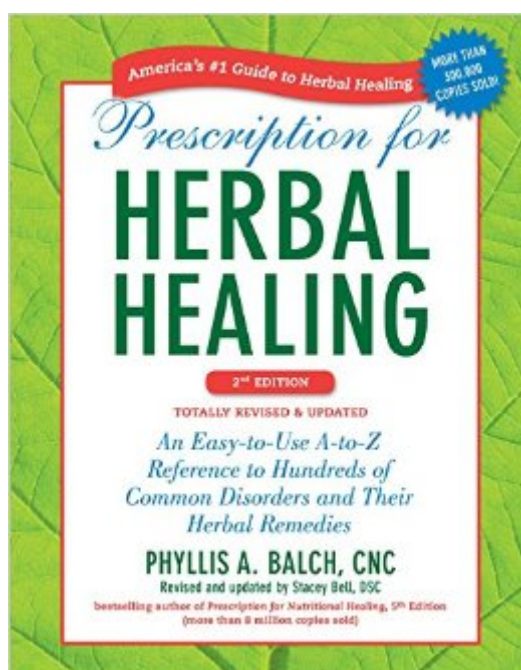


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# Prescription For Herbal Healing, 2nd Edition: An Easy-to-Use A-to-Z Reference To Hundreds Of Common Disorders And Their Herbal Remedies



## Synopsis

The definitive source for choosing the optimal herbal therapy- thoroughly revised and updated. Millions of Americans are turning to herbal therapies to heal what ails them-either as an alternative or as a supplement to traditional medicine. From the most trusted name in natural healing, Phyllis A. Balch's new edition of Prescription for Herbal Healing provides the most current research and comprehensive facts in an easy-to-read A- to-Z format, including: Information on more than 200 herbs and herbal combination formulas, ranging from well-known herbs, such as ginseng and St. John's Wort, to less familiar remedies, such as khella and prickly ash Chinese and ayurvedic herbal combinations Discussion of more than 150 common disorders from acne to yeast infection, and suggested herbal treatment therapies

## Book Information

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## Customer Reviews

Given how helpful I found the co-authored Nutritional Healing book (I reversed a lupus diagnosis by following the nutritional guidelines presented in this publication), I was dismayed at some lack of depth in the Herbal Healing publication. For example, under Sjogren's the author lists only slippery elm as an herbal response. However, Sjogren's is a systemic autoimmune issue that results in dryness throughout the body. People differ on symptoms, but P.Balch mentions only dry mouth. And then if a person does not respond well to slippery elm, there is no further guidance here. One needs only Google demulcents to find a list of herbal responses to various dryness issues in Wikipedia and WebMD, four of which my Eastern Medicine practitioner included in tinctures for me which then cured my dry mouth: Coltsfoot, Comfrey, Common Purslane, Corn Silk, Couchgrass, Flaxseed, Irish

Moss, Lungwort (demulcent, expectorant, astringent, anti-inflammatory), Liquorice (Glycyrrhiza glabra) [which is also used for osteoarthritis, systemic lupus erythematosus (SLE), liver disorders, malaria, tuberculosis, food poisoning, and chronic fatigue syndrome (CFS)], Mallow, Mullein, Oatmeal, Parsley Piert, Slippery Elm, and Marshmallow (Althaea officinalis) [used for pain and swelling (inflammation) of the mucous membranes that line the respiratory tract]. Some of these are also used for dry cough, inflammation of the lining of the stomach, diarrhea, stomach ulcers, constipation, urinary tract inflammation, and stones in the urinary tract. (The last assertion was found on WebMD.com.) One may find elements of the herbs listed in her book, but cannot rely on the treatments provided for symptoms based only on my initial read related to a handful of health problems with which I am familiar.

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