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Sweet violet (*viola odorata*) can be made into a syrup that is one of the best herbal remedies known to man for the relief of cold or flu symptoms. Tea made from the flowers makes a powerful pain reliever for sore muscles, body aches, or headaches. It is also a sweet way to relieve insomnia and is a powerful detoxifier by removing toxins from ...

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The Herbal Drugstore: The Best Natural Alternatives to ...

The Herbal Drugstore(1st Edition) The Best Natural Alternatives to Over-the-Counter and Prescription Medicines! by Linda Blachly White, Steven Foster Hardcover, 610 Pages, Published 2000 by Rodale Books ISBN-13: 978-1-57954-134-7, ISBN: 1-57954-134-8

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Written by Prof. Pulok K Mukherjee, a leader in this field; the book highlights on various methods, techniques and approaches for evaluating the purity, quality, safety and efficacy of herbal drugs. Particular attention is paid to methods that assess these drugs' activity, the compounds responsible and their underlying mechanisms of action.

Quality Control and Evaluation of Herbal Drugs - 1st Edition

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Profiles nearly sixty herbs, covering applications, dosage, medical equivalents, drug/herb and herb/herb interactions, safety, sources, and preparation.

A comprehensive guide to herbal remedies by two of the most trusted authorities on the subject includes information about the most popular herbs, an A-to-Z handbook of common symptoms and ailments, dosage tips and precautions, and a variety of home andA comprehensive guide to herbal remedies by two of the most trusted authorities on the subject includes information about the most popular herbs, an A-to-Z handbook of common symptoms and ailments, dosage tips and precautions, and a variety of home and herbal remedies, vitamin therapies, and dietary supplements. Reprint. herbal remedies, vitamin therapies, and dietary supplements. Reprint.

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).

The wait is over for a practitioner-oriented guidebook instructing on efficacious herbal preparation. Drawing heavily upon vintage western pharmacopoeias, *Advanced Herbal Pharmacy* uncovers and brings forth what was considered common knowledge to turn of the century (19th/20th) pharmacists/chemists; that is, how to prepare effective herbal medicines with efficiency and without overly elaborate equipment. These well-prepared herbal medicines (or rather 'organic drugs') went on to successfully treat a variety of dysfunctions, some of which modern medicine struggles with, even to this day.

The Herbal Apothecary How To Make Your Own Natural First-Aid And Illness Kit The book goes over the several different medicinal aspects that you need to deal with in order to replace most of your pharmaceutical grade medicines with their more natural counterparts. As the pharmaceutical industry grows more untrustworthy day-by-day, you want to be certain that if the medicines of today are gone by tomorrow then you have your own medicines at home to treat you and your family in their stead.

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.

What Your Doctor Won't Tell You-Why Herbal Antivirals Really Work! Have you ever suffered from a viral infection? If you have, it's certainly an experience you won't forget. Whether in your own country or disastrously struck down mid-vacation, you likely wished that you'd taken an anti-viral shot, or at least a course of medication. Your thinking is correct-but synthetic medicine isn't your only defence! The truth is that there are natural remedies on the market-and in your back yard-that you can use today to fight the same bugs just as effectively without all the aching symptoms of traditional western medicine. Herbal Antivirals shows you how to properly prepare, dose and take these natural medicines yourself-and you can even grow them in your garden! Not only you can save hundreds, even thousands of dollars, you're also lessening your impact on the environment while treating yourself with natural ingredients that you have sourced yourself. In this book, you'll discover that creating your very own herbal antivirals isn't complicated. You can easily teach yourself to treat viral infections with natural medicines that give your body what it NEEDS, without the excess chemicals. With the 45 most valuable herbs comprehensively indexed for creating potent natural antibiotics and herbal antivirals, this is a book that helps you become your own doctor. Fully illustrated with pictures, as well as details on common use, preparation method and dosage, knowledge is finally at your fingertips. Remedies for the most common ailments and recipes are included as a BONUS, as well as a FAQ to answer your herbal antiviral questions. What will Herbal Antivirals teach you? Content includes: * Common treatments for viral infections * Discover how do herbal antivirals work as well as synthetic medicine? * Where to find the herbs you need! * Best herbal treatments for common ailments (from warts to chronic hepatitis B) * When, how, and why to use natural remedies * 5 Key Essential Oils with Natural Antiviral Properties * Consult a "cheat sheet" for fighting infections naturally with the right herbal medicine. * What are the most effective plant-based herbal antivirals? * What herbal antivirals are considered safe when pregnant or breast feeding? * And much more! BIG Pharma hates books like these coming out because it dents their profits while educating you about the potential dangers of synthetic medicine. The truth is simple: You can prepare and use herbal remedies to address your health issues and boost your immunity the natural way! Would You Like To Know More? Add Herbal Antivirals to your shopping cart now to download straight away and discover Mother Nature's biggest gift and how you can start to use it with yourself, family and loved ones. Scroll to the top of the page and select the buy button.

Detailed and evidence-based, this comprehensive guide presents interactions between drugs and herbs and selected herbs and nutrients, including foods and dietary factors. The material looks in detail at the mechanisms of interaction and assesses the research available. Extensive references are also provided and key references are thoroughly annotated.

With over 50,000 distinct species in sub-Saharan Africa alone, the African continent is endowed with an enormous wealth of plant resources. While more than 25 percent of known species have been used for several centuries in traditional African medicine for the prevention and treatment of diseases, Africa remains a minor player in the global natural products market largely due to lack of practical information. This updated and expanded second edition of the Handbook of African Medicinal Plants provides a comprehensive review of more than 2,000 species of plants employed in indigenous African medicine, with full-color photographs and references from over 1,100 publications. The first part of the book contains a catalog of the plants used as ingredients for the preparation of traditional remedies, including their medicinal uses and the parts of the plant used. This is followed by a pharmacognostical profile of 170 of the major herbs, with a brief description of the diagnostic features of the leaves, flowers, and fruits and monographs with botanical names, common names, synonyms, African names, habitat and distribution, ethnomedicinal uses, chemical constituents, and reported pharmacological activity. The second part of the book provides an introduction to African traditional medicine, outlining African cosmology and beliefs as they relate to healing and the use of herbs, health foods, and medicinal plants. This book presents scientific documentation of the correlation between the observed folk use and demonstrable biological activity, as well as the characterized constituents of the plants.

Take control of your health with herbal antivirals. As traditional medications become less effective against today's potent and aggressive viruses, natural alternatives are proving capable of fighting off many common viral threats. Stephen Harrod Buhner offers in-depth instructions on how to prepare and use herbal formulations to prevent and treat infections such as SARS, influenza, and encephalitis. These natural remedies will fight off disease and strengthen your immune system, keeping your family healthy and happy.

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