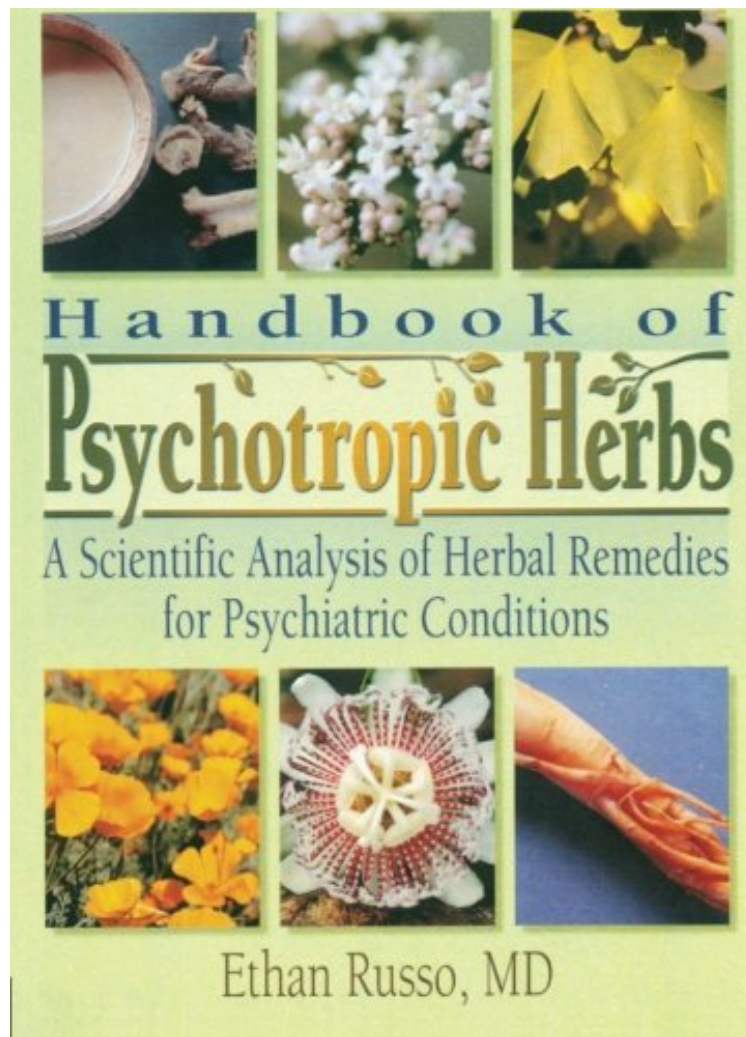


(Free download) Handbook of Psychotropic Herbs: A Scientific Analysis of Herbal Remedies for Psychiatric Conditions

Handbook of Psychotropic Herbs: A Scientific Analysis of Herbal Remedies for Psychiatric Conditions

Ethan B Russo, Virginia M Tyler
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Ethan B Russo, Virginia M Tyler : Handbook of Psychotropic Herbs: A Scientific Analysis of Herbal Remedies for Psychiatric Conditions before purchasing it in order to gage whether or not it would be worth my time, and all praised Handbook of Psychotropic Herbs: A Scientific Analysis of Herbal Remedies for Psychiatric Conditions:

8 of 8 people found the following review helpful. Good introductionBy Dr DaveThis is a good general introduction to psychotropic herbal medicine. Although it is becoming somewhat dated, it presents the various herbs according to the conditions for which they are generally used, e.g. for depression, anxiety, insomnia, etc. What is lacking is a general introduction to the science of pharmacology and neurology, but that would have turned it into a text book instead of a

reference book. I appreciated his candor in discussing the impact of lack of regulation in the US vs Europe, and the wealth of references to good, and sometimes not so good scientific trials of various herbs. It can no longer be said that there is insufficient proof of efficacy for herbal medicine, although he is clear that more needs to be done to fully understand the mode of action(s) of some of the chemicals naturally occurring in herbs. But this is a good place to start for beginning reading in this subject. I'm glad I started with Russo's work. It would be great if he prepared a newer edition citing studies conducted in the decade since his work was prepared and published. 4 of 12 people found the following review helpful. My expectation were higher then the book can offer. By Rico Riche There are no many books about Phytotherapy (Fitotherapy), in the West, written by those with a shaman background or those who can have a independent eye from the Western Medicine. This book is too inside the Western Medicine, which isolates everything. As a primary information, it is ok. 0 of 6 people found the following review helpful. Handbook for Psychotropic Herbs: A Scientific Analysis of Herbal Remedies for Psychiatric Conditions By J. Vrieling I was quite please to get this book. It appears to be well written. I received it in a timely fashion. It will take me some time to digest the contents. I don't agree with the use of Cannabis. That topic is a little too controversial and I would not have included that in this book. As a psychiatrist I have seen more harm than benefit from its use.

Discover herbal alternatives for the treatment of psychological disorders! Reliable and fact-filled, the Handbook of Psychotropic Herbs: A Scientific Analysis of Natural Treatments for Psychiatric Conditions offers psychiatrists, psychologists, counselors, physicians, and students in these fields a comprehensive review of the history, pharmacology, chemistry, and uses of medicinal herbs. A valuable resource for understanding today's unregulated herbal marketplace, this essential guide examines such herbs as ginkgo, ginseng, kava kava, linden, German chamomile, St. John's wort, and valerian, among others. The Handbook of Psychotropic Herbs will help you make a well-informed decision on what herbal treatments may be effective and safe for patients, or for you! Figures show that 30 percent of American adults use herbs. The Handbook of Psychotropic Herbs investigates the medical value of over 30 well-known herbs through in-depth evaluations that will give you a fuller understanding of the uses and misuses of these natural remedies. This invaluable guide examines the history, use, and research findings of each herb. The Handbook of Psychotropic Herbs lists the effectiveness of each herb, guidelines for its use, and any precautions you need to be aware of, and also includes the author's recommendations on approved dosages. Containing cutting-edge information about herbal medicine, the Handbook of Psychotropic Herbs will assist readers in making intelligent choices about buying and using herbs. Some of the herbs discussed in this reliable and fact-filled book include: California poppy Chinese and American ginseng kava linden German and Roman chamomile St. John's wort lavender damiana passion flower plus many more! The Handbook of Psychotropic Herbs contains the history, use, phytochemistry, laboratory and clinical studies, and consumer and physician information for each of these widely-used herbs. This important book will help you better understand the role of plants in human psychopathophysiology and its treatment, enlightening you about alternative and proven herbal options for medical care. A Behavioral Science Book Club Main Selection!

"...OF GREAT VALUE...should be in the possession of all physicians treating patients seeking alternatives to conventional pharmaceutical therapy." -- Denis J. Petro, MD, neurologist and clinical pharmacologist in private practice "A NEAT AND UNDERSTANDABLE PRESENTATION..." -- Rudolf Brenneisen, PhD, Professor, Department of Clinical Research, University of Bern, Switzerland "A REMARKABLE REFERENCE SOURCE for factual information on over a score of medicinal herbs..." -- Dr. Alexander T. Shulgin, experimental neurochemist "A THOROUGH OVERVIEW OF HERBAL REMEDIES..." -- Constance Grauds, RPh, President, Association of Natural Medicine Pharmacists, San Rafael, California "BRINGS A FRESH VOICE TO THE FIELD OF HERBAL MEDICINE...complete with a glossary and extensive bibliography." -- John McPartland, DO, MS, University of Vermont "COMPREHENSIVE AND SCIENTIFICALLY SOUND. A must read for those interested in herbs with psychotropic properties." -- Lester Grinspoon, MD, Associate Professor of Psychiatry, Harvard Medical School, Massachusetts "SOUND ADVICE on the rational use of safe and effective herbs to help alleviate a wide range of neurological disorders..." -- Mark Blumenthal, Founder and Executive Director, American Botanical Council; Editor, HerbalGram; Senior Editor, The Complete German Commission E Monographs From the Publisher Use effective herbal medications to treat psychological disorders!