



# 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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