

The Green Pharmacy Rodale Herbal Remedies For Common Diseases And Conditions From The Worlds Foremost Authority On Healing Herbs

Straight from nature's medicine cabinet, the latest herbal discoveries that cure hundreds of health concerns without the dangerous side effects or high cost of prescription drugs. When compared to prescription drugs, herbal healing is both safer and more cost effective. In the fourth edition of The New Healing Herbs, you get access to the latest, most up-to-date information about herbal remedies for cures to nausea, the common cold, diabetes, cancer, allergies, back pain, and more. This new edition includes five new herbs, the result of author Michael Castleman's endless research and dedication to holistic healing. Taking a folklore-meets-science approach, you'll also explore the rich history of herbal medicine traditions. Featuring 135 of the most widely used medicinal herbs, including cannabis, The New Healing Herbs shows you which herbal remedy to take for each condition, how it's taken, what interactions to watch for, and where to buy the featured herb. The easy-to-use Cure Finder organizes herbs by health condition, healing actions, and alternative uses, guiding you to the right herbal remedy for your ailment. With The New Healing Herbs, you'll find nature's remedy for health, vibrancy, and happiness.

Ease Symptoms, Fight Disease, and Supercharge Immunity--All Without Drugs or Chemicals! You're about to enter a completely different kind of drugstore. One where herbal medicines are offered right alongside conventional pharmaceuticals. Where bottles of feverfew stand next to bottles of aspirin, and echinacea has its place among other cold and flu remedies. The Herbal Drugstore is the only place where you can compare mainstream drug treatments and their herbal alternatives for close to 100 common health problems. You'll find herbs that have the same healing powers as many prescription and over-the-counter medications--only they're cheaper and gentler, with few or no side effects.

Whether you need fast first-aid or long-term relief, The Herbal Drugstore has a remedy for you. Here's just a sampling: * Immobilized by arthritis? Rub on capsaicin cream, a natural pain reliever made from hot peppers * Can't sleep? Start snoozing with valerian--it's as effective as Valium, but it isn't addictive * Want to lose a few pounds? Get a helping hand from psyllium, an herbal alternative to appetite suppressants * Feeling stressed? Calm jangled nerves with ginseng--it won't undermine alertness * Battling bronchitis? Clear up that cough with licorice, a natural expectorant * Need help with high blood pressure? Turn to hawthorn--it has much in common with beta blockers, except for the side effects The Herbal Drugstore features these and many more herbal remedies--712 in all! They're profiled right next to their pharmaceutical counterparts, so you can make your own comparisons and decide which treatments are best for you.

The Green Pharmacy New Discoveries in Herbal Remedies for Common Diseases and Conditions from the World's

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Foremost Authority on Healing Herbs Rodale

THE HERBAL MEDICINE-MAKER'S HANDBOOK is an entertaining compilation of natural home remedies written by one of the great herbalists, James Green, author of the best-selling THE MALE HERBAL. Writing in a delightfully personal and down-home style, Green emphasizes the point that herbal medicine-making is fundamental to every culture on the planet and is accessible to everyone. So, first head into the garden and learn to harvest your own herbs, and then head into your kitchen and whip up a batch of raspberry cough syrup, or perhaps a soothing elixir to erase the daily stresses of modern life.

"Enraged, Energized, Exultant. You won't know how to feel after reading Stephen Harrod Buhner's The Lost Language of Plants. This is a devastating expose about how we are polluting our environment with the pharmaceuticals that Western medicine has developed to heal us. We are ingesting Prozac, Premarin, and antibiotics whether we want to or not." "Yet, as we foul air and water with toxic residues, we overlook the power of the planet's natural healers, stabilizers, and chemists - plants. Buhner sees plants as fully sentient beings, adjusting and fine-tuning to the environment just as they have done for the past 500 million years. Until recently, humans shared the language of plants, but increasingly we have lost our ability to communicate with the natural world. Buhner shows us a path back to our shamanic roots."--BOOK JACKET.

Upon its publication more than a decade ago, Dr. James Duke's The Green Pharmacy quickly set the standard for consumer herb references. A favorite of laypeople and professionals alike, the book sold more than a million copies and solidified the author's reputation as one of the world's foremost authorities on medicinal plants. In The Green Pharmacy Guide to Healing Foods, Dr. Duke turns to the broader and even more popular subject of food as medicine, drawing on more than thirty years of research to identify the most powerful healing foods on earth. Whether he is revealing how to beat high cholesterol with blueberries, combat hot flashes with black beans, bash blood sugar spikes with almonds, or help relieve agonizing back pain with pineapple, Dr. Duke's food remedies help treat and prevent the whole gamut of health concerns, from minor (such as sunburn and the common cold) to more serious (like arthritis and diabetes). Dr. Duke has assigned a rating to each remedy, according to his evaluation of the available scientific studies and anecdotal reports. Many of the healing foods recommended here are proving so effective that they may outperform popular pharmaceuticals—minus the risk (and cost).

Provides guidelines on how to prevent and alleviate the signs and symptoms of aging, introducing a variety of herbs, nutritional supplements, and diet tips to help cope with illnesses associated with aging.

For more than twenty years this pioneering work had served as a bible for herbalists throughout the world. It is an

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illustrated encyclopedic guide to more than two hundred medicinal plants found in North America, with descriptions of each plant's appearance and uses, and directions for methods of use and dosage. Native American traditions are compared with traditional uses of the same plants among other cultures where the science of herbs has flourished, particularly in Russia and China. Included is an annotated bibliography of pertinent books and periodicals.

The Homesteader's Herbal Companion is a beautiful guide for the modern day homesteader. From learning how to incorporate herbs and essential oils around your home, to learning how to enhance your family's health and well-being, this book is the go-to resource for those wishing to live a more natural homesteading lifestyle. This book takes readers through the basics of herbalism, including the different types of herbs and their uses. It also breaks down how herbs are used in tinctures, salves, essential oils, and infused oils. You'll learn how to efficiently incorporate herbs into your lifestyle, creating your own herbal remedy cabinet for yourself and for your livestock as well. And through encouragement and evidence-based information, you'll be confident using herbs, cooking with herbs, and sharing your herbal products with your friends and family. With an array of beautiful photos and easy to read terminology, just about any homesteader, new or seasoned, can learn from The Homesteader's Herbal Companion, and finally feel comfortable incorporating the many wonderful qualities of herbs around their homes and homesteads.

This title shows readers: the top 13 herbs for staying young and disease free; natural preventative and treatment options for age-related ailments including heart disease, cancer, Alzheimer's, arthritis and osteoporosis; how to make 76 anti-ageing elixirs; eating plans; and lifestyle strategies.

Provides herbal remedies drawing upon Asian and Western traditions for gastrointestinal, cardiovascular, nervous system, endocrinological, musculoskeletal, ophthalmological, and immune disorders.

Offers advice on herbal healing, includes an encyclopedic review of health conditions that herbal medicine can help, and discusses 180 herbs with information on dosages, food and drug interactions, benefits, and side effects.

This study discusses 100 plants from the upper Midwest, detailing their edible and medicinal uses. Each monograph lists the plant's descriptive features, habitat, chemical constituents, edibility, medicinal uses, and cautions for use. The medicinal section shows how the plant has been used by various cultures throughout history. Extensive introductions, glossary, 800+ bibliographic references, indeed, and 48 pages of color plates.

A reference to the medicinal plants and herbs of Eastern and Central North American includes specific remedies for asthma, headaches, colds, stomachaches, depression, and many other common ailments.

It turns out that Mother Nature is a brilliant chemist. Our ancestors have used indigenous herbs in daily life for thousands of years due to these plants' ability to heal and promote good health. Now modern science has identified the compounds that give herbs their medicinal qualities, scent, and flavor. The extraordinary diversity of herbal plants has the potential to improve our health and well-being, and we are wholeheartedly incorporating herbs, both fresh and dried, into our lifestyles—for well-being, healing, gardening, beauty, ceremony, and a richer, fuller life. Presented in three parts, Rodale's 21st-Century Herbal first explores the historical relationship between people and herbal plants and how it has evolved over time. In the second part, readers will delve into an A-to-Z encyclopedia of 180 of the most useful herbs from around the globe, not only familiar herbs like bilberry and nasturtium, but also cutting-edge herbs from other cultures, like red bush tea

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and maca, that are now available in the West. The final section highlights how herbs create a "fuller" life and features herbal cooking techniques, ways to use herbs for beauty and the bath, ideas for daily herbal use (such as green cleaning, fragrances, decor, smudging, and dyeing), gardening and growing how-tos (with illustrated garden designs), and advice for holistic herbal pet care.

This volume brings together a collection of papers by some experts in medicinal plants. It is presented as a contribution to clarifying the many policy and technical issues associated with the conservation, use, production and trade of medicinal plants. This publication draws attention to the huge contribution of medicinal plants to traditional and modern health care systems, but also alert the readers on the many problems and challenges facing their sustainable development, such as: assessment and management of the medicinal plant resource base; best harvesting and processing practices; trade issues and aspects dealing with the intellectual property rights on traditional medicine by indigenous peoples. The use of this document will help raise the awareness on medicinal plants as an important forest resource, and will help ensure that medicinal plants are adequately included in forest conservation and utilization programmes.

A reference book for identifying and solving common gardening problems covers pest control, diseases, and proper garden management. Restore balance and help your body manage stress with more than 65 simple adaptogenic recipes. Adaptogens are medicinal herbs, plants, and fungi originally used in centuries-old traditional Chinese and Ayurvedic healing traditions that biologically increase the body's capacity to handle physical, mental, and emotional stress. They adapt to the needs of the body in order to decrease inflammation, restore inner harmony, and promote optimal health. Adaptogens can also increase energy and libido, boost immunity, and fight depression and anxiety. This no-fuss beginner's guide uses these natural supplements in more than 65 delicious smoothies, juices, soups, and stews for a myriad of different health benefits. The book also includes a quick primer on the properties of each commonly-used adaptogen. Ashwagandha and ginseng soothe long-term sources of stress, reishi and astragalus strengthen the immune system, and licorice and tulsi improve gut health, among many others. Recipes range from libido-boosting smoothies with maca root powder, flu-fighting soups, and revitalizing tonics. Set up your mind and body for wellness with adaptogens.

This safe and practical guide brings herbalism into the 21st century-an authoritative handbook to using herbs in your life, from the kitchen to the medicine cabinet to the dressing table. Popular interest in herbs is growing at a fast pace as scientists confirm what herb users have known for centuries: Herbs can play a significant role in healing and preventing disease. Long used as flavorful condiments in our favorite dishes, leading herbalist Kathi Keville uncovers the power of herbs as health and beauty aids. With recommendations from a variety of specialists in natural healing, Herbs for Health and Healing is a comprehensive and authoritative health care guide filled with remedies that have a proven track record.

Reveals the medicinal practices of shamans, herbalists, and healers living in the Amazon rain forest, Peruvian Andes, and India, and provides ways to integrate natural healing into a personal health program.

A healthier life is right at your fingertips - or at least only a few steps from your door! Backyard Pharmacy helps you choose the best "backyard" medicinal plants. All the plants can easily be grown throughout North America by any home gardener, and used for their healing and natural-remedy properties! Author Elizabeth Millard shares her deep knowledge of what to add to your garden to grow your own medicine cabinet to enhance your health. Each featured plant profile includes: - A detailed full-color photograph of the plant and key preparation steps. - Brief histories and descriptions of the plants (including recommended varieties). - The most efficient way to cultivate, care for, and harvest your plant. - Which parts are the most medicinal. - A profile of your plant's health and nutritional properties. - The current state of scientific

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research on the plant. - The best practices for any plants requiring special harvesting, storing, or preparation. - The most effective use of the plant as a remedy, and any precautions you should take. Richly illustrated with 200 photographs, Backyard Pharmacy not only includes photography of the plants, but also images demonstrating step-by-step preparation, harvest, and storage methods to get the best results from your gardening efforts. Take control of your health. Learn about the benefits of herbs and "backyard friends" and natural health remedies for yourself and your family, and even grow them right in your own backyard.

Previously classified studies from the former Soviet Union reveal the emergence of an herbal superstar, *Rhodiola rosea*. From two respected physicians comes an authoritative new book that explores the amazing healing powers of *Rhodiola rosea*. Compelling scientific evidence about this commonly available herbal supplement confirms its ability to help: - Melt away extra pounds - Combat fatigue - Sharpen memory and concentration - Enhance physical performance - Strengthen immune function - Protect against heart disease and cancer As more people turn to *Rhodiola rosea* to improve their health and vitality, they will look for a trustworthy, authoritative resource to answer all their questions. The *Rhodiola Revolution* is that resource, providing the latest news from the front lines of research as well as clear instructions on using the herb for maximum medicinal effect.

Provides information on the history, uses, range, and characteristics of more than one hundred herbs, and offers tips on growing them A full color illustrated guide to growing and using herbs to enhance your health and your cooking. This beautifully illustrated, complete guide to herbs unlocks the secrets of these wonder plants—from planting and harvesting to cooking and storing—including their health benefits. Now you can discover the joy and pleasure of growing your own herbs—for spicing up meals, creating crafts, treating ailments, and more. In this comprehensive and beautifully illustrated herbal guide you'll find information on their history, cultivation, propagation, and harvesting, along with a wealth of great ideas for using herbs everyday in a variety of ways. This guide unravels the mysteries of these versatile plants, with savvy tips and simple formulas for maximizing their powers. Did you know? · Mint can repel ants, flies, mice, and moths · Garlic can seriously lower cholesterol · Chives, fennel, tarragon, thyme, oregano, and winter savory are perennials · Rosemary was used in the Middle Ages for its tranquilizing effects, and it is still a digestion aid

America's "herbal laureate" and author of "The Green Pharmacy" now shares his personal prescription for 13 miracle herbs. 20 illustrations.

Gathers the techniques of three hundred natural healers to offer insights into alternative treatments for almost one hundred and fifty common health complaints, from acne to wrinkles.

More than 2,000 complete and concise descriptions of herbs, illustrated by more than 275 line drawings, offer natural aids to health and happiness. Includes tips on growing, botanical medicine, seasoning, and much more.

Simple, safe, and effective herbal remedies for women of all ages. For centuries women have turned to herbs to cope with a wide variety of health problems and conditions. Comprehensive and easy-to-use, *Herbal Healing for Women* explains how to create remedies—including teas, tinctures, salves, and ointments—for the common disorders that arise in the different cycles of a woman's life. Covering adolescence, childbearing years, pregnancy and childbirth, and menopause, Rosemary Gladstar teaches how herbs can be used to treat the symptoms of conditions such as acne, PMS, morning sickness, and hot flashes. A complete women's health-care manual, *Herbal Healing for Women* discusses: -common disorders and the herbs that are effective for treating them

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-how to select and store herbs -preparation of hundreds of herbal remedies -an alphabetical listing of herbs, including a brief description of the herb, the general medicinal usage, and when necessary, warnings about potential side effects. By explaining the properties of specific herbs and the art of preparation, Rosemary Gladstar demonstrates not only how to achieve healing through herbs but good health as well.

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.

Where there's a symptom, there's also a homegrown cure. With just a windowsill, container, or small space, it's easy to grow an instant herbal remedy. Whether it's a cough, heartburn, joint pain, or neuralgia, readers will discover how easy it is to treat 40 ailments and conditions using herbs and herbal preparations they grow and make themselves. With inspiration found in science, tradition, and modern herbalistic practices, *Grow It, Heal It* touts the healing power of more than 50 herbs—from anise hyssop to yerba mansa. Two of the nation's premiere herbalists share growing, harvesting, and healing advice in this easy-to-use and friendly guidebook for herbal newbies, featuring teas, tinctures, salves, poultices, compresses, and aromatherapy. Among the many benefits of growing do-it-yourself remedies, readers will discover the convenience of preparing healing potions and salves when they're most needed; the advantage of having organic, fresh, and high-quality herbs they've nurtured themselves; and how empowering it is to engage in self-care and why that's important to the healing process. Growing herbs at home allows readers to take an active role in their own health care.

This encyclopedic book contains, in practical and easy-to-understand form, every conceivable use for essential oils and aromatherapy in everyday life. The author, a practicing aromatherapist for more than twenty years, unlocks the power of essential

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oils in more than 600 original recipes, most needing only a few essential oils. Unlike over-the-counter products, the recipes you make yourself contain no harmful preservatives. Most basic needs can be covered with just ten essential oils.

Well-respected herbalist David Hoffmann's comprehensive and practical guide to herbal medicine. • Discusses the history and modern practice of herbalism, including Chinese, Native American, and Welsh influences. • Includes a practical reference section listing the effects of various herbs, with prescriptions on how to use them for a wide range of illnesses. • Covers the fundamentals of growing, drying, storing, and cooking with herbs. • Over 45,000 copies of previous edition sold. This compendium of medical herbalism by one of the most eminent herbalists practicing today is both comprehensive and practical. Answering basic as well as complicated questions about herbal medicine, it provides both the novice and the experienced practitioner with a reliable framework in which to develop their herbal skills. A discussion of the history and modern practice of herbalism, encompassing the influences of Welsh, Chinese, and Native American herbal medicine is followed by a practical reference section that lists the various actions herbs have on the body (carminative, anti-inflammatory, etc.), with examples of herbs and their mode of activity in each category. Herbal prescriptions for various illnesses are also organized under the main systems of the body so that information can be quickly and easily referenced. A final section covers the fundamentals of growing, drying storing and cooking with herbs, as well as the making of infusions, decoctions, oils, and ointments. The author also provides helpful introductions to aromatherapy and plant medicines.

From a top world authority, the ultimate guide to using herbs to cure and prevent disease.

Hundreds of tips to help you boost immunity, fight fatigue, ease arthritis, and protect your health.

Consisting of more than nine hundred entries, gives information about each herb and presents their usefulness in cooking and homeopathy. An eloquent and engaging account of the use of herbal medicine from prehistoric times to the present. Newly revised to include the latest developments in the field of herbal medicine, this classic bestseller presents a fascinating account of the ideas that have shaped the course of medicine and pharmacology in the Western world.

In addition to descriptions of numerous herbs, recipes and planting and landscaping tips are offered

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