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Encyclopedia of herbal medicine andrew chevallier pdf

If you are looking for natural remedies for common ailments, this complete guide has over 550 healing herbs to promote health and wellness. Invite Mother Nature to your garden! Learn how to grow, harvest and make your own treatments with this definitive reference book for medicinal plants. From ginger to lavender and thyme, and even the little dandelion - this book is a complete encyclopedia of herbs and plants and their healing properties. Learn about plant chemistry and how they act as medicine. Create alternative treatments for nearly 200 common health problems in the comfort of your home. Relax with the most natural medicine and become your own herbalist. The helpful instructions are easy to follow so you can start your own medicinal garden with the best know-how. Create the ideal habitat for planting, practice careful cultivation, and know the best time to harvest. The well-thought-out format of the book means that you can search for information by plant names or by ailments. There are 550 essential herbs with a beautiful index of photographic plants discussing their different uses. Learn how to safely and effectively process the right parts of plants to promote holistic, healthy healing. Traditional Medicine with Modern ResearchA treasure trove of information on the history of natural remedies and the many uses of plants. An essential index for any level of herbal experience and support advice for beginners - Extensive photographic index of more than 550 herbs and plants - Description of plants, their active components, and therapeutic properties - Advice on how to grow your own herb garden. Fully updated and authoritative, this revised edition of 'DK's Encyclopedia of Herbal Medicine' makes this classic fully illustrated reference guide even larger and better than the original. With over 550 medicinal plants and the latest scientific research, this volume provides a complete guide to healing with the oldest form of medicine in the world. A single photographic index profiles more than 550 plants, with detailed information on habitat and cultivation, used parts, active components, therapeutic properties and traditional and current uses. A special section profiles 100 of the most common plants, with herbal preparations and recommendations for self-treatment. Guidelines on the cultivation, harvesting and storage of medicinal plants also demonstrate the development of remedies for home use. In addition, accessible text provides a fascinating insight into plant chemistry and its healing properties, explaining how and why they work as medicines within the body. The main traditions of different cultures - Europe, India, China, Africa, Australia and the Americas - are vividly described. A review of herbs from a historical perspective reveals the connection between medicinal herbs and towards healing. Offering extensive coverage of everything herbs are, from cultural traditions to chemical components and self-treatments for common ailments, this Encyclopedia of Herbal Medicine is the ultimate reference for anyone interested in exploring the healing benefits of medicinal plants. Based on the latest scientific research, the Encyclopedia of Medicinal Plants provides a fascinating insight into herbal chemistry and its healing properties, explaining how and why they function as medicines within the body. The main herbal traditions practiced in different regions of the world - Europe, India, China, Africa, Australia and the Americas - are vividly described and reviewed from a historical perspective, revealing the intimate connection between the growth of herbal medicine and the culture in which it is used. A single photographic index profiles more than 550 plants with detailed information on habitat and cultivation, used parts, active components, therapeutic properties, research and traditional and current uses. The profiles of the 100 most commonly used plants also explain herbal preparations and give recommendations for self-treatment. A practical section describes how to grow, harvest and store medicinal plants. The easy-to-follow photo guide shows how to make different types of remedies for home use, with expert guidance on self-treatment of more than 60 common ailments. --JACKET BOOK. Title Summary field provided by Blackwell North America, Inc. All Rights Reserved Andrew Chevallier (Author) Price \$40.00 \$36.80 Publisher DK Publishing (Dorling Kindersley) Publish Release Date July 05, 2016 Pages 336 Dimensions 9.1 X 1.2 X 10.9 inch 3.75 lb English Language Hardcover EAN/UPC 9781465449818 Andrew Chevallier FNIMH, MCPP, is an experienced medical herbalist, healer, and author of books on botanical medicine. He is a member and former president of the National Institute of Medical Herbalists, and a member of the College of Phytotherapy Practitioners. He also helped found the BSc Herbal Medicine (Hons) course at Middlesex University. Spanish Language Nofiction VIEW LIST (7 BOOKS) 6%off &gt; Jump to content 550 Herbs and Remedies for Common Diseases 550 herbs and remedies for common ailments Do you want to use herbs and natural remedies to improve your health and well-being? With the fully updated and revised Herbal Medicine Encyclopedia, you can join the growing numbers that are doing just that. Written by Andrew Chevallier, a member of the National Institute of Medical Herbalists, this herbal medicine book is the unmatched guide to natural healing, with tips you can trust. to grow, harvest and process their own ingredients to create natural remedies, with a strong focus on safety. In this new edition, the latest scientific research is combined with the to give you detailed information on the components and benefits of more than 550 medicinal herbs. The images help you identify and distinguish between plants, while a detailed self-help section shows you how to treat more than 80 common ailments with practical herbal remedies you can make at home. Whether you're a natural health novice or an experienced herbalist, this informational encyclopedia will be a treasured reference on your shelf for years to come. Previous ISBN 9780751312096 9780751312096

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