

The Complete Guide Medicinal Herbal: Herbal Remedies for Common Ailments

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Abstrak

Informative and authoritative this is the first fully illustrated practical guide to the healing properties of herbs. The beautifully photographed page-by-page A to Z of over 120 medicinal herbs includes plants with therapeutic properties and shows all the parts used medicinally with descriptions of their traditional uses. Each entry also details the plant's active ingredients and its therapeutic applications from exotic ma Huang used in China against asthma for 5 000 years to the humble cabbage which in clinical trails has demonstrated its effectiveness for stomach ulcers. Herbal home remedies A section on herbal remedies explains how to make and take herbal remedies and offers over 250 safe treatments to help alleviate common complaints from coughs colds and headaches to skin conditions digestive problems and stress. Real-life case studies highlight how herbal remedies work. A special feature shows a full herbal kit for the home and there is practical advice on when to consult a medical herbalist: The Complete Medicinal Herbal is a highly practical handbook as well as a visual sourcebook for anyone wishing to explore and derive benefit from the healing properties of herbs.