

Principles And Practice Of Phytotherapy 2nd Edition

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KINDLY SAY, THE PRINCIPLES AND PRACTICE OF PHYTOTHERAPY 2ND EDITION IS UNIVERSALLY COMPATIBLE WITH ANY DEVICES TO READ

THE CONSTITUENTS OF MEDICINAL PLANTS ANDREW PENGELLY 2020-08-05 PENGELLY'S USER FRIENDLY TEXT WILL ENCOURAGE EDUCATORS IN MEDICAL SCIENCE TO CONSIDER USING THIS MATERIAL IN THE COMPLEMENTARY MEDICINE/NUTRACEUTICALS AREAS MAY I CONGRATULATE ANDREW PENGELLY FOR WRITING THIS TEXT AS IT IS GOING TO BE VERY POPULAR WITH UNDERGRADUATE STUDENTS AS WELL AS MORE EXPERIENCED READERS.' D. GREEN, LONDON METROPOLITAN UNIVERSITY, UK THIS UNIQUE BOOK EXPLAINS IN SIMPLE TERMS THE COMMONLY OCCURRING CHEMICAL CONSTITUENTS OF MEDICINAL PLANTS. THE MAJOR CLASSES OF PLANT CONSTITUENTS SUCH AS PHENOLS, TERPENES AND POLYSACCHARIDES, ARE DESCRIBED BOTH IN TERMS OF THEIR CHEMICAL STRUCTURES AND THEIR PHARMACOLOGICAL ACTIVITIES. IDENTIFYING SPECIFIC CHEMICAL COMPOUNDS PROVIDES INSIGHTS INTO TRADITIONAL AND CLINICAL USE OF THESE HERBS, AS WELL AS POTENTIAL FOR ADVERSE REACTIONS. FEATURES INCLUDE: * OVER 100 DIAGRAMS OF CHEMICAL STRUCTURES * REFERENCES TO ORIGINAL RESEARCH STUDIES AND CLINICAL TRIALS * REFERENCES TO PLANTS COMMONLY USED THROUGHOUT EUROPE, NORTH AMERICA AND AUSTRALASIA. WRITTEN BY AN EXPERIENCED HERBAL PRACTITIONER, THE CONSTITUENTS OF MEDICINAL PLANTS SERIOUSLY CHALLENGES ANY SUGGESTION THAT HERBAL MEDICINE REMAINS UNTESTED AND UNPROVEN, INCLUDING AS IT DOES HUNDREDS OF REFERENCES TO ORIGINAL RESEARCH STUDIES AND TRIALS. DESIGNED AS AN UNDERGRADUATE TEXT, THE FIRST EDITION OF THIS BOOK BECAME AN ESSENTIAL DESKTOP REFERENCE FOR HEALTH PRACTITIONERS, LECTURERS, RESEARCHERS, PRODUCERS AND ANYONE WITH AN INTEREST IN HOW MEDICINAL HERBS WORK. THIS EDITION HAS BEEN EXTENSIVELY REVISED TO INCORPORATE UP-TO-DATE RESEARCH AND ADDITIONAL SECTIONS, INCLUDING AN EXPANDED INTRODUCTION TO PLANT MOLECULAR STRUCTURES, AND IS DESTINED TO BECOME A CLASSIC IN THE LITERATURE OF HERBAL MEDICINE.

PRINCIPLES AND PRACTICE OF PHYTOTHERAPY - E-BOOK KERRY BONE 2013-01-08 THE AUTHORITATIVE AND COMPREHENSIVE MODERN TEXTBOOK ON WESTERN HERBAL MEDICINE - NOW IN ITS SECOND EDITION THIS LONG-AWAITED SECOND EDITION OF PRINCIPLES AND PRACTICE OF PHYTOTHERAPY COVERS ALL MAJOR ASPECTS OF HERBAL MEDICINE FROM FUNDAMENTAL CONCEPTS, TRADITIONAL USE AND SCIENTIFIC RESEARCH THROUGH TO SAFETY, EFFECTIVE DOSAGE AND CLINICAL APPLICATIONS. WRITTEN BY HERBAL PRACTITIONERS WITH ACTIVE EXPERIENCE IN CLINICAL PRACTICE, EDUCATION, MANUFACTURING AND RESEARCH, THE TEXTBOOK IS BOTH PRACTICAL AND EVIDENCE BASED. THE FOCUS, ALWAYS, IS ON THE IMPORTANCE OF TAILORING THE TREATMENT TO THE INDIVIDUAL CASE. NEW INSIGHTS ARE GIVEN INTO THE HERBAL MANAGEMENT OF APPROXIMATELY 100 MODERN AILMENTS, INCLUDING SOME OF THE MOST CHALLENGING MEDICAL CONDITIONS, SUCH AS ASTHMA, INFLAMMATORY BOWEL DISEASE AND OTHER COMPLEX AUTOIMMUNE AND INFLAMMATORY CONDITIONS, AND THERE IS VIBRANT DISCUSSION AROUND THE CONTRIBUTION OF PHYTOTHERAPY IN GENERAL TO MODERN HEALTH ISSUES, INCLUDING HEALTH AGEING. FULLY REFERENCED THROUGHOUT, WITH MORE THAN 10,000 CITATIONS, THE BOOK IS A CORE RESOURCE FOR STUDENTS AND PRACTITIONERS OF PHYTOTHERAPY AND NATUROPATHY AND WILL BE OF VALUE TO ALL HEALTHCARE PROFESSIONALS - PHARMACISTS, DOCTORS, NURSES - WITH AN INTEREST IN HERBAL THERAPEUTICS. 50 EVIDENCE-BASED MONOGRAPHS, INCLUDING 7 NEW HERBS RATIONAL GUIDANCE TO PHYTOTHERAPEUTIC STRATEGIES IN THE CONSULTING ROOM NEW APPENDICES PROVIDE USEFUL INFORMATION ON TOPICS SUCH AS HERBAL ACTIONS, DOSAGE IN CHILDREN AND READING AND INTERPRETING HERBAL CLINICAL TRIALS COMPREHENSIVE REVISION OF VITAL SAFETY DATA, INCLUDING AN EXTENSIVE HERB-DRUG INTERACTION CHART. 50 EVIDENCE-BASED MONOGRAPHS, INCLUDING 7 NEW HERBS RATIONAL GUIDANCE TO PHYTOTHERAPEUTIC STRATEGIES IN THE CONSULTING ROOM NEW APPENDICES PROVIDE USEFUL INFORMATION ON TOPICS SUCH AS HERBAL ACTIONS, DOSAGE IN CHILDREN AND READING AND INTERPRETING HERBAL CLINICAL TRIALS COMPREHENSIVE REVISION OF VITAL SAFETY DATA, INCLUDING AN EXTENSIVE HERB-DRUG INTERACTION CHART. *HERBAL MEDICINE* RUDOLF FRITZ WEISS 2000 PHYTOTHERAPY IS THE APPLICATION OF PLANTS AND THEIR CONSTITUENTS IN THE PREVENTION AND TREATMENT OF DISORDERS. THE BOOK INTRODUCES THE POSSIBILITIES OF HERBAL THERAPY, IN ITS MAIN PART SORTED BY ORGAN SYSTEMS AND THEIR DISORDERS.

THE ESSENTIAL GUIDE TO HERBAL SAFETY SIMON MILLS 2005 AN ESSENTIAL GUIDE TO THE PRINCIPLES OF AND CURRENT MAJOR ISSUES RELATING TO HERBAL MEDICINE SAFETY, THIS VOLUME ALSO CONTAINS COMPREHENSIVE REVIEWS OF THE SAFETY DATA FOR 125 COMMON HERBS.

A CLINICAL GUIDE TO BLENDING LIQUID HERBS E-BOOK KERRY BONE 2003-08-18 THIS CLINICAL GUIDE AND PRACTICAL REFERENCE IS IDEAL FOR THOSE WHO USE AND COMBINE LIQUID HERBAL REMEDIES FOR THE INDIVIDUAL NEEDS OF THE PATIENT. WITH THREE INTRODUCTORY CHAPTERS, 125 MONOGRAPHS, AND VARIOUS GLOSSARIES AND APPENDICES, IT COVERS THE FUNDAMENTAL CONCEPTS OF USING LIQUID HERBALS, INCLUDING HOW THE REMEDIES ARE MADE, QUALITY ISSUES, AND DOSAGE GUIDELINES. THE MONOGRAPHS INCLUDE FULL PRESCRIBING INFORMATION THAT COVERS ACTIONS, INDICATIONS, CONTRAINDICATIONS, WARNINGS AND PRECAUTIONS,

INTERACTIONS, SIDE EFFECTS, DOSAGE, TRADITIONAL USAGE, PHARMACOLOGICAL RESEARCH, CLINICAL STUDIES, AND FULL REFERENCES. FOCUSES SOLELY ON LIQUID HERBAL PREPARATIONS — MAKING IT A MUST-HAVE RESOURCE AND THE ONLY BOOK OF ITS KIND. COVERS APPROXIMATELY 125 HERB PROFILES IN DETAIL. OFFERS THE WIDEST RANGE OF RESEARCH-BACKED INFORMATION CURRENTLY AVAILABLE ON HERBS. BEGINS WITH BASIC PRINCIPLES TO GIVE PRACTITIONERS CONFIDENCE IN THE ACCURACY AND PRECISION OF THEIR PRESCRIPTIONS. WRITTEN BY ONE OF THE LEADING NAMES IN HERBAL MEDICINE. CLINICALLY RELEVANT WITH QUICK ACCESS TO DOSAGE INFORMATION, CONTRAINDICATIONS, AND MORE.

PHYTOTHERAPY FRANCESCO CAPASSO 2012-12-06 THIS RICHLY ILLUSTRATED REFERENCE GUIDE TREATS THE SUBJECT OF HERBAL MEDICINES IN AN INTEGRATED FASHION WITH REFERENCE TO PHARMACOGNOSY, PHARMACOLOGY AND TOXICOLOGY. IT WILL HELP TO ENABLE INTERNISTS, PHYTOTHERAPISTS, PHYSICIANS, HEALTHCARE PRACTITIONERS AS WELL AS STUDENTS TO UNDERSTAND WHY, WHEN AND HOW HERBAL MEDICINES CAN BE USED IN THE TREATMENT OF DISEASES. A GREAT DEAL OF PATHOLOGY AND THERAPEUTIC INFORMATION IS ALSO INCLUDED. NUMEROUS TABLES AS WELL AS FIGURES CLARIFY COMPLEX MECHANISMS AND OTHER INFORMATION. THE MOST IMPORTANT MEDICINAL PLANTS AND DRUGS ARE ILLUSTRATED WITH EXCEPTIONAL COLOR PLATES.

AYURVEDIC MEDICINE SEBASTIAN POLE 2006 THIS RESOURCE BRINGS THE UNIQUE THEORIES AND TRADITIONS OF AYURVEDA ALIVE SO THAT THEY ARE ACCESSIBLE TO THE COMPLEMENTARY HEALTH PRACTITIONER OF TODAY. THIS BOOK OFFERS A CLEAR, ACCESSIBLE AND YET DETAILED GUIDE TO AYURVEDIC HERBALISM. IT ENCOMPASSES A BRIEF HISTORY OF THE GROWTH OF AYURVEDA, A DISCUSSION OF ITS FUNDAMENTAL PRINCIPLES, TREATMENT STRATEGIES AS WELL AS THE ENERGETIC APPROACH OF TRADITIONAL AYURVEDIC HERBAL PHARMACY AND PHARMACOLOGY.

FUNCTIONAL HERBAL THERAPY KERRY BONE 2021-04-29 FUNCTIONAL HERBAL THERAPY DESCRIBES A NEW SYSTEM OF WESTERN HERBAL PRESCRIBING THAT DRAWS ON THE MODERN CONCEPT OF FUNCTIONAL MEDICINE BUT IS ALSO ROOTED IN TRADITIONAL HERBAL WISDOM. FUNCTIONAL HERBAL THERAPY DESCRIBES AND ELABORATES 7 FUNDAMENTAL PRINCIPLES OF HERBAL PRESCRIBING TOGETHER WITH 12 CORE STRATEGIC TARGETS FOR MODERN HERBAL TREATMENT. THIS LEADS TO PRECISION PRESCRIBING BASED ON THE INDIVIDUAL PATIENT'S CASE, IN A WAY THAT EVEN A NOVICE USING THIS SYSTEM CAN QUICKLY BECOME AN EXPERT HERBAL CLINICIAN, WITHOUT THE NEED FOR YEARS OF TRAINING AND EXPERIENCE.

HERBAL CONSTITUENTS, 2ND EDITION LISA GANORA 2021-07-19 HERBAL CONSTITUENTS, 2ND EDITION, IS A CONCISE YET THOROUGH TEXTBOOK FOR STUDENTS AND PRACTITIONERS OF BOTANICAL MEDICINE (E.G., MEDICAL HERBALISTS, NATUROPATHS, HOLISTIC PRACTITIONERS, PHARMACISTS, PHYSICIANS). USING EXAMPLES FROM COMMONLY EMPLOYED HERBS, IT EXPLAINS CONCEPTS FROM PHYTOCHEMISTRY AND PHARMACOGNOSY THAT ARE IMPORTANT FOR UNDERSTANDING THE CHARACTERISTICS AND FUNCTIONS OF BOTANICAL MEDICINES. ILLUSTRATED WITH STRUCTURE DRAWINGS, AND WRITTEN BY AN CLINICAL HERBALIST WITH EXTENSIVE TRAINING IN BOTANY AND CHEMISTRY, THIS UNIQUE BOOK BRINGS TOGETHER THE WISDOM OF TRADITIONAL PRACTICE AND CONTEMPORARY SCIENCE. NEW IN THIS EDITION ARE SECTIONS ON CANNABIS PHARMACY; INTEGRATION OF CURRENT RESEARCH; AND EXPANDED CONTENT IN EVERY CHAPTER.

CLINICAL APPLICATIONS OF AYURVEDIC AND CHINESE HERBS KERRY BONE 1996

ATLAS OF CLINICAL GROSS ANATOMY KENNETH P. MOSES 2012-05 ATLAS OF CLINICAL GROSS ANATOMY USES OVER 500 INCREDIBLY WELL-EXECUTED AND SUPERB DISSECTION PHOTOS AND ILLUSTRATIONS TO GUIDE YOU THROUGH ALL THE KEY STRUCTURES YOU'LL NEED TO LEARN IN YOUR GROSS ANATOMY COURSE. THIS MEDICAL TEXTBOOK HELPS YOU MASTER ESSENTIAL SURFACE, GROSS, AND RADIOLOGIC ANATOMY CONCEPTS THROUGH HIGH-QUALITY PHOTOS, DIGITAL ENHANCEMENTS, AND CONCISE TEXT INTRODUCTIONS THROUGHOUT. GET A CLEAR UNDERSTANDING OF SURFACE, GROSS, AND RADIOLOGIC ANATOMY WITH A RESOURCE THAT'S GREAT FOR USE BEFORE, DURING, AND AFTER LAB WORK, IN PREPARATION FOR EXAMINATIONS, AND LATER ON AS A PRIMER FOR CLINICAL WORK. LEARN AS INTUITIVELY AS POSSIBLE WITH LARGE, FULL-PAGE PHOTOS FOR EFFORTLESS COMPREHENSION. NO MORE CONFUSION AND PEERING AT SMALL, CLOSELY CROPPED PICTURES! EASILY DISTINGUISH HIGHLIGHTED STRUCTURES FROM THE BACKGROUND IN EACH DISSECTION WITH THE AID OF DIGITALLY COLOR-ENHANCED IMAGES. SEE STRUCTURES THE WAY THEY PRESENT IN THE ANATOMY LAB WITH SPECIALLY COMMISSIONED DISSECTIONS, ALL DONE USING FRESHLY DISSECTED CADAVERS PREPARED USING LOW-ALCOHOL FIXATIVE. BRIDGE THE GAP BETWEEN GROSS ANATOMY AND CLINICAL PRACTICE WITH CLINICAL CORRELATIONS THROUGHOUT. MASTER ANATOMY EFFICIENTLY WITH ONE TEXT COVERING ALL YOU NEED TO KNOW, FROM SURFACE TO RADIOLOGIC ANATOMY, THAT'S IDEAL FOR SHORTENED ANATOMY COURSES. REVIEW KEY STRUCTURES QUICKLY THANKS TO DETAILED DISSECTION HEADINGS AND UNIQUE ICON NAVIGATION. ACCESS THE FULL TEXT AND SELF ASSESSMENT QUESTIONS AT STUDENTCONSULT.COM. GET A CLEAR UNDERSTANDING OF THE HUMAN BODY THROUGH

SURFACE, GROSS AND RADIOLOGIC ANATOMY ALL IN ONE PLACE.

HERBS AND NATURAL SUPPLEMENTS, VOLUME 2 LESLEY BRAUN 2015-03-30 HERBS AND NATURAL SUPPLEMENTS, 4TH EDITION: AN EVIDENCE-BASED GUIDE IS AN AUTHORITATIVE, EVIDENCE-BASED REFERENCE. THIS TWO-VOLUME RESOURCE IS ESSENTIAL TO THE SAFE AND EFFECTIVE USE OF HERBAL, NUTRITIONAL AND FOOD SUPPLEMENTS. THE SECOND VOLUME PROVIDES CURRENT, EVIDENCE-BASED MONOGRAPHS ON THE 132 MOST POPULAR HERBS, NUTRIENTS AND FOOD SUPPLEMENTS. ORGANISED ALPHABETICALLY, EACH MONOGRAPH INCLUDES DAILY INTAKE, MAIN ACTIONS AND INDICATIONS, ADVERSE REACTIONS, CONTRAINDICATIONS AND PRECAUTIONS, SAFETY IN PREGNANCY AND MORE. RECOMMENDED BY THE PHARMACY BOARD OF AUSTRALIA AS AN EVIDENCE-BASED REFERENCE WORKS (PRINT) THAT PHARMACISTS ARE MEANT TO HAVE ACCESS TO WHEN DISPENSING CONTRIBUTED CONTENT FROM NATUROPATHS, GPs, PHARMACISTS, AND HERBALISTS USEFUL IN A CLINICAL SETTING AS WELL AS A REFERENCE BOOK. IT PROVIDES UP-TO-DATE EVIDENCE ON THE LATEST RESEARCH IMPACTING ON HERBAL AND NATURAL MEDICINE BY TOP LEADERS IN AUSTRALIA WITHIN THE FIELDS OF PHARMACY, HERBAL MEDICINE AND NATURAL MEDICINE

HERB, NUTRIENT, AND DRUG INTERACTIONS MITCHELL BEBEL STARGROVE 2008 DETAILED AND EVIDENCE-BASED, THIS COMPREHENSIVE GUIDE PRESENTS INTERACTIONS BETWEEN DRUGS AND HERBS AND SELECTED HERBS AND NUTRIENTS, INCLUDING FOODS AND DIETARY FACTORS. THE MATERIAL LOOKS IN DETAIL AT THE MECHANISMS OF INTERACTION AND ASSESSES THE RESEARCH AVAILABLE. EXTENSIVE REFERENCES ARE ALSO PROVIDED AND KEY REFERENCES ARE THOROUGHLY ANNOTATED.

FUNDAMENTALS OF PHARMACOGNOSY AND PHYTOTHERAPY E-BOOK MICHAEL HEINRICH 2017-11-24 PHARMACOGNOSY (THE SCIENCE OF BIOGENIC OR NATURE-DERIVED PHARMACEUTICALS AND POISONS) HAS BEEN AN ESTABLISHED BASIC PHARMACEUTICAL SCIENCE TAUGHT IN INSTITUTIONS OF PHARMACY EDUCATION FOR OVER TWO CENTURIES. OVER THE PAST 20 YEARS THOUGH IT HAS BECOME INCREASINGLY IMPORTANT GIVEN THE EXPLOSION OF NEW DRUGS, PHYTOMEDICINES (PLANT MEDICINES), NUTRACEUTICALS AND DIETARY SUPPLEMENTS - ALL OF WHICH NEED TO BE FULLY UNDERSTOOD, TESTED AND REGULATED. FROM A REVIEW OF THE PREVIOUS EDITION: 'DRAWING ON THEIR WEALTH OF EXPERIENCE AND KNOWLEDGE IN THIS FIELD, THE AUTHORS, WHO ARE WITHOUT DOUBT AMONG THE FINEST MINDS IN PHARMACOGNOSY TODAY, PROVIDE USEFUL AND FASCINATING INSIGHTS INTO THE HISTORY, BOTANY, CHEMISTRY, PHYTOTHERAPY AND IMPORTANCE OF MEDICINAL PLANTS IN SOME OF TODAY'S HEALTHCARE SYSTEMS. THIS IS A LANDMARK TEXTBOOK, WHICH CAREFULLY BRINGS TOGETHER RELEVANT DATA FROM NUMEROUS SOURCES AND PROVIDES, IN AN AUTHORITATIVE AND EXHAUSTIVE MANNER, CUTTING-EDGE INFORMATION THAT IS RELEVANT TO PHARMACISTS, PHARMACOGNOCISTS, COMPLEMENTARY PRACTITIONERS, DOCTORS AND NURSES ALIKE.' THE PHARMACEUTICAL JOURNAL 'THIS IS AN EXCELLENT TEXT BOOK WHICH PROVIDES FASCINATING INSIGHTS INTO THE WORLD OF PHARMACOGNOSY AND THE AUTHORS MASTERFULLY INTEGRATED ELEMENTS OF ORTHODOX PHARMACOGNOSY AND PHYTOTHERAPY. BOTH THE SCIENCE STUDENT AND THE NON-SCIENTIFIC PERSON INTERESTED IN PHYTOTHERAPY WILL GREATLY BENEFIT FROM READING THIS PUBLICATION. IT IS COMPREHENSIVE, EASY TO FOLLOW AND AFTER HAVING READ THIS BOOK, ONE IS SO MUCH MORE AWARE OF THE UNIQUENESS OF PHYTOMEDICINES. A MUST READ FOR ANY HEALTHCARE PRACTITIONER.' COVERS THE HISTORY, BIOLOGY AND CHEMISTRY OF PLANT-BASED MEDICINES COVERS PHARMACEUTICAL AND NEUTRACEUTICALS DERIVED FROM PLANTS COVERS THE ROLE OF MEDICINAL PLANTS IN WORLDWIDE HEALTHCARE SYSTEMS EXAMINES THE THERAPEUTICS AND EVIDENCE OF PLANT-BASED MEDICINES BY BODY SYSTEM SECTIONS ON REGULATORY INFORMATION EXPANDED NEW EVIDENCE UPDATES THROUGHOUT NEW MATERIAL COVERING NON-MEDICAL SUPPLEMENTS THERAPEUTICS UPDATED THROUGHOUT NOW ON STUDENTCONSULT FERTILITY, PREGNANCY, AND WELLNESS DIANA VAAMONDE 2022-02-09 FERTILITY, PREGNANCY, AND WELLNESS IS DESIGNED TO BRIDGE SCIENCE AND A MORE HOLISTIC APPROACH TO HEALTH AND WELLNESS, IN PARTICULAR, DEALING WITH FEMALE-MALE FERTILITY AND THE GESTATIONAL PROCESS. COUPLES SEEKING TO SOLVE FERTILITY ISSUES FOR DIFFERENT REASONS, WHETHER FAILED ASSISTED REPRODUCTIVE TECHNIQUES OR THE EMOTIONAL IMPACT THEY ENTAIL, ECONOMIC OR MORAL REASONS, ARE DEMANDING MORE NATURAL WAYS OF IMPROVING FERTILITY. THIS BOOK EXPLORES THE SHIFT IN PARADIGM FROM JUST USING MEDICATIONS WHICH, IN THE REPRODUCTIVE FIELD, CAN BE VERY EXPENSIVE AND NOT ACCESSIBLE TO THE ENTIRE POPULATION, TO USING LIFESTYLE MODIFICATIONS AND EMOTIONAL SUPPORT AS ADJUNCTIVE MEDICINE THERAPIES. THIS MUST-HAVE REFERENCE BRINGS TOGETHER THE CURRENT KNOWLEDGE - HIGHLIGHTING THE GAPS - AND DELIVERS AN IMPORTANT RESOURCE FOR VARIOUS SPECIALISTS AND PRACTITIONERS. OFFERS INSIGHTS FROM SCIENTIFIC AND HOLISTIC METHODS, PROVIDING THE AVAILABLE SCIENTIFIC EVIDENCE FOR (OR AGAINST) DIFFERENT HOLISTIC APPROACHES, AIMED AT IMPROVING FERTILITY, HEALTH AND WELLNESS BRIDGES THE MORE 'PERIPHERAL', YET CRITICAL AND MULTIDISCIPLINARY, CONSIDERATIONS IN FERTILITY, INFERTILITY, PREGNANCY AND WELLNESS INCLUDES CLEAR, CONCISE AND MEANINGFUL SUMMARY CONCLUSION SECTIONS WITHIN EACH CHAPTER

GLOBAL BURDEN OF DISEASE AND RISK FACTORS ALAN D. LOPEZ 2006-04-02 STRATEGIC HEALTH PLANNING, THE CORNERSTONE OF INITIATIVES DESIGNED TO ACHIEVE HEALTH IMPROVEMENT GOALS AROUND THE WORLD, REQUIRES AN UNDERSTANDING OF THE COMPARATIVE BURDEN OF DISEASES AND INJURIES, THEIR CORRESPONDING RISK FACTORS AND THE LIKELY EFFECTS OF INTERVENTION OPTIONS. THE GLOBAL BURDEN OF DISEASE FRAMEWORK, ORIGINALLY PUBLISHED IN 1990, HAS BEEN WIDELY ADOPTED AS THE PREFERRED METHOD FOR HEALTH ACCOUNTING AND HAS BECOME THE STANDARD TO GUIDE THE SETTING OF HEALTH RESEARCH PRIORITIES. THIS PUBLICATION SETS OUT AN UPDATED ASSESSMENT OF THE SITUATION, WITH AN ANALYSIS OF TRENDS OBSERVED SINCE 1990 AND A CHAPTER ON THE SENSITIVITY OF GBD ESTIMATES TO VARIOUS SOURCES OF UNCERTAINTY IN METHODS AND DATA.

MEDICAL HERBALISM DAVID HOFFMANN 2003-10-24 A FOUNDATIONAL TEXTBOOK ON THE SCIENTIFIC PRINCIPLES OF THERAPEUTIC HERBALISM AND THEIR APPLICATION IN MEDICINE • A COMPLETE HANDBOOK FOR THE MEDICAL PRACTITIONER • INCLUDES THE MOST UP-TO-DATE INFORMATION ON PREPARATIONS, DOSAGE, AND CONTRAINDICATIONS • BY THE AUTHOR OF THE COMPLETE ILLUSTRATED HOLISTIC HERBAL MEDICAL HERBALISM CONTAINS COMPREHENSIVE INFORMATION CONCERNING THE IDENTIFICATION AND USE OF MEDICINAL PLANTS BY CHEMICAL STRUCTURE AND PHYSIOLOGICAL EFFECT, THE ART AND SCIENCE OF MAKING HERBAL MEDICINE, THE LIMITATIONS AND POTENTIAL OF VIEWING HERBS CHEMICALLY, AND THE CHALLENGE TO CURRENT RESEARCH PARADIGMS POSED BY COMPLEX PLANT MEDICINES. IT ALSO

INCLUDES INFORMATION ON TOXICOLOGY AND CONTRAINDICATIONS, THE ISSUES INVOLVED IN DETERMINING DOSAGE AND FORMULATION TYPES FOR AN INDIVIDUAL, GUIDES TO THE DIFFERENT MEASUREMENT SYSTEMS AND CONVERSION TABLES, AND THE PROS AND CONS OF BOTH INDUSTRIAL AND TRADITIONAL TECHNIQUES. WITH ADDITIONAL SECTIONS DEVOTED TO THE PRINCIPLES OF GREEN MEDICINE, THE HISTORY OF WESTERN HERBALISM, THE VARIETY OF OTHER MEDICAL MODALITIES USING MEDICINAL PLANTS, AN EXTENSIVE RESOURCE DIRECTORY, AND A DISCUSSION OF TREATMENTS ORGANIZED BY BODY SYSTEM, MEDICAL HERBALISM IS THE COMPREHENSIVE TEXTBOOK ALL STUDENTS AND PRACTITIONERS OF CLINICAL HERBALISM NEED TO DEVELOP THEIR HEALING PRACTICES.

PRINCIPLES AND PRACTICE OF PHYTOTHERAPY SIMON MILLS 2000 THIS BOOK PROVIDES A DETAILED, PRACTICAL AND, WHERE POSSIBLE, RESEARCH-BASED RATIONALE FOR THE USE OF HERBAL TREATMENTS IN A WIDE VARIETY OF CLINICAL CONDITIONS AND PROBLEMS.

THROUGH THE FILTER OF CURRENT SCIENTIFIC LITERATURE, THE AUTHORS HAVE REEVALUATED TRADITIONAL USE OF HERBAL REMEDIES AND PRESENT REALISTIC GUIDELINES FOR MODERN PRACTICE. A UNIQUELY AUTHORITATIVE GUIDE TO APPLYING HERBAL MEDICINES AS SERIOUS OPTIONS FOR THE TREATMENT OF SOME OF THE MOST TROUBLESOME CONDITIONS SEEN TODAY. IN PARTICULAR, THIS BOOK GIVES: * A CLEAR DESCRIPTION OF THE PRINCIPLES AND FOUNDATIONS FOR THE PRACTICE OF PHYTOTHERAPY * IN-DEPTH AND DETAILED PROFILES OF OVER 45 HERBS, REVIEWING PHARMACOLOGY, RESEARCH, AND TRADITIONAL USE * THERAPEUTICS FOR ACTUAL DISEASE STATES, SUPPORTED BY CASE HISTORIES * COVERAGE OF CHALLENGING ISSUES SUCH AS DOSAGE, SAFETY, AND DRUG-HERB INTERACTIONS HERBAL CONTRAINDICATIONS AND DRUG INTERACTIONS FRANCIS BRINKER 2010 THIS BOOK'S FIRST EDITION (1997) WAS THE FIRST OF ITS KIND IN ADDRESSING HERBAL INTERACTIONS WITH DRUGS. THIS 4TH EDITION KEEPS CURRENT WITH RESEARCH FINDINGS AND SCRUPULOUSLY DISTINGUISHES BETWEEN WHAT IS KNOWN THROUGH (1) EMPIRICAL CLINICAL OBSERVATIONS SUCH AS CASE REPORTS, (2) DATA OBTAINED FROM MODERN CLINICAL HUMAN STUDIES, (3) DIFFERENT TYPES OF LABORATORY RESEARCH ON ANIMALS AND WITH TISSUES AND CELLS. OVER 2700 MEDICAL AND SCIENTIFIC SOURCES ARE CITED TO DOCUMENT THESE FINDINGS. IN ADDITION, THE TYPE OF PREPARATION STUDIED IS DESCRIBED TO EMPHASIZE DIFFERENCES BETWEEN PREPARATIONS FROM THE SAME HERB, ALONG WITH DOSAGE SIZE AND DURATION. CONFLICTING RESULTS ARE UTILIZED TO PUT THESE ISSUES IN CONTEXT. THIS FOURTH EDITION FURTHER HIGHLIGHTS THOSE COMBINATIONS OF HERBAL PREPARATIONS WITH DRUGS SHOWN TO BENEFICIALLY ENHANCE THERAPEUTIC ACTIVITY OR REDUCE ADVERSE EFFECTS, IDENTIFIED FOR 98 OF THE 321 HERBS LISTED IN THE MAIN TEXT. IN ADDITION, EXTENSIVE APPENDICES ORGANIZE INFORMATION ON THESE 321 AND ADDITIONAL HERBAL REMEDIES INTO CATEGORIES ADDRESSING SPECIFIC CAUTIONS, INTERACTIONS WITH PARTICULAR TYPES OF DRUGS, PRECAUTIONS FOR MOTHERS, INFANTS AND CHILDREN, DRUG INTERACTIONS WITH VITAMINS AND MINERALS, AND ADVANTAGEOUS COMBINATIONS WITH MEDICINES USED FOR INFLAMMATIONS, INFECTIONS, CANCER, AND FOR ADDRESSING SUBSTANCE ABUSE. THE APPENDIX SECTIONS ADDRESSING HERBAL INFLUENCES ON DRUG ABSORPTION AND METABOLISM INVOLVING TRANSPORT PROTEINS, CYTOCHROME P450 ISOENZYMES, AND CONJUGATING ENZYMES ARE THE MOST EXTENSIVE COMPILATIONS AVAILABLE ANYWHERE.

PRINCIPLES AND PRACTICE OF PHYTOTHERAPY, MODERN HERBAL MEDICINE, 2 KERRY BONE 2012-12-28 THE AUTHORITATIVE AND COMPREHENSIVE MODERN TEXTBOOK ON WESTERN HERBAL MEDICINE - NOW IN ITS SECOND EDITION THIS LONG-AWAITED SECOND EDITION OF PRINCIPLES AND PRACTICE OF PHYTOTHERAPY COVERS ALL MAJOR ASPECTS OF HERBAL MEDICINE FROM FUNDAMENTAL CONCEPTS, TRADITIONAL USE AND SCIENTIFIC RESEARCH THROUGH TO SAFETY, EFFECTIVE DOSAGE AND CLINICAL APPLICATIONS. WRITTEN BY HERBAL PRACTITIONERS WITH ACTIVE EXPERIENCE IN CLINICAL PRACTICE, EDUCATION, MANUFACTURING AND RESEARCH, THE TEXTBOOK IS BOTH PRACTICAL AND EVIDENCE BASED. THE FOCUS, ALWAYS, IS ON THE IMPORTANCE OF TAILORING THE TREATMENT TO THE INDIVIDUAL CASE. NEW INSIGHTS ARE GIVEN INTO THE HERBAL MANAGEMENT OF APPROXIMATELY 100 MODERN AILMENTS, INCLUDING SOME OF THE MOST CHALLENGING MEDICAL CONDITIONS, SUCH AS ASTHMA, INFLAMMATORY BOWEL DISEASE AND OTHER COMPLEX AUTOIMMUNE AND INFLAMMATORY CONDITIONS, AND THERE IS VIBRANT DISCUSSION AROUND THE CONTRIBUTION OF PHYTOTHERAPY IN GENERAL TO MODERN HEALTH ISSUES, INCLUDING HEALTH AGEING. FULLY REFERENCED THROUGHOUT, WITH MORE THAN 10,000 CITATIONS, THE BOOK IS A CORE RESOURCE FOR STUDENTS AND PRACTITIONERS OF PHYTOTHERAPY AND NATUROPATHY AND WILL BE OF VALUE TO ALL HEALTHCARE PROFESSIONALS - PHARMACISTS, DOCTORS, NURSES - WITH AN INTEREST IN HERBAL THERAPEUTICS. 50 EVIDENCE-BASED MONOGRAPHS, INCLUDING 7 NEW HERBS RATIONAL GUIDANCE TO PHYTOTHERAPEUTIC STRATEGIES IN THE CONSULTING ROOM NEW APPENDICES PROVIDE USEFUL INFORMATION ON TOPICS SUCH AS HERBAL ACTIONS, DOSAGE IN CHILDREN AND READING AND INTERPRETING HERBAL CLINICAL TRIALS COMPREHENSIVE REVISION OF VITAL SAFETY DATA, INCLUDING AN EXTENSIVE HERB-DRUG INTERACTION CHART.

THE COMPLETE HERBAL TUTOR ANNE MCINTYRE 2019-02 HERBAL MEDICINES HAVE BEEN USED FOR MANY CENTURIES TO TREAT ILLNESSES AND RESTORE HEALTH, AND TODAY HERBALISM STILL REMAINS THE MOST WIDELY-PRACTICED FORM OF MEDICINE AROUND THE WORLD. WRITTEN BY A LEADING MEDICAL HERBALIST, THE COMPLETE HERBAL TUTOR PROVIDES IN-DEPTH KNOWLEDGE OF THE PRACTICE AND THEORY OF HERBAL MEDICINE, INCLUDING EVERYTHING YOU NEED TO KNOW ABOUT ITS HISTORY, HOW IT WORKS, HOW TO GROW, GATHER AND PREPARE HERBS, AND HOW TO USE THEM TO CREATE AN HERBAL PRESCRIPTION. THE RIGOROUSLY RESEARCHED AND ILLUSTRATED MATERIA MEDICA CONTAINS OVER 150 HERBS, WITH CLEAR EXPLANATIONS OF THEIR PROPERTIES, ACTIVE INGREDIENTS, AND THE LATEST SCIENTIFIC DEVELOPMENTS ON THEIR USES. THERE IS ALSO A CLEAR EXPLANATION OF HOW HERBS CAN BE USED TO TREAT EACH OF THE BODY'S SYSTEMS, WITH ADVICE ON USING REMEDIES FOR HEALING A RANGE OF SPECIFIC CONDITIONS.

ESSENTIAL OILS JENNIFER PEACE RHIND 2012-06-15 REVISED AND SIGNIFICANTLY EXPANDED, THE NEW EDITION OF THIS HANDBOOK PROVIDES FULL INFORMATION ON THE USE OF ESSENTIAL OILS IN THE FIELD OF CONTEMPORARY AROMATHERAPY, BASED ON THE RESEARCH EVIDENCE BEHIND THEIR THERAPEUTIC APPLICATIONS. THE AUTHOR PROVIDES THE HISTORICAL AND CULTURAL CONTEXT FOR OUR UNDERSTANDING OF AROMATHERAPY, WITH AN OVERVIEW OF ITS RELATIONSHIPS WITH GREEK, CHINESE AND AYURVEDIC MEDICINE. SHE GIVES A DETAILED ACCOUNT OF HOW ESSENTIAL OILS ARE CREATED, HOW AND WHERE AROMATHERAPY IS USED, THE UNDERLYING PHARMACOLOGY, AND THE CURRENT RESEARCH. THE CHARACTERISTICS OF OVER 100 ESSENTIAL OILS, ABSOLUTES AND RESINOIDS ARE PROVIDED IN DETAIL, INCLUDING BOTANICAL AND CHEMICAL INFORMATION, USAGE AND COMBINATIONS. THIS WILL BE AN INDISPENSABLE

TEXT FOR ALL STUDENTS AND PRACTITIONERS OF AROMATHERAPY AND RELATED DISCIPLINES, AS WELL AS ANYONE INTERESTED IN THE USE OF ESSENTIAL OILS FOR HEALTH AND WELL-BEING.

LABORATORY EVALUATIONS FOR INTEGRATIVE AND FUNCTIONAL MEDICINE RICHARD S. LORD 2008

MASSAGE FOR DUMMIES STEVE CAPELLINI 2010-05-11 SOOTH AWAY STRESS, BANISH PAIN, AND SHARE THE LANGUAGE OF TOUCH WITH THE HEALING POWERS OF MASSAGE WHAT REDUCES PAIN, ENHANCES ATHLETIC PERFORMANCE, JOB EFFICIENCY, IMPROVES THE CIRCULATION, RAISES IMMUNE EFFICIENCY, PROMOTES THE HEALING OF TISSUES, INCREASES THE FUNCTIONING OF THE SKIN, ENHANCES FOCUS AND EMOTIONAL BALANCE, AND IMPROVES APPEARANCE? RIGHT, MASSAGE! SO WHAT ARE YOU WAITING FOR? DISCOVER HOW TO KNEAD YOUR WAY TO RELAXATION AND WELLNESS WITH THIS FUN GUIDE TO THE ART OF MASSAGE. WITH THE HELP OF NUMEROUS STEP-BY-STEP HANDS-ON PHOTOS AND ILLUSTRATIONS, *MASSAGE FOR DUMMIES*, 2ND EDITION SHOWS YOU, MOVE BY MOVE, HOW TO HARNESS THE HEALING POWER OF TOUCH. IN NO TIME YOU'LL MASTER THE BASICS AND LEARN HOW TO GIVE AND RECEIVE A THERAPEUTIC MASSAGE. 25% NEW AND EXPANDED CONTENT IN THIS EDITION COVERS AN ARRAY OF TECHNIQUES, FROM SWEDISH TO DEEP TISSUE AND SPORTS MASSAGE TO SELF-MASSAGE THE NEWEST STROKES AND TECHNIQUES THAT CAN RELIEVE SPECIFIC PAINFUL CONDITIONS HANDS-ON AND EXTREMELY PRACTICAL, *MASSAGE FOR DUMMIES*, 2ND EDITION SHOWS YOU HOW TO INTEGRATE MASSAGE AND ITS BENEFITS INTO YOUR EVERYDAY LIFE.

THREE HUNDRED HERBS MATTHEW ALFS 2003 THE ULTIMATE REFERENCE BOOK ON HEALING HERBS, PENNED BY A NATIONALLY PEER REVIEWED CLINICIAN. THE FIRST HALF ALPHABETICALLY LISTS AND DESCRIBES 300 HERBS. SPECIFIC INDICATIONS ARE GIVEN, FOLLOWED BY CONTRAINDICATIONS AND THEN BY TRADITIONAL FORMS OF USE AND DOSAGES. THE LAST HALF LISTS INDICATIONS AND HEALTH CONDITIONS AND REFERS THESE BACK TO THE APPROPRIATE HERBS. EXTENSIVE INTRODUCTIONS, GLOSSARY, AND BIBLIOGRAPHY. *HANDBOOK OF MEDICINAL HERBS, SECOND EDITION* JAMES A. DUKE 2002-06-27 STILL CONSIDERED THE DEFINITIVE WORK ON MEDICINAL HERBS AND THEIR USES AFTER TWO DECADES, THE *HANDBOOK OF MEDICINAL HERBS* HAS UNDERGONE A LONG-ANTICIPATED REVISION. IN THE SECOND EDITION, WORLD-RENOWNED ETHNOBOTANIST JAMES A. DUKE PROVIDES UP-TO-DATE DATA ON OVER 800 OF THE WORLD'S MOST IMPORTANT MEDICINAL PLANT SPECIES. THE BOOK CONTAINS MORE SPECIES, PHYTOCHEMICALS, PROVEN INDICATIONS, FOLK INDICATIONS, AND DOSAGE DATA THAN THE FIRST EDITION IN A NEW EASIER TO USE FORMAT. THE IN-DEPTH CONTENT, THE ADDITION OF COLOR PLATES AND OVER 200 BLACK AND WHITE ILLUSTRATIONS MAKES THIS BOOK THE MOST COMPREHENSIVE RESOURCE ON MEDICINAL HERBS AVAILABLE. NEW IN THE SECOND EDITION: • OVER 100 COLOR PLATES, 4 COLOR MAPS • OVER 200 BLACK AND WHITE ILLUSTRATIONS • OVER 800 MEDICINAL PLANTS — MORE THAN TWICE AS MANY AS THE PREVIOUS EDITION ORGANIZED ALPHABETICALLY BY COMMON NAME • MORE HERBS FROM THE AFRICAN, AYURVEDIC, CHINESE, AND JAMU TRADITIONS EASY ACCESS TO INFORMATION YOU NEED DESIGNED TO GIVE YOU FAST ACCESS TO THE INFORMATION YOU NEED ON A REGULAR BASIS, THIS NEW EDITION IS ORGANIZED MORE SYSTEMATICALLY THAN ANY OTHER MEDICINAL HERB PUBLICATION. THE ENTRIES ARE NOW ARRANGED ALPHABETICALLY BY COMMON NAME WITH THE SCIENTIFIC NAME IN PARENTHESIS. MAJOR SYNONYMS ARE ALSO PROVIDED. • IT HAS BECOME INCREASINGLY CLEAR THAT THERE ARE HUNDREDS OF BIOLOGICALLY ACTIVE COMPOUNDS, OFTEN ADDITIVE OR SYNERGISTIC, IN ALL OUR PLANTS, FOODS, SPICES, HERBS, MEDICINAL, AND POISONOUS PLANTS. THE DEBATE CONTINUES ON HOW THESE PLANTS WORK AND HOW THEY SHOULD BE USED. BLENDING SCIENTIFIC FACT WITH FOLK USES AND THE AUTHOR'S PERSONAL EXPERIENCE, *HANDBOOK OF MEDICINAL HERBS, SECOND EDITION* PROVIDES THE MOST WELL ROUNDED DISCUSSIONS OF SAFETY, EFFICACY, TOXICITY, AND RATIONAL USE FOUND IN ANY HERBAL REFERENCE.

HERBAL MEDICINE IRIS F. F. BENZIE 2011-03-28 THE GLOBAL POPULARITY OF HERBAL SUPPLEMENTS AND THE PROMISE THEY HOLD IN TREATING VARIOUS DISEASE STATES HAS CAUSED AN UNPRECEDENTED INTEREST IN UNDERSTANDING THE MOLECULAR BASIS OF THE BIOLOGICAL ACTIVITY OF TRADITIONAL REMEDIES. *HERBAL MEDICINE: BIOMOLECULAR AND CLINICAL ASPECTS* FOCUSES ON PRESENTING CURRENT SCIENTIFIC EVIDENCE OF BIOMOLECULAR EF

AROMATIC AND MEDICINAL PLANTS HANY EL-SHEMY 2017-03-15 THIS BOOK COVERS INTERESTING RESEARCH TOPICS AND THE USE OF NATURAL RESOURCES FOR MEDICAL TREATMENTS IN SOME SEVERE DISEASES. THE MOST IMPORTANT MESSAGE IS TO HAVE NATIVE FOODS WHICH CONTAIN HIGH AMOUNT OF ACTIVE COMPOUNDS THAT CAN BE USED AS A MEDICINAL PLANT. MOST PHARMACEUTICAL DRUGS WERE DISCOVERED FROM PLANTS, AND STILL ONGOING RESEARCH WILL HAVE TO PREDICT SUCH NEW ACTIVE COMPOUNDS AS ANTI-DISEASES. I DO BELIEVE THIS BOOK WILL ADD SIGNIFICANT KNOWLEDGE TO MEDICAL SOCIETIES AS WELL AS CAN BE USED FOR POSTGRADUATE STUDENTS.

RATIONAL PHYTOTHERAPY VOLKER SCHULZ 2013-03-09 ALL PRACTITIONERS AND PHARMACISTS INTERESTED IN TREATMENT WITH HERBAL REMEDIES SHOULD HAVE THIS BOOK AT THEIR DISPOSAL. IT IS THE DEFINITIVE PRACTICE-ORIENTED INTRODUCTION - NOW IN ITS FIFTH EDITION - TO PHYTOTHERAPY. METHODICALLY CLASSIFIED BY ORGANIC SYSTEMS AND FIELDS OF APPLICATION, THE TEXT PROVIDES A QUICK INSIGHT INTO DOSAGE, FORM OF APPLICATION AND EFFECTS OF THE MOST IMPORTANT HERBAL REMEDIES. ONLY THOSE HERBAL REMEDIES THAT ARE OF PHARMACOLOGICAL AND CLINICAL EFFICIENCY HAVE BEEN CONSIDERED. THE AUTHORS ARE HIGHLY EXPERIENCED IN THE FIELD OF POSTGRADUATE MEDICAL EDUCATION, AND, WITH THIS WORK, PRESENT AN INDISPENSABLE REFERENCE BOOK FOR THE MEDICAL PRACTICE.

TABER'S CYCLOPEDIA MEDICAL DICTIONARY DONALD VENES 2021-02-18 PUT THE LANGUAGE OF NURSING, MEDICINE, AND THE HEALTHCARE PROFESSIONS AT YOUR FINGERTIPS. IN HAND, ONLINE, OR ON YOUR MOBILE DEVICE—ANYWHERE AND EVERYWHERE, *TABER'S 24* IS THE ALL-IN-ONE, GO-TO SOURCE IN THE CLASSROOM, CLINICAL, AND BEYOND.

HERBAL MEDIC SAM COFFMAN 2021-08-17 WITH A FOCUS ON HERBAL MEDICINE AND FIRST-AID ESSENTIALS, FORMER GREEN BERET MEDIC AND CLINICAL HERBALIST SAM COFFMAN PRESENTS THIS COMPREHENSIVE HOME REFERENCE ON MEDICAL EMERGENCY PREPAREDNESS FOR TIMES WHEN PROFESSIONAL MEDICAL CARE IS UNAVAILABLE. *HERBAL MEDIC* COVERS FIRST-AID ESSENTIALS, SUCH HOW TO ASSESS A SITUATION AND A PERSON IN NEED OF TREATMENT AND DISTINGUISH BETWEEN ILLNESS AND INJURY, AS WELL AS HOW TO PREPARE AND USE

HERBS WHEN THERE IS NO ACCESS TO CONVENTIONAL MEDICAL TREATMENT. IN ADDITION, THE BOOK PROVIDES A BASIC INTRODUCTION TO HERBAL MEDICINE, WITH DETAILED ENTRIES ON THE BEST HERBS TO USE IN TREATMENT; INFORMATION ON DISEASE IN THE BODY AND HOW HERBS WORK AGAINST IT; INSTRUCTIONS FOR MAKING HERBAL PREPARATIONS; A LIST OF THOSE HERBS THE AUTHOR HAS FOUND MOST USEFUL IN HIS CLINICAL EXPERIENCE; AND A WIDE ARRAY OF SPECIFIC HERBAL CARE PROTOCOLS FOR A MULTITUDE OF ACUTE HEALTH ISSUES. THIS PUBLICATION CONFORMS TO THE EPUB ACCESSIBILITY SPECIFICATION AT WCAG 2.0 LEVEL AA.

PROBIOTICS IN MENTAL HEALTH COLIN R. MARTIN 2018-05-30 THE CONCEPT THAT THE GUT AND BRAIN ARE INTRICATELY LINKED IS WIDELY ACCEPTED NOT JUST WITHIN THE LAY COMMUNITY BUT INCREASINGLY WITHIN SCIENTIFIC AND THERAPEUTIC CIRCLES AS WELL. TERMS SUCH AS "HEARTACHE" AND "GUT WRENCHING" ARE MORE THAN MERE METAPHOR, THEY REPRESENT KEY FUNDAMENTAL ASPECTS OF HUMAN EXPERIENCE WHICH ALL INDIVIDUALS WILL INVARIABLY ENDURE FROM TIME TO TIME. THE RELATIONSHIP BETWEEN THE GUT AND BRAIN IS COMPLEX BUT FUNDAMENTAL TO HEALTH AND WELLBEING. INCREASING AND COMPELLING EVIDENCE SUPPORTS THE EXISTENCE OF A RELATIONSHIP BETWEEN THE HEALTH AND STATUS OF THE GUT AND THE MANIFESTATION OF SIGNIFICANT PSYCHOPATHOLOGY. UNIQUELY WITHIN THE FIELD OF MENTAL HEALTH AND PSYCHIATRY, THE ROLE OF GUT FLORA AND PROBIOTICS IN BOTH THE UNDERSTANDING AND TREATMENT OF MENTAL ILLNESS REPRESENTS AN EMERGING SCIENCE WHETHER THE POTENTIAL FOR THERAPEUTIC INTERVENTION, THROUGH THE USE OF PROBIOTICS, OFFERS AN OPPORTUNITY TO DETERMINE EFFICACY WITHIN A COHERENT EVIDENCE-BASED MODEL OF BOTH ACTION AND PATHOLOGY OR, MOREOVER, OFFERS INTERVENTIONS THAT ARE COMPARATIVELY BENIGN COMPARED TO THE SIDE-EFFECT PROFILE ASSOCIATED WITH MOST DRUGS USED TO TREAT MENTAL ILLNESS. *PROBIOTICS IN MENTAL HEALTH* EXAMINES THE ROLE OF PROBIOTICS IN A RANGE OF CLINICAL PRESENTATIONS ASSOCIATED WITH SIGNIFICANT PSYCHOPATHOLOGY AND FACILITATES A RECONSIDERATION OF HOW MENTAL ILLNESS MAY BE CONCEPTUALISED WITHIN A COHERENT GUT-BRAIN MODEL OF HEALTH AND WELLBEING. UNDER THE RUBRIC OF ENHANCING WELLBEING RATHER THAN DWELLING ON ILLNESS AND DISEASE, THIS EXCITING NEW VOLUME NOT ONLY COMPRISES THE LATEST EVIDENCE IN THE FIELD BUT ALSO ADVOCATES AN APPROACH CHARACTERISED BY THE UNDERSTANDING OF MENTAL DISORDER WITHIN AN EVIDENCE-BASED MODEL AND THE PURSUIT OF MENTAL HEALTH AND WELLBEING THROUGH THE MOST BENIGN OF INTERVENTIONS.

EVIDENCE-BASED HERBAL MEDICINE MICHAEL ROTBLATT 2002 A HANDBOOK OF PRACTICAL, OBJECTIVE, AND CLINICALLY ORIENTED INFORMATION ON THE USE OF HERBALISM IN HEALTH CARE. POTENTIALLY USEFUL HERBAL MEDICINES ARE DIFFERENTIATED FROM THE MANY POPULAR HERBS OF DUBIOUS VALUE A REPORT CARD FORMAT ALLOWS QUICK READING AND EASY ACCESS TO RELEVANT INFORMATION HERBS ARE GRADED, WITH GRADES DETERMINED BY USEFULNESS, EFFECTIVENESS, AVAILABILITY, AND SAFETY HANDBOOK SIZE-CAN BE CARRIED IN LAB COAT ANALYSES-BASED ON CONTROLLED STUDIES, OR META-ANALYSES OR SYSTEMATIC REVIEWS OF THE PRIMARY LITERATURE SECTIONS OF EACH REPORT CARD INCLUDE: USES; PHARMACOLOGY; CLINICAL TRIALS; ADVERSE EFFECTS; PREPARATIONS AND DOSE; CONTRAINDICATIONS, INTERACTIONS, AND WARNINGS; CONCLUSION AND RECOMMENDATIONS; REFERENCES AN APPENDIX LISTS AND REVIEWS OTHER HERBAL MEDICINE INFORMATION RESOURCES NONHERBAL DIETARY SUPPLEMENTS ALSO ARE ADDRESSED IN A SEPARATE SECTION.

TRADITIONAL HERBAL MEDICINE RESEARCH METHODS WILLOW J.H. LIU 2011-03-29 THIS BOOK INTRODUCES THE METHODOLOGY FOR COLLECTION AND IDENTIFICATION OF HERBAL MATERIALS, EXTRACTION AND ISOLATION OF COMPOUNDS FROM HERBS, IN VITRO BIOASSAY, IN VIVO ANIMAL TEST, TOXICOLOGY, AND CLINICAL TRIALS OF HERBAL RESEARCH. TO FULLY UNDERSTAND AND MAKE THE BEST USE OF HERBAL MEDICINES REQUIRES THE CLOSE COMBINATION OF CHEMISTRY, BIOCHEMISTRY, BIOLOGY, PHARMACOLOGY, AND CLINICAL SCIENCE. ALTHOUGH THERE ARE MANY BOOKS ABOUT TRADITIONAL MEDICINES RESEARCH, THEY MOSTLY FOCUS ON EITHER CHEMICAL OR PHARMACOLOGICAL STUDY RESULTS OF CERTAIN PLANTS. THIS BOOK, HOWEVER, COVERS THE SYSTEMATIC STUDY AND ANALYSIS OF HERBAL MEDICINES IN GENERAL - INCLUDING CHEMICAL ISOLATION AND IDENTIFICATION, BIOASSAY AND MECHANISM STUDY, PHARMACOLOGICAL EXPERIMENT, AND QUALITY CONTROL OF THE RAW PLANT MATERIAL AND END PRODUCTS.

THE ULTIMATE HERBAL COMPENDIUM KERRY BONE 2007 A COMPREHENSIVE, ACCURATE AND UP-TO-DATE DESKTOP HERBAL PRESCRIBING REFERENCE DESIGNED FOR THE BUSY HEALTH PRACTITIONER. CONTAINS A WIDE RANGE OF HERBS AND CONDITIONS AND INCLUDES DOSES FOR HERBS IN TABLET FORM AS WELL AS LIQUIDS ENSURING THAT ALL VALID HERBAL TREATMENT OPTIONS CAN BE CONSIDERED.

VETERINARY HERBAL MEDICINE SUSAN G. WYNN 2007 THIS FULL-COLOR TEXT AND PRACTICAL CLINICAL REFERENCE PROVIDES COMPREHENSIVE INFORMATION ON HERBAL REMEDIES FOR BOTH LARGE AND SMALL ANIMAL SPECIES. KEY COVERAGE INCLUDES CLINICAL USES OF MEDICINAL PLANTS, SPECIFIC INFORMATION ON HOW TO FORMULATE HERBAL REMEDIES, A SYSTEMS-BASED REVIEW OF PLANT-BASED MEDICINE, AND IN-DEPTH INFORMATION ON THE DIFFERENT ANIMAL SPECIES--DOG, CAT, AVIAN AND EXOTIC, EQUINE, FOOD ANIMAL, AND POULTRY.

PRINCIPLES OF NUTRIGENETICS AND NUTRIGENOMICS RAFFAELE DE CATERINA 2019-09-22 PRINCIPLES OF NUTRIGENETICS AND NUTRIGENOMICS: FUNDAMENTALS FOR INDIVIDUALIZED NUTRITION IS THE MOST COMPREHENSIVE FOUNDATIONAL TEXT ON THE COMPLEX TOPICS OF NUTRIGENETICS AND NUTRIGENOMICS. EDITED BY THREE LEADERS IN THE FIELD WITH CONTRIBUTIONS FROM THE MOST WELL-CITED RESEARCHERS CONDUCTING GROUNDBREAKING RESEARCH IN THE FIELD, THE BOOK COVERS HOW THE GENETIC MAKEUP INFLUENCES THE RESPONSE TO FOODS AND NUTRIENTS AND HOW NUTRIENTS AFFECT GENE EXPRESSION. PRINCIPLES OF NUTRIGENETICS AND NUTRIGENOMICS: FUNDAMENTALS FOR INDIVIDUALIZED NUTRITION IS BROKEN INTO FOUR PARTS PROVIDING A VALUABLE OVERVIEW OF GENETICS, NUTRIGENETICS, AND NUTRIGENOMICS, AND A CONCLUSION THAT HELPS TO TRANSLATE RESEARCH INTO PRACTICE. WITH AN OVERVIEW OF THE BACKGROUND, EVIDENCE, CHALLENGES, AND OPPORTUNITIES IN THE FIELD, READERS WILL COME AWAY WITH A STRONG UNDERSTANDING OF HOW THIS NEW SCIENCE IS THE FRONTIER OF MEDICAL NUTRITION. PRINCIPLES OF NUTRIGENETICS AND NUTRIGENOMICS: FUNDAMENTALS FOR INDIVIDUALIZED NUTRITION IS A VALUABLE REFERENCE FOR STUDENTS AND RESEARCHERS STUDYING NUTRITION, GENETICS, MEDICINE, AND RELATED FIELDS. UNIQUELY FOUNDATIONAL, COMPREHENSIVE, AND SYSTEMATIC APPROACH WITH FULL EVIDENCE-BASED COVERAGE OF ESTABLISHED AND EMERGING TOPICS IN NUTRIGENETICS AND NUTRIGENOMICS INCLUDES A VALUABLE GUIDE TO ETHICS FOR GENETIC TESTING FOR NUTRITIONAL ADVICE CHAPTERS INCLUDE DEFINITIONS, METHODS, SUMMARIES, FIGURES, AND TABLES

TO HELP STUDENTS, RESEARCHERS, AND FACULTY GRASP KEY CONCEPTS COMPANION WEBSITE INCLUDES SLIDE DECKS, IMAGES, QUESTIONS, AND OTHER TEACHING AND LEARNING AIDS DESIGNED TO FACILITATE COMMUNICATION AND COMPREHENSION OF THE CONTENT PRESENTED IN THE BOOK

THE MODERN HERBAL DISPENSATORY THOMAS EASLEY 2016-11-29 THE DEFINITIVE, FULL-COLOR GUIDE TO MAKING AND USING APPROXIMATELY 250 HERBAL MEDICINES AT HOME, WITH INSTRUCTIONS FOR EVERYTHING FROM HARVESTING TO ADMINISTERING LOW-COST, DIY REMEDIES. THIS COMPREHENSIVE, FULL-COLOR GUIDE PROVIDES DETAILED, EASY-TO-FOLLOW INSTRUCTIONS FOR MAKING AND USING APPROXIMATELY 250 HERBAL MEDICINES AT HOME, INCLUDING PRACTICAL TIPS AND NUMEROUS EFFECTIVE FORMULAS DEVELOPED AND TESTED BY THE AUTHORS, BOTH EXPERT HERBALISTS WITH YEARS OF EXPERIENCE. READERS WHO APPRECIATE THE HEALTH-GIVING PROPERTIES OF HERBAL MEDICINES BUT ARE DISCOURAGED BY THE HIGH PRICE OF COMMERCIAL PRODUCTS CAN NOW MAKE THEIR OWN PREPARATIONS FOR A FRACTION OF THE COST. THE AUTHORS TELL YOU EVERYTHING YOU NEED TO KNOW ABOUT HARVESTING, PREPARING, AND ADMINISTERING HERBS IN MANY DIFFERENT FORMS, INCLUDING FRESH, BULK DRIED HERBS, CAPSULES, EXTRACTS IN WATER, ALCOHOL, GLYCERIN, VINEGAR AND OIL, AND EVEN PREPARATIONS LIKE ESSENTIAL OILS AND FLOWER ESSENCES. THE BOOK ALSO COVERS TOPICAL APPLICATIONS OF HERBS AS SALVES, LOTIONS, POULTICES, TOOTH POWDERS, EAR DROPS, AND MORE, AND INCLUDES AN EXTENSIVE CHAPTER ON HERBAL HYDROTHERAPY. THE MODERN HERBAL DISPENSARY EXPLAINS WHY DIFFERENT PREPARATIONS OF THE SAME HERB WILL OBTAIN BETTER RESULTS, DEMONSTRATING HOW CAPSULES, TEAS, TINCTURES, OR GLYCERITES OF THE SAME PLANT WILL NOT HAVE EXACTLY THE SAME EFFECT ON THE BODY. LEADING HERBALISTS THOMAS EASLEY AND STEVEN HORNE HAVE TESTED AND

PROVEN THE HERBAL FORMULAS THEY OFFER, ALONG WITH SUGGESTIONS FOR TREATING MORE THAN ONE HUNDRED ILLNESSES. THEY LAY OUT THE PRINCIPLES OF HERBAL FORMULATION AND ALSO PROVIDE INSTRUCTIONS ON HOW TO PREPARE SINGLE HERBS, A PROCEDURE THAT HAS BEEN LARGELY IGNORED IN OTHER REFERENCES. MORE COMPREHENSIVE THAN ANY OTHER GUIDE, THOROUGHLY RESEARCHED, BEAUTIFULLY ILLUSTRATED, AND PRESENTED WITH EASE OF USE IN MIND, THIS BOOK WILL TAKE ITS PLACE AS THE PREMIER REFERENCE FOR THOSE WHO WANT TO PRODUCE ALL THE HERBAL REMEDIES THEY NEED, AND TO SAVE MONEY IN THE PROCESS.

THE CONSULTATION IN PHYTOTHERAPY PETER CONWAY 2019-08 THE CONSULTATION IN PHYTOTHERAPY CONSIDERS THE MEANS BY WHICH THE HERBAL PRACTITIONER CAN SEEK TO APPRECIATE THE PATIENT'S PREDICAMENT. WRITTEN FOR BOTH HERBAL MEDICINE STUDENTS AND PRACTITIONERS, THE BOOK TAKES A RADICAL APPROACH, CHALLENGING READERS TO REFLECT ON THE NATURE, SCOPE, AND METHODS OF THE CONSULTATION IN HERBAL PRACTICE. THE AUTHOR ASSERTS THAT THE EFFECTIVE CONSULTATION REPRESENTS A THERAPEUTIC ACT IN AND OF ITSELF, AND HE PROPOSES STRATEGIES FOR MAXIMIZING AND REALIZING THIS THERAPEUTIC POTENTIAL. THE BOOK PROVIDES BOTH A COMPLEMENT TO AND A CRITIQUE OF MAINSTREAM TEXTS ON CLINICAL DIAGNOSIS AND CASE MANAGEMENT. IT CONTRASTS THE HERBAL CONSULTATION WITH THAT OCCURRING IN CONVENTIONAL MEDICINE AND OFFERS RATIONALE, ARGUMENTS, AND TOOLS AIMED AT DEVELOPING AN ENHANCED CAPACITY TO ACHIEVE PROFOUND RESULTS IN THE HERBAL CLINICAL ENCOUNTER.

HERBAL MEDICINE CHRISTOPHER MENZIES-TRULL 2013 THE ESSENTIAL DESK REFERENCE HERBAL PHARMACOPOEIA. FEATURING 413 HERBAL MEDICINES WITH IN-DEPTH PHARMACOLOGY, SPECIFIC PERSONALISED TREATMENTS AND TISSUE CONDITIONS. THIS HIGHLY READABLE BOOK IS SUITABLE FOR HERBAL STUDENTS AND ALL PRACTITIONERS WHO PRESCRIBE HERBS.