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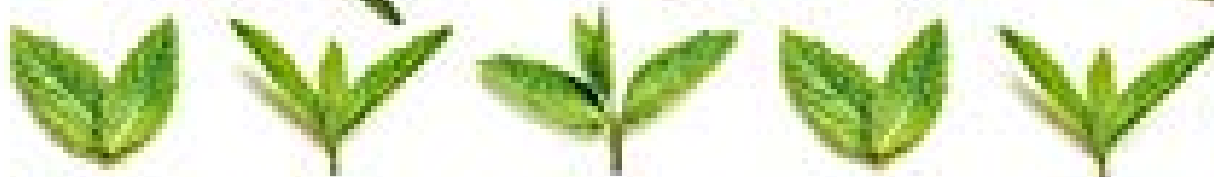
SAFFRON
Saffron is a powerful
antidepressant



ENCYCLOPEDIA OF



HERBAL MEDICINE



MINT
Mint is a powerful
antidepressant
and a natural
analgesic

550 HERBS and REMEDIES for COMMON AILMENTS

Andrew Chevallier

Encyclopedia of Herbal Medicine: 550 Herbs and Remedies for Common Ailments



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With 550 key herbs and their uses as natural remedies for nearly 200 common ailments, Encyclopedia of Herbal Medicine From ginger to lavender and thyme to dandelion, find out about the chemistry of vegetation and how and just why they are medicines in the body.is the definitive home reference to healing with the world's oldest type of medicine. Right now updated to reflect the latest research. Using its jargon-free text, great photography, and concentrate on basic safety, this guide enables ease of understanding no matter what your degree of herbal experience.Encyclopedia of Herbal Medication is the ultimate reference for anybody thinking about exploring the healing benefits of plants and who would like to take control of their health with alternative natural treatments.Information on habitat and cultivation, parts used, dynamic constituents, therapeutic properties, and traditional and current uses are described in a distinctive photographic plant index, and guidelines on developing, harvesting, and processing your house treatments are detailed.



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Beautifully illustrated, in-depth reference about herbal and plant based medicine Encyclopedia of Herbal Medication by Andrew Chevallier. It is very informative and useful. This is an important resource for those who care about their health and wellbeing, and that of their loved ones. It contains information about more than 550 plant life including both pharmacological information and also the lore and traditional uses of plant life. The author estimates that of the 500,000 plants on earth, about 10,000 are used medicinally on a regular basis (Chevallier 55). The book provides detailed information on those vegetation which were carefully researched for security and efficacy are utilized most regularly. Entries include details regarding the cultivation, organic habitat, key activities and preparations of the plant, cautions and self-help uses. It actually addresses an amazing array, unlike some books Excellent! A few of the items included are normal food items including, for instance, thyme, nutmeg, peppermint, asparagus, and oats. A great many other plant life will be much less familiar. Some of the plants are generally available and others may be quite useful but challenging to locate in some areas. The ultimate chapters contain information regarding the culture, harvesting, and preparation of herbal treatments, safety of herbal preparations, and an index of herbal usage by ailment. The author, Andrew Chevallier, a practicing medical herbalist for thirty years, helped to found this program in medical herbalism at Middlesex University in London which was the first of its kind in a European university. For more information about Andrew Chevallier and a listing of his other books: [He's a fellow and past-president of the National Institute of Medical Herbalists (NIMH), an associate of the faculty of Practitioners of Phytotherapy, and has created extensively in neuro-scientific herbal medicine.] Citation: Chevallier, Andrew. Comprehensive Book on Herbal remedies + Herbal Remedies? Amazing! Encyclopedia of Herbal Medicine. 3rd ed. New York: Doring Kindersley, 2016. < Great Transaction Excited to start exploring with herbs! I've used this reliably for several years and love to give it as something special when someone shows an interest. Enjoy it and learn to heal by natural means! The information in this reserve is truly amazing. Really, the even more I believe about why I really like this book, the simpler it is to find increasingly more factors. It's an absolute must-have for those who are passionate about herbs, holistic curing and natural treatments. This comprehensive Encyclopedia of Herbal Medicine has an awesome prosperity of relevant herbal details. The publication begins with general details regarding natural medicine including how natural medicine developed, natural traditions from various areas of the world, and a history of the origins of herbal medicine. It also covers how to make herbal remedies. The book explains the annals of organic medicine, its present status, and where the future is headed, around the world. Great but needs a little bit updating Great information of all herbal products and uses but needs updating. The cautions are clearly stated, as are self-help uses and methods. I love the simple remedies and doses that are listed for each and every ailment, and I feel higher confidence in my own capability to heal and advise others. Smartly, the back of the encyclopedia contains a general index, along with an index of herbs by ailment. Towards the finish of the publication there is a section called herbal remedies for home use that covers developing, harvesting & It doesn't necessarily make things less difficult for the reader, but it makes absolute sense to do this. Wide coverage Love the images, and summary of each herb. He is extremely knowledgeable and intelligent; I admire the way he shares this necessary information with those folks who want to get back control of our health, one herb at the same time. Would love to visit a kindle version I just experienced this book last night when it arrived. The Encyclopedia of Natural Medicine can be an important, authentic part of the right direction, towards real, genuine, long-term health, wellness and joy. I would recommend this publication to nature-loving novices, gardeners, organic DIYers, experienced

herbalists, tea formulators, aromatherapists, healers and chronic pain/disease warriors (like me). There is something right here for everyone to learn something new, every single day of the entire year. This comprehensive publication on herbal medication will stand the check of time and end up being relevant a long time from now. One of the best features of this publication may be the extremely well-organized presentation, and also the highly very clear and satisfying presentations. My copy did have a slightly banged up corner from shipping and delivery but I discover that as the chance of online shopping and it do nothing to detract from the publication. First published in 1996, this well-known reference was recently updated in a new 2016 edition. It has been a wonderful reference to have. It provides pictures of the plant that shows the different parts of the plant plus some of the plants listed also have a picture of what it appears like when dried. I like the section in the beginning of the book that talks about the annals of using plant life for healing and how these were looked at in different cultures and throughout history. Gleam section in the beginning that covers energetic constituents and what they perform. This makes it simple to find what you are considering, since the herbs aren't shown in alphabetical purchase, but showing up in alphabetical purchase of their plant species. processing your very own medicinal plants. The information in this book is of the best quality, with all of the various body systems and active constituents of every plant explained, along with gorgeous color pictures all throughout. There is also a section that has remedies for common ailments that suggests what natural herbs and their dosages to make use of to treat these issues. I'm pleased that I acquired this book. It has the habitat and cultivation, essential constituents, key actions, study, traditional and current uses along with self-help uses for the vegetation. Print.3 My major is Nutrition & Dietetics therefore, I really like this book! Amazing! Natural natural herbs and holistic curing are therefore relevant and necessary amid modern medicine, which book proves exactly why. The design encourages actually newcomers to herbal medicine to learn quickly and easily. It even addresses the history of herbal medication across many different cultures. The way the plants are laid out along with suggested remedies is really done well. I desire all plant books implemented this method. I would want to see a kindle version of this for reference in the woods or simply reading on the run. The size of this publication isn't something you clul throw in a handbag and take with you. Likely to be taking copious notes from this one. Very useful The book was everything it had been advertised to be! Brilliant, succinct, beautiful - and right on!! An excellent addition to anyone's library. I REALLY LIKE this information-packed encyclopedia, and We deeply respect its experienced writer, Andrew Chevallier.. The publication is normally generously illustrated with many color photos and illustrations. Easy to follow illustrations and finding herbs. Gorgeous and full of information I actually was delighted with this reserve-- filled with gorgeous, colorful photos and choc full of an array of information. It's an excellent general reference reserve for both specifics natural herbs and ailments along with the history of herbal remedies all over the world.? Helpful book Since receiving this book I have referenced it many times. Well organized and incredibly informative-- an excellent "starter" book for learning about basic herbal medication. All herbs are divided thoroughly in great details, including their habitat and cultivation, their essential actions, their traditional and current uses, the parts used, and their preparations and uses. Lacks information on some popular herbs.



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