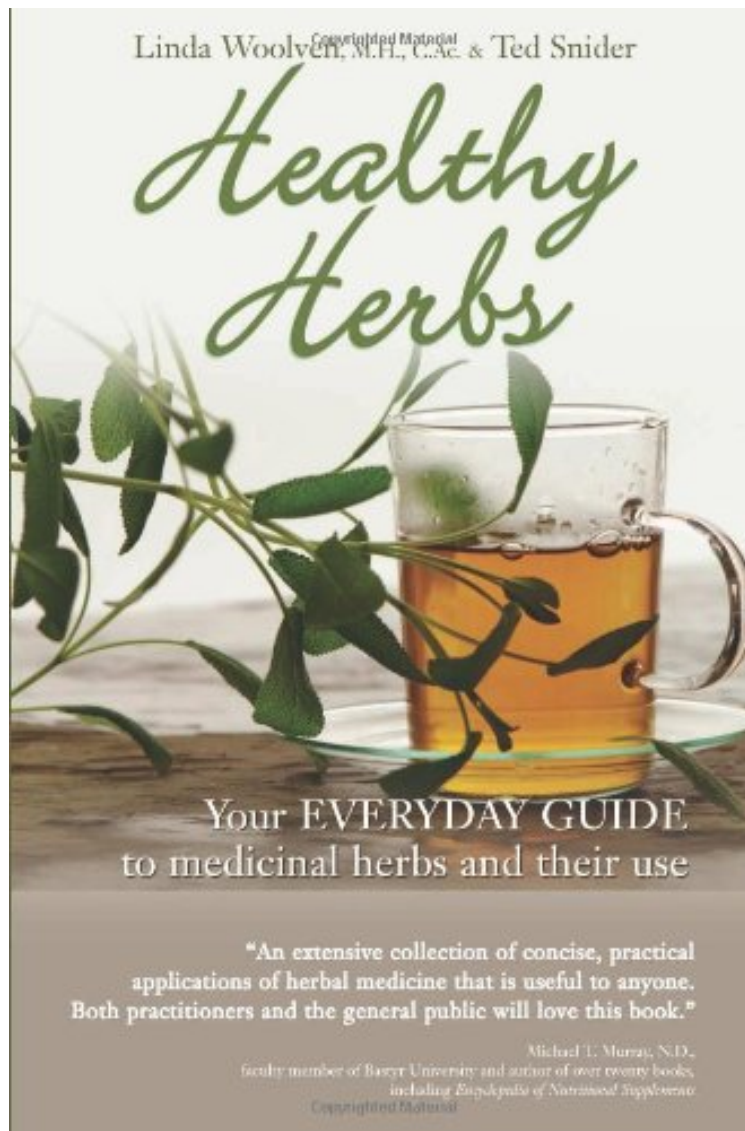


[Ebook pdf] Healthy Herbs: Your Everyday Guide to Medicinal Herbs and Their Use

Healthy Herbs: Your Everyday Guide to Medicinal Herbs and Their Use

Linda Woolven, Ted Snider
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Linda Woolven, Ted Snider : Healthy Herbs: Your Everyday Guide to Medicinal Herbs and Their Use before purchasing it in order to gage whether or not it would be worth my time, and all praised Healthy Herbs: Your Everyday Guide to Medicinal Herbs and Their Use:

1 of 1 people found the following review helpful. Very informative and interesting By Debbie "Healthy Herbs" is a reference book for the use of medicinal herbs. Most of the herbs are easily available at health food stores, and the rest

can be found online. The authors assume you're going to buy these herbs at a store, so they gear their information that way even if it's a plant that you can find growing wild. The herbs are listed by name, so you can look them up or just read through the whole book like I did. For each herb, we're told the scientific research involving the herb--what it's good for and how to use it. This often matches the traditional uses for the herb. They included dosing information for taking the herb as a tea, extract, tincture, or pill and any safety information about using it with other medications or during pregnancy and breastfeeding. I've repeatedly read how whole herbs have few to no side effects (unlike the "active ingredient only" drugs that are based on them), so I'm interested in using herbs medicinally. I found this book to be very helpful, informative, and interesting. 0 of 0 people found the following review helpful. Three Stars By peggialready knew most of the stuff they wrote about 0 of 0 people found the following review helpful. Five Stars By AZ Tammy A must have for any beginner herbalist!

Master herbalist Linda Woolven and Natural Path publisher Ted Snider have assembled a completely up-to-date guide to medicinal herbs that is comprehensive and immensely practical. *Healthy Herbs* brings a refreshing simplicity to an enormous body of medicinal herbal knowledge. The book identifies which herb is best for what condition while providing: Clear instruction on the safe and effective use of each herb Only herbs that are readily available in North America Up-to-date information on herbal science in straightforward, jargon-free language Authoritative home-use instruction Teas, tinctures, infusions, decoctions, pills, and liquids.

Advance praise for *Healthy Herbs*: "An extensive collection of concise, practical applications of herbal medicine that is useful to anyone. Both practitioners and the general public will love this book." -- Michael T. Murray, N.D., author of over twenty books, including *Encyclopedia of Nutritional Supplements* and *The Healing Power of Herbs*. He is also president of the Canadian Association of Herbal Practitioners and director of Wild Rose College of Natural Healing. "It is good to see a new herb book on the Canadian market that is both credible and user friendly. Linda Woolven and Ted Snider have been able to walk the fine balance of giving enough new information to make this new volume truly useful for the general public, but not so technical that it is hard to read. I highly recommend this book as a good addition for anybody's bookshelf, no matter if herbal medicine is a casual affair or a serious pastime. This book can replace many hours of research for herbal enthusiasts." -- Terry Willard CIH. Ph.D., president of the Canadian Association of Herbal Practitioners and director of Wild Rose College of Natural Healing. "This is a wonderful little herb book! The authors have taken the wisdom of herbal lore, blended it with clinical trials and scientific studies, and presented it all in simple, easy to read language. There's just enough information about each plant to be informative but not over whelming. Rather like a well laid out herb garden, it's richly abundant with what's essential about herbalism" -- Rosemary Gladstar, herbalist and author of *Herbal Healing for Women* and the *Gladstar Family Herbal*. "This is one of the most thorough and easy-to-use guides to herbal supplements available today. It provides clear and reliable information on safe and effective use of common herbs, including potential drug interactions." -- Donald Brown, N.D. is a leading authority on evidence-based herbalism, author of *Herbal Prescriptions for Health and Healing* and coauthor of *The Natural Pharmacy*, 2nd edition, and *The A-Z Guide to Drug-Herb-Vitamin Interactions*. "If your bookshelves are like mine - overcrowded - then you are probably careful about which books you allow to stake claim. *Healthy Herbs: Your Everyday Guide to Medicinal Herbs and Their Use* may seem to lack the necessary prestige with its unpretentious title and presentation, but it's actually worth the small space it will take up. . . The book is readable and accessible in its language, size, and price." -- HerbalGram, *The Journal of the American Botanical Council* About the Author Linda Woolven, a master herbalist and a certified Acupuncturist, is one of Canada's most widely published writers on the subject of natural health, and an avid traveler. She has *Natural Health Practice* in Toronto, where she lives. Linda is the author of *The Vegetarian Passport* and of *Healthy Herbs: Your Everyday Guide to Medicinal Herbs and Their Use*. Ted Snider, with Linda, publish *The Natural Path*, a Canadian leader in trusted, cutting edge natural health information. Visit their web site at www.thenaturalpathnewsletter.com.