



Principles and Practice of Phytotherapy: Modern Herbal Medicine, 1e

By Simon Mills MCPP FNIMH MA, Kerry Bone MCPP FNHAA FNIMH DipPhyto Bsc(Hons)

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This book provides a detailed, practical and, where possible, research-based rationale for the use of herbal treatments in a wide variety of clinical conditions and problems. Through the filter of current scientific literature, the authors have reevaluated traditional use of herbal remedies and present realistic guidelines for modern practice. A uniquely authoritative guide to applying herbal medicines as serious options for the treatment of some of the most troublesome conditions seen today.

In particular, this book gives:

- * A clear description of the principles and foundations for the practice of phytotherapy
- * In-depth and detailed profiles of over 45 herbs, reviewing pharmacology, research, and traditional use
- * Therapeutics for actual disease states, supported by case histories
- * Coverage of challenging issues such as dosage, safety, and drug-herb interactions

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- Sales Rank: #1165464 in Books
- Published on: 1999-11-29
- Original language: English
- Number of items: 1
- Dimensions: 1.49" h x 7.75" w x 9.96" l, 3.68 pounds
- Binding: Hardcover
- 648 pages

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