on each herb s source dosage and possible contraindications Integrating the best of herbal tradition and science this authoritative book is an essential guide for tapping the healing power of herbs

The Nurse's Guide to Medicines Sheila Cunningham, Rachael Major, 2024-10-05 Working with medicines is central to your role as a nurse It forms the basis of most treatment plans and is fundamental to modern practice In order for you to provide safe and effective care it is important that you understand what common drugs are for how they work in the body and what it means for the people using them As a nurse you have access to vast amounts of information on all of the drugs licenced for use in the UK making it vital for you to know the basics Chapters follow a two part structure the initial section takes a traditional textbook approach providing clear explanations of the drugs while also emphasising the wider nursing context the second half of the chapter provides a medicines list that details all the key facts and figures relating to the main drugs in use including information on dosages brand names and possible side effects This blend makes the content accessible and allows you to refer back to key parts again and again Key chapters include Medicines for infections bacterial viral and fungal Medicines for pain such as

opioids Considerations for special populations such as elderly or pregnant Written by two experienced teachers in this area this book is written in an accessible way and designed for you to dip in and out of Beat Your Allergies (52 Brilliant Ideas) Rob Hicks,2007-03-06 52 fresh ideas to help folks toss those tissues Approximately one in four people will be affected by some type of allergy in fact 15 million people are sniffing wiping and scratching right now Beat Your Allergies offers practical strategies for controlling and managing symptoms and even avoiding them altogether with advice that ranges from traditional to cutting edge Idea 15 Let s get naked Idea 16 Dust to dust Idea 30 Let s chill Idea 41 Less is more Idea 49 Eat your allergy away **Beat Your Allergies** Rob Hicks,2007 Outlines practical strategies for preventing controlling or managing allergy symptoms using a range of traditional and less conventional methods from eating allergy fighting foods and minimizing dust to adjusting one s temperature and going without clothing Original 40 000 first printing

Psychopharmacology Bulletin ,1966 **Ashkenazi Herbalism** Deatra Cohen,Adam Siegel,2021-04-06 The definitive guide to the medicinal plant knowledge of Ashkenazi herbal healers from the Middle Ages to the 20th century Until now the herbal traditions of the Ashkenazi people have remained unexplored and shrouded in mystery Ashkenazi Herbalism rediscovers the forgotten legacy of the Jewish medicinal plant healers who thrived in Eastern Europe s Pale of Settlement from their beginnings in the Middle Ages through the modern era Including the first materia medica of 26 plants and herbs essential to Ashkenazi folk medicine Ashkenazi Herbalism sheds light on the preparations medicinal profiles and applications of a rich but previously unknown herbal tradition one hidden by language barriers obscured by cultural misunderstandings and nearly lost to history Written for new and established practitioners it offers illustrations provides information on comparative medicinal practices and illuminates the important historical and cultural contexts that gave rise to Eastern European Jewish herbalism Part I introduces a brief history of the Ashkenazim and provides an overview of traditional medicine among Eastern European Jews Part II offers a comparative overview of healing customs among Jews of the Pale of Settlement their many native plants and the remedies applied by local healers to treat a range of illnesses This materia medica names each plant in Yiddish English Latin and other relevant languages and the book also details a brief history of medicine the roles of the ba alei shem feldshers opshprekherins midwives and brewers and the remedy books used by Jewish healers **Popular Mechanics** ,1949-07 Popular Mechanics inspires instructs and influences readers to help them master the modern world Whether it s practical DIY home improvement tips gadgets and digital technology information on the newest cars or the latest breakthroughs in science PM is the ultimate guide to our high tech lifestyle *New York Medical Journal* ,1922 **Healthy Healing** Linda Page,2004-09 The Ultimate Resource For Improving Your Health Naturally Over 1 million copies sold In its first edition nearly 20 years ago Dr Linda Page s book Healthy Healing was the only one of its kind Now updated and expanded Healthy Healing is still the easiest to use bestselling natural health reference book on the market Customize your own personal healing program using natural therapies for more than 300 ailments through diet whole herb

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