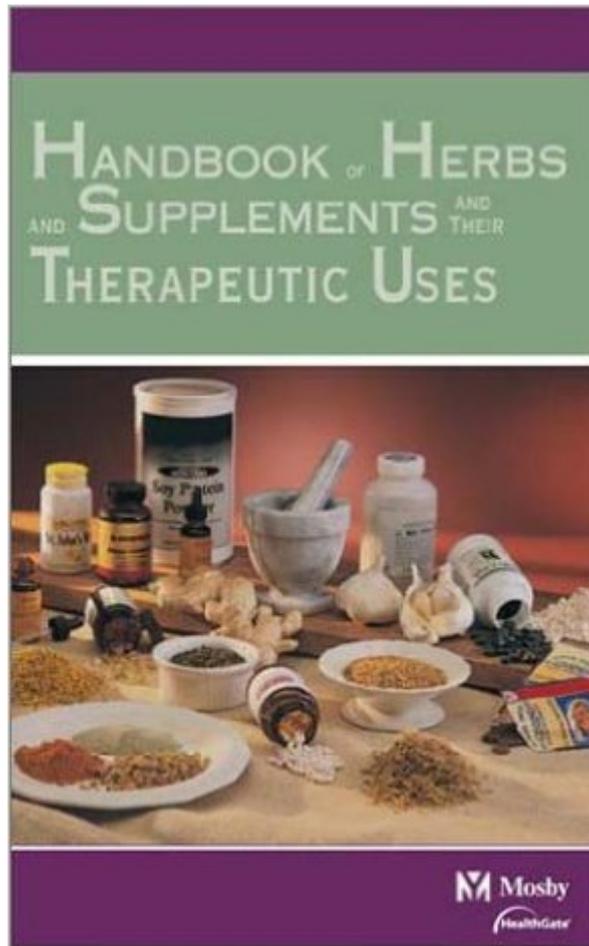


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# Mosby's Handbook Of Herbs & Supplements And Their Therapeutic Uses



## Synopsis

This handy reference provides quick information on herbs and supplements--including 85 herbs, 80 supplements, and 75 conditions. Extremely thorough, it offers reliable references and a unique system that rates the current knowledge of therapeutic efficacy for each herb/supplement used in a particular treatment. Content is consistently structured and features an Appendix on Clinically Tested Brands at the end of the book. A logical and consistent organization enables the reader to quickly consult the efficacy of herbal use to treat a specific condition. Evidence-based content includes a unique system that rates the current, scientific knowledge of therapeutic efficacy for each herb/supplement used in a particular treatment. Helpful Appendix describes clinically tested brands. References do not rely heavily on one source.

## Book Information

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## Customer Reviews

About a year ago I bought this book & I can honestly say it's one of my most used books. It's very scientific & yet you don't have to be a rocket scientist to figure out what it is saying. The first part of the book deals with different disorders such as ADHD, Diabetes, Hepatitis, Arthritis, & much more. Under the different disorders it gives different examples of what people have tried to treat them with. Then it proceeds to different scientific tests that either proves or disproves the treatment. The second part of the book deals with herbs & their therapeutic uses. Again here different uses & tests are provided for each herb. This book also discussed dosage recommendations, safety issues, drug interactions, & great references to other material. Overall this is a very useful book. The copy that I

purchased contains over 1,000 pages & it covers everything from migraine headaches to the various vitamins. I recommend this book not only to the med student but to the average person just wanting useful & real information about herbs and their therapeutic uses.

I bought this as a practicing veterinarian for answering alternative medical modality questions from clients. I have used it for just that. however, I have found it far more useful in answering my own questions and questions from family and friends about "what else is out there" and "whether or not it is safe to use (or recommended for the condition). I have had to guard it from permanent relocation to other people's bookshelves and or homes. It is one of the most straight forward and informative "pharmacology" book I own. I know it is Herbs and Supplements-- but most traditional and some not so traditional drugs are/were discovered through the actions of herbs and supplements. I think every head of household should have a copy of this book. it is that useful. I can't understand why it has not be updated with a newer version! I keep waiting. and hoping.

i needed book for a class i'm taking this quarter and book came extremely quickly. I'm glad they understand textbooks should be sent promptly. Now I can focus on the hard part of class and exams. I would purchase from them again and I recommend them to others.

I was really looking for something more usable in preparing herbs for medicinal use or information on practical uses for the home herbalist. All the multitude of double-blind, placebo-controlled trails is (yawn) boring. And the book seems to goes through this which each different use of every herb. For obvious reasons, I did NOT read this book cover to cover as it contains 986 pages of text with pages 989 through 1334 being the appendix, references and index. Might be good for a medical student but for the average amateur herbalist, way too technical.

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Mosby's Handbook of Herbs & Supplements and Their Therapeutic Uses Herbs: Everything You Need To Know About Medicinal And Culinary Herbs: (Growing Herbs, Herbs For Health And Healing, Herbs For Weight Loss, Herb Gardening) How To Dry Herbs: The Ultimate Guide To Drying Herbs At Home For Better Health And Nutrition (Preserving Herbs, Drying Food, Herbs And Spices) GROWING HERBS: How to Grow Low cost Indoor and Outdoor Herbs in containers, for Profit or for health benefits at home, Simple Basic Recipes ( How to grow herbs, growing herbs for beginners ) Medicinal Herbs: Discover 12 Powerful Medicinal Herbs You Can Immediately Start Growing In Your Garden (Herbal Remedies, Alternative Medicine, Healing Herbs, Growing Herbs)

Royal Horticultural Society Encyclopedia of Herbs and Their Uses (RHS) (English and Spanish Edition) The Illustrated Encyclopedia of Herbs: Their Medicinal and Culinary Uses Coconut Oil and Apple Cider Vinegar: 28 Mind Blowing Uses for Coconut Oil and Apple Cider Vinegar (The Apple Cider Vinegar and Coconut Oil Bible - Amazing Benefits, Many Uses, and Natural Cures) Natural Medicine and Herbs: 50+ Natural Medicine to Reduce Anxiety, Depression, and Ailments from Your Body: (Essential Oils, Aromatherapy, Herbal Remedies, Supplements, Healing, Vitamins) The Person-Centred Approach to Therapeutic Change (SAGE Therapeutic Change Series) Shaker Medicinal Herbs: A Compendium of History, Lore, and Uses Chinese and Related North American Herbs: Phytopharmacology and Therapeutic Values Mosby's Fundamentals of Therapeutic Massage, 6e Mosby's Textbook for Nursing Assistants (Soft Cover Version) - Text, Workbook, and Mosby's Nursing Assistant Video Skills - Student Version DVD 3.0 Package, 8e Mosby's Essentials for Nursing Assistants - Text, Workbook and Mosby's Nursing Assistant Skills DVD - Student Version 3.0 Package, 4e Mosby's Diagnostic and Laboratory Test Reference, 11e (Mosby's Diagnostic & Laboratory Test Reference) Mosby's Essentials for Nursing Assistants - Text, Workbook and Mosby's Nursing Assistant Skills DVD - Student Version 4.0 Package, 5e Mosby's Manual of Diagnostic and Laboratory Tests, 4e (Mosby's Manual of Diagnostic & Laboratory Tests) Mosby's Manual of Diagnostic and Laboratory Tests (Mosby's Manual of Diagnostic & Laboratory Tests) Mosby's 2007 Dental Drug Consult, 1e (Mosby's Dental Drug Consult)

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