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Everything You Need to Know About

Kava and Anxiety

Inside—Up-to-Date Information on Anxiety & Insomnia and:
Kava - Valerian - Melatonin - Lemon Balm - Skullcap
Passionflower - Hops - Lady's Slipper - GABA
And conventional medical treatments





Constance Grauds, R.Ph.

Series Editors:

Steven Bratman, M.D. & David Kroll, Ph.D.

Natural Pharmacist Kava And Anxiety

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The Natural Pharmacist Constance Grauds, Connie Grauds, 1999 Discover Nature s Treatment for Anxiety Did you know that scientific evidence suggests that kava may be an effective treatment for mild to moderate anxiety It s true For years South Pacific islanders have used kava as a natural treatment Now millions are discovering the healing power of this and other natural remedies in the treatment of anxiety Inside you ll learn how kava may reduce symptoms of anxiety how kava compares to prescription drugs how to treat anxiety related insomnia and much more Includes up to date information on anxiety and insomnia and Kava Valerian Melatonin Lemon Balm Skullcap Passionflower Hops Lady's Slipper GABA And conventional medical treatments It's all here in simple straightforward language You ll find yourself turning to this helpful Natural Pharmacist Joanne Marie Snow, 2000 Every woman experiences menopause trusted companion again and again differently But did you know that there are natural remedies that may significantly reduce menopause related symptoms and help protect against the associated risks of cardiovascular disease and osteoporosis Inside you ll learn How black cohosh may reduce menopausal symptoms Which natural treatments may help reduce the risk of osteoporosis How kava may help menopause related anxiety And much more It s all here in simple straightforward language You ll find yourself turning to this helpful trusted companion again and again Keep up to date with The Natural PharmacistTM at www tnp com Pharmacist Darin Ingels,1999 Discover Nature s Treatment for High Cholesterol Did you know that scientific evidence suggests that garlic may reduce cholesterol levels It s true Millions are discovering the healing power of this natural remedy With this book so can you Inside you ll learn what cholesterol is and why high cholesterol is a health problem how garlic may help reduce high cholesterol how to take garlic which other natural treatments may help reduce cholesterol and much more Includes up to date information on cholesterol and Garlic Gugulipid Soy Protein Fish Oil Inositol Hexaniacinate Red Yeast Rice Niacin Pantethine And conventional medical treatments It s all here in simple straightforward language You ll find yourself turning to this helpful trusted companion again and again The Natural Pharmacist Kathi Head, 2000 A guide discussing alternative treatments for controlling your blood sugar The People's Pharmacy Guide to Home and Herbal Remedies Joe Graedon, MS, Teresa Graedon, 2002-02-18 44% of adults take prescription medication 1 in 5 also take herbal supplements 15 million of these people are at risk for an adverse reaction Are you one of them Included in this powerful new book An A Z handbook of common symptoms and ailments Time tested Graedon approved home and herbal remedies An overview of the most popular herbs in the US Europe and Australia Over fifty monographs that detail the active ingredients common uses proper dosages special precautions adverse effects and possible herb and drug interactions for each herb Resource listings of herbal web pages and products The Natural Pharmacist Richard Harkness, 1999 Discover a Natural Approach to Cancer Prevention Did you know that scientific evidence suggests that certain foods and natural supplements can help you prevent cancer And there s still more you can do to reduce the risk Inside you ll learn which herbs

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