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championed natural health and integrative medicine for nearly thirty years she has written coauthored  
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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.

For 1,600 years Dioscorides (ca. AD 40–80) was regarded as the foremost authority on drugs. He knew mild laxatives and strong purgatives, analgesics for headaches, antiseptics for wounds, emetics to rid one of ingested poisons, chemotherapy agents for cancer treatments, and even oral contraceptives. Why, then, have his works remained obscure in recent centuries? Because of one small oversight (Dioscorides himself thought it was self-evident): he failed to describe his method for organizing drugs by their affinities. This omission led medical authorities to use his materials as a guide to pharmacy while overlooking Dioscorides' most valuable contribution—his empirically derived method for observing and classifying drugs by clinical testing. Dioscorides' *De materia medica*, a five-volume work, was written in the first century. Here revealed for the first time is the thesis that Dioscorides wrote more than a lengthy guide book. He wrote a great work of science. He had said that he discovered the natural order and would demonstrate it by his arrangement of drugs from plants, minerals, and animals. Until John M. Riddle's pathfinding study, no one saw the genius of his system. Botanists from the eighteenth century often attempted to find his unexplained method by identifying the sequences of his plants according to the Linnean system but, while there are certain patterns, there remained inexplicable incoherencies. However, Dioscorides' natural order as set down in *De materia medica* was determined by drug affinities as detected by his acute, clinical ability to observe drug reactions in and on the body. So remarkable was his ability to see relationships that, in some cases, he saw what we know to be common chemicals shared by plants of the same and related species and other natural product drugs from animal and mineral sources. Western European and Islamic medicine considered Dioscorides the foremost authority on drugs, just as Hippocrates is regarded as the Father of Medicine. They saw him point the way but only described the end of his finger, despite the fact that in the sixteenth century alone there were over one hundred books published on him. If he had explained what he thought to be self-evident, then science, especially chemistry and medicine, would almost certainly have developed differently. In this culmination of over twenty years of research, Riddle employs modern science and anthropological studies

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innovatively and cautiously to demonstrate the substance to Dioscorides' authority in medicine.

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.

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 and herbal remedies, vitamin therapies, and dietary supplements. Reprint. *herbal remedies, vitamin therapies, and dietary supplements. Reprint.*

Offers advice on herbal healing, includes an encyclopedic review of health conditions that herbal medicine can help, and discusses 180 herbs with information on dosages, food and drug interactions, benefits, and side effects.

The *Pharmacy Guide to Herbal Remedies* is the first in a series of books by Jan de Vries. It is written with a common sense approach and explains how herbal remedies can complement today's lifestyle by combining natural cures with pharmaceutical and orthodox medicines. The book demonstrates that, despite an age and society blighted by modern day diseases, it is possible for every person to maintain and obtain optimum health by combining complementary and orthodox healthcare methods. This book should be in every household as a quick and easy reference guide.

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.

Complementing the guidelines in the *British National Formulary*, the third edition of the Oxford

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Handbook of Clinical Pharmacy remains the indispensable guide to clinical pharmacy, providing all the information needed for practising and student pharmacists. It presents handy practical guidance in a quick-reference, bullet-point format to give the reader the knowledge and confidence needed to provide a clinical pharmacy service. Including key information on controlled drugs, adverse drug reactions, interactions, communication skills, and confidentiality, this extensively revised addition to the bestselling Oxford Handbook series is the fundamental pharmacy reference tool. It features chapters on adherence, anaphylaxis, clinical trials, herbal medicines, palliative care, patient management, pharmaceutical calculations, research, policy, and therapy related issues. Thoroughly revised and updated, the Oxford Handbook of Clinical Pharmacy includes brand new topics, including content on health coaching, residency and on-call, HIV and TB and mental health.

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