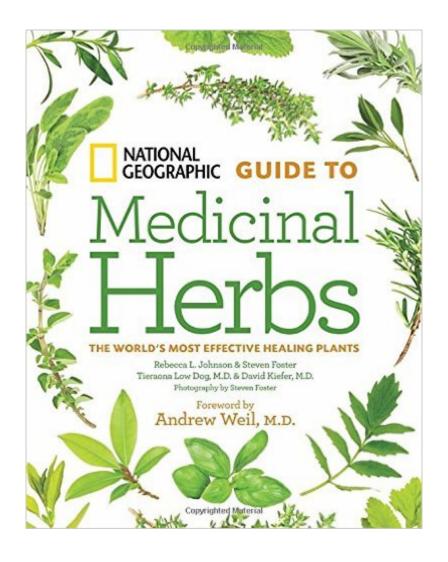
The book was found

National Geographic Guide To Medicinal Herbs: The World's Most Effective Healing Plants





Synopsis

"Because I have long worked to make accurate information on botanical remedies available to consumers as well as to doctors, pharmacists, and allied health professionals, I am delighted to see the appearance of the National Geographic Guide to Medicinal Herbs. This excellent guide is the work of a team of highly gualified botanical and medical experts, including two of my colleagues from the Arizona Center for Integrative Medicine. It offers reliable, up-to-date, practical information about 72 of the most important medicinal herbs." -- Andrew Weil, M.D., from the ForewordThere is a world of health and healing all around you--in your spice rack, your backyard, and on the shelves of health food and grocery stores. This informative guide is a reference you will keep at the ready, connecting 72 of the world's most common and useful medicinal herbs with the body systems they help and heal. Eight chapters focus on body systems: 1. Mental Health & the Nervous System 2. Respiratory System3. Heart & Circulation4. Digestive System5. Joints, Muscles & Skin6. Urinary & Male Health7. Female Health8. Wellness & PerceptionEach chapter begins with an overview of how plants can bring health to that part of the body, with stories about traditional herbal remedies from around the world and current scientific findings on herbal remedies for specific illnesses. Then each chapter highlights nine plants, combining botanical and medical information--therapeutic uses, effectiveness, preparations, cautions, and advice, including a round-up of current science about the active ingredients in the plant. Every chapter includes a photo gallery showing how one of its herbs is cultivated and processed commercially--the story behind the contents of that bottle you buy in the store. Special features include "Over the Kitchen Counter"--quick and easy ways to use herbs in your everyday life, and time lines for every herb, showing how today's use of herbal remedies collects wisdom from the centuries and around the world. A functional appendix includes an illustrated index to all the plants in the book, an ailment-by-ailment therapeutic index, a glossary. and an index.

Book Information

Hardcover: 400 pages Publisher: National Geographic; 1 edition (March 6, 2012) Language: English ISBN-10: 142620700X ISBN-13: 978-1426207006 Product Dimensions: 7.9 x 1.1 x 10 inches Shipping Weight: 3.1 pounds (View shipping rates and policies) Average Customer Review: 4.7 out of 5 stars Â See all reviews (63 customer reviews) Best Sellers Rank: #108,165 in Books (See Top 100 in Books) #150 in Books > Health, Fitness & Dieting > Alternative Medicine > Holistic #239 in Books > Health, Fitness & Dieting > Alternative Medicine > Herbal Remedies #515 in Books > Health, Fitness & Dieting > Alternative Medicine > Healing

Customer Reviews

I truly love this book. I am unable to give it 5 stars due to the charts in the back of the book that serves as a reference guide is not exactly correct for all listings. With this being said, don't expect to look up a particular herb and successfully go directly to the page indicated in the chart - you may have to look around for it and correct the listing in your book for future reference!!

A wonderful book and reference!!! Great photos and illustrations too!!! It is full of great information including history of the herb usage, etc... Very easy to read and understand...def recommend this book!!!!!!!!

the best book i have read on herbs. it is easy to find out what herbs you should take for your health problems and how safe and effective each herb is.

Very solid book. I like the Desk Reference to Natures Medicine better so that is the real reason to give 4 stars. Would have like better cross referencing for use (like an index or appendix that was clear & concise).

It is an informative and interesting reference source. You can pick it up read about one particular plant and feel like an expert. The indexes provide easy access to the information presented. A must for anyone who is serious about learning more about medicinal herbs.

I'm a great fan of Dr. Low Dog, and this guide is a must-have. It's readable, and makes it easy to research a specific herb or health issue. It's a pretty book with excellent photos, but I expect nothing less from National Geographic.

best herb book ever. Everyone should have one in their home library. Have recommended to friends and purchased for friends.

EXCELLENT quick guide to important herbs. Very readable, with very nice pictures. This is not a detailed-review kind of book. It's more like a quick illustrated overview of the major herbs, what they are used for, and their potential drawbacks. If you want a good introductory book on herbal medicines, this is a very good place to start. Please remember, this is ONLY the beginning. There is much more to know about every plant, herb and tree in the book. But National Geo did a very nice job with this book!!

Download to continue reading...

Medicinal Herbs: Discover 12 Powerful Medicinal Herbs You Can Immediately Start Growing In Your Garden (Herbal Remedies, Alternative Medicine, Healing Herbs, Growing Herbs) Herbs: Everything You Need To Know About Medicinal And Culinary Herbs: (Growing Herbs, Herbs For Health And Healing, Herbs For Weight Loss, Herb Gardening) National Geographic Guide to Medicinal Herbs: The World's Most Effective Healing Plants Air Plants: A Beginners Guide To Understanding Air Plants, Growing Air Plants and Air Plant Care (Air Plants, Ornamental Plants, House Plants) How To Dry Herbs: The Ultimate Guide To Drying Herbs At Home For Better Health And Nutrition (Preserving Herbs, Drying Food, Herbs And Spices) GROWING HERBS: How to Grow Low cost Indoor and Outdoor Herbs in containers, for Profit or for health benefits at home, Simple Basic Recipes (How to grow herbs, growing herbs for beginners) DIY Herbal Gardening -Learn The Benefits Of Planting The Top 5 Medicinal Plants (Herbal Gardening, DIY Herbal Gardening, Medicinal Plants, Herbal Medicines, Herbal Cure) Rosemary Gladstar's Medicinal Herbs: A Beginner's Guide: 33 Healing Herbs to Know, Grow, and Use A Field Guide to Western Medicinal Plants and Herbs (Peterson Field Guides) The Complete Illustrated Encyclopedia of Magical Plants, Revised: A Practical Guide to Creating Healing, Protection, and Prosperity using Plants, Herbs, and Flowers The Complete Medicinal Herbal: A Practical Guide to the Healing Properties of Herbs, with More Than 250 Remedies for Common Ailments Healing: Reclaim Your Health: Self Healing Techniques: Fasting, Meditation, Prayer, Healing Medicine, and Energy Work (Channeling, Shamanism, Chakra Healing, ... Qigong Healing, Ayahuasca Book 1) Crystals and Gemstones: Healing The Body Naturally (Chakra Healing, Crystal Healing, Self Healing, Reiki Healing) Foye's Principles of Medicinal Chemistry (Lemke, Foye's Principles of Medicinal Chemistry) The Herbal Lore of Wise Women and Wortcunners: The Healing Power of Medicinal Plants Foraging: A Guide to Discovering Delicious Edible Wild Plants and Fungi (Foraging, Wild Edible Plants, Edible Fungi, Herbs, Book 1) National Geographic Angry Birds Furious Forces: The Physics at Play in the World's Most Popular Game How to Propagate 375 Plants: An illustrated

directory of flowers, trees, shrubs, climbers, water plants, vegetables and herbs, with 650 photographs Container: Herb Gardening, Made Easy: How To, Grow Fresh Herbs, At Home, In Pots (Beginners, Guide, Green House Plan, Medicinal, Homegrown Use, Natural ... Tiny House, Backyard Farming Book 5) Herbs for Hepatitis C and the Liver (A Storey Medicinal Herb Guide)