

Nutritional Herbology

Linda Rector-Page, Linda R. Page

Nutritional Herbology:

Nutritional Herbology Mark Pedersen, 1998 TOPICS INCLUDE How and why herbs work Nutritional Analysis of scores of herbs Scientific analysis that authenticates historical usage Detailed description of active principles in each herb How to decipher each herb's herbal properties Major acupressure and Iridology points correlated to herbal combinations Easy to read charts giving vital information on each herb **Nutritional Herbology** Mark Pedersen, 1994-07 **Herbology** Mark Pedersen, 1987 Botanical Medicines Dennis J Mckenna, Kenneth Jones, Kerry Hughes, Virginia M Tyler, 2012-11-12 Answer patients questions about botanical supplements quickly and easily This informative book is a compendium of detailed scientific research on 34 of the most popular dietary supplements used in North America and Europe Its coverage of pharmacological studies on the main medicinal plants used in clinical practice and sold in pharmacies in the Western world is more extensive than any other publication of monographic reviews available The way Botanical Medicines The Desk Reference for Major Herbal Supplements Second Edition is organized standardized topic formats are used in each monograph makes it easy for you to locate relevant information guickly and to compare corresponding sections between different entries This book is an invaluable tool for pharmacists physicians and other health care professionals who need detailed scientifically accurate information on appropriate use safety dosages and similar issues related to botanical dietary supplements Each entry in Botanical Medicines The Desk Reference for Major Herbal Supplements Second Edition covers botanical data classification and nomenclature common names geographic occurrence and botanical characteristics plus history and traditional uses chemistry therapeutic applications pre clinical studies clinical studies recommended dosages safety profiles including toxicology side effects and contraindications drug interactions and special precautions safety recommendations during pregnancy and lactation This extensively referenced volume includes appendixes with information on the major provisions of DSHEA the Dietary Supplement Health and Education Act of 1994 and on the criteria and procedures for assessing the quality of botanical products The Complete Home Guide to Herbs, Natural Healing, and Nutrition Jill Davies, 2013-02-20 Echinacea and gingko biloba are well known herbal remedies for common ailments such as colds and memory loss But the vast majority of herbal aids are underused as treatments or preventatives for everything from insomnia to arthritis to heart disease In THE COMPLETE HOME GUIDE TO HERBS NATURAL HEALTH AND NUTRITION herbal practitioner Jill Rosemary Davies explains how to promote good health by understanding the body and how it is affected by a wide range of healing plants She teaches you how to use herbs as potent tools for natural healing as well as how to combine them with nutrition and exercise for a healthy lifestyle Additionally you ll find Sections on cleansings immunity life stages and body systems a complete A to Z of diseases and treatments and a section on first aid Instructions for making your own herbal teas decoctions tinctures ointments oils and more And because the herbs used in this book are widely available in health food stores drug stores and grocery stores some you ll even find growing in your own backyard

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approach Explains the benefits of detoxification dietary changes and food combining Details 45 suggested herbs and 26 nutritional supplements as well as information on how to stop smoking Approximately 35 million people in the United States have been diagnosed with some form of chronic obstructive pulmonary disease COPD emphysema constituting 18 million of that group Worldwide as many as 293 million people suffer with these conditions COPD is the fourth leading cause of death in America claiming nearly 120 000 lives annually Yet conventional approaches to treatment with their regimens of drugs and unceasing physical therapy provide neither cure nor significant relief In Natural Therapies for Emphysema and COPD Robert Green shows that alternative holistic therapies ranging from herbs to homeopathy offer great promise in relieving COPD s debilitating symptoms Starting with the basics of the physiology of respiration Green presents a comprehensive program that includes detoxification dietary changes nutritional supplements and herbal medicine breathing techniques and exercise options such as aerobics yoga gigong and tai chi and alternative therapies such as homeopathy acupuncture and massage noting how and why each therapy works He also details how to stop smoking includes resources for alternative health practitioners and provides sources for the alternative products recommended Duke's Handbook of Medicinal Plants of the Bible James A. Duke, 2007-12-26 Readers have come to depend on Jim Duke's comprehensive handbooks for their ease of use and artful presentation of scientific information Following the successful format of his other CRC handbooks Duke s Handbook of Medicinal Plants of the Bible contains 150 herbs listed alphabetically and by scientific name Each entry provides illustrations of the plant synonyms notes common names activities indications dosages downsides and interactions natural history and extracts It includes Biblical quotes as well as comments on points of interest Boosting Immunity with Power Plants Linda Rector-Page, Linda R. Page, 1997 How do immune enhancing power plants work to maintain our health You can build immunity with power plants and superfoods The Desktop Guide to Herbal Medicine Brigitte Mars, 2014-11-01 Detailed description of more than 180 herbs with a broad range of information on each including historical and current medical uses edible properties natural range and more Nettle Power Brigitte Mars, 2024-08-27 A colorful highly accessible guide to the healing and culinary uses of nettle a protein packed wild plant that is a favorite of foragers and herbalists Nettle Power is a fascinating exploration of the many uses of nettle for food medicine and fiber A plentiful wild plant with a long history of use by both European and Native American herbalists nettle helps soothe skin conditions strengthen bones increase milk production in lactating mothers restore the nervous system purify the blood and boost the immune system among its many benefits The plant's sting is easily neutralized by blanching and author Brigitte Mars shares a range of recipes for using the nutrient dense green leaves as a tasty substitute for spinach or chard in salads soups and main dishes along with healing recipes for teas tinctures juices and elixirs Colorful illustrations and curious facts and lore make this a highly browsable and useful handbook for foraging herb and natural health enthusiasts Healing Teas Marie Nadine Antol,1995-12-01 A complete guide to medicinal teas from around the world and their amazing healing powers For

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