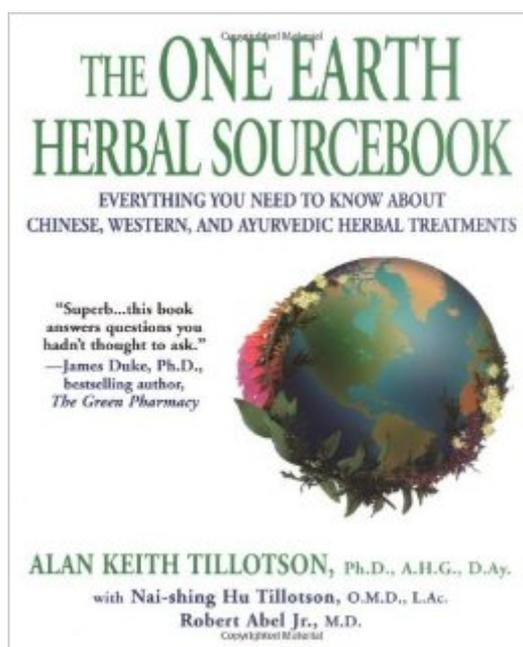


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# The One Earth Herbal Sourcebook: Everything You Need To Know About Chinese, Western, And Ayurvedic Herbal Treatments



## Synopsis

THE ONE EARTH HERBAL SOURCEBOOK Â Everything You Need to Know About Chinese, Western, and Ayurvedic Herbal Treatments Â Â Will feverfew clear up your headache as effectively as aspirin? Â Should you choose skullcap over the Ayurvedic herb ashwaghandha root to calm anxiety? Â Which herbs will most effectively lower cholesterol? Now, you can learn how to use the herbs featured in three time-tested traditions of healing: Chinese, Western, and Indian-based Ayurvedic. Herbal expert Alan Tillotson offers ground-breaking treatments for over 100 medical conditions, including: Â Cancer, Multiple Sclerosis, Glaucoma,Â Migraine, Angina, Hypoglycemia,Â Hepatitis C, Sickle Cell Anemia Â INCLUDES HERBAL SAFETY GUIDE Â

â œSuperbâ |this book answers questions you hadnâ™t thought to ask.â • â "James Duke, author of the bestselling The Green Pharmacy Â â œA must for herbalists and devoted students of botanical medicine.â • â "Michael Tierra, O.M.D., L.Ac., A.H.G., author of The Way of Herbs Â â œI am very pleased at the success achieved in this work.â • â "David Winston, A.H.G., Dean of the Herbal Therapeutics School of Botanic Medicine

## Book Information

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## Customer Reviews

I have a degree in Chinese herbs and at least 50 books on herbs. This is one of the best. The author reviews Chinese, Western and Ayurvedic herbs. He includes research and little known facts about the herbs. There are chapters on different diseases and the herbs that will treat them, including HIV, cancer, diabetes and thyroid problems. There is a great explanation of the immune system, with

each component explained very clearly, along with herbs that have been proven to affect that specific function. Which herbs boost interferon and which ones boost NK cells? What is tumor necrosis factor and what herbs stimulate it? There is a seamless integration of Naturopathic and allopathic. For example: Cases of hyperthyroidism and of hypothyroidism were confirmed via blood test. Hyperthyroidism correlated with a yin deficiency diagnosis and hypothyroidism with a yang deficiency diagnosis. As would be expected. Everyone who loves herbs should have a copy of this book!!!!

Alan Tillotson's new book represents an important contribution to the growing list of herb books. There is nearly 600 pages of information ranging from individual herbs from around the world, therapeutic diet recommendations that will compliment a good herbal therapy, treatments for diseases and conditions based on the different systems of the body, herb to herb and herbdrug interactions (that are hardly any!) -- best of all unlike so many other books this one is written by a practicing herbalist and is based on his first hand experience.....

This is a truly remarkable book. In a sense it is an encyclopedic treatment of herbology for the layman, and a reference book for the specialist. One correctly gets the impression that the author and his two co-authors really know what they are talking about. The book is based on an extensive knowledge about herbs, and considerable clinical experience. It covers the area of herbal treatment comprehensively. The content is well organized and information is clearly presented. The index is lengthy and detailed. The Appendix conveniently lists herbs, according to their physiological action, by their common and Latin names. The Resource Guide. is unusually comprehensive. It is a pleasure to recommend this book. Albert Schatz, Ph.D. Professor Emeritus Temple University.

By far the most scientific based compilation of information on herbology. Dr. Tillotson provides clear, organized information in a systems based format. As an osteopathic physician I highly recommend this source to all medical professionals interested in integrated western and eastern approaches to health and disease.

Alan Tillotson is an experienced herbalist and independent thinker whose One Earth Herbal Sourcebook is useful for professionals and educated consumers alike. Trained extensively in Traditional Ayurvedic Medicine in Nepal, Tillotson draws upon a sophisticated herbal repertoire in dealing with MS, ophthalmologic conditions, hepatitis C, diabetes and allergic rhinitis. He uses the

best of Chinese, Ayurvedic and western herbs in protocols that are practical and effective. Written with humor and intelligence, the book is over 600 pages of useful herbal and nutritional advice. This is one of the better books of herbal medicine I own.

The Volcanic Colloidal Desert Juice concoction is referenced. This juice fights against cancer, arthritis, heart disease, backpain, fibromyalgia, fungal infections and immune disorders. There is a National Nutritional Foods Association which watches herbal preparations and animal byproducts containing minerals. Herbal preparations require comprehensive disclosure as to contraindications. Natural blood thinners are kale, parsley, spinach etc. Thyroid herbs are betel leaf, coleus root, lemon balm leaf and root bark. Antimicrobials reduce bacteria. An example would be oregano. Dandelion leaf stimulates the production of urine. This work is an important compendium on herbal preparations, their benefits, contraindications and use in the context of alternative/complementary medicine and conventional medicine. The book is a worthy purchase for a wide constituency of health buffs.

This book is long overdue. Alan Tillotson has done an incredible job researching and compiling relevant information about the uses of herbals from many different cultures. The book is direct and concise and gives a clear understanding of the appropriate applications of natural medicines in modern times. This book is a must-have for anyone involved in healthcare, or anyone who seeks a deeper understanding of the "magic and medicine" of plants. Definitely one of the most practical and valuable alternative healthcare texts to date.

Nice, clear, concise book on herbs. Gives you lots of info and is pretty thorough for it's size which is bigger than most books. Of course if you named all of the herbs available to us it would be a HUGE book. I find this book to be just right by naming the most important herbs (and others that are not as important). The ultimate test came when a friend of mine who is a gatherer of wild herbs and a bit of a snob about his knowledge, loved this book. He wanted to buy mine off of me and I wouldn't sell it so he got one the same day from .

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