



The New Complete Book of Herbs, Spices, and Condiments

Carol Ann Rinzler

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This guide offers a way of looking at these seasonings. It presents them as individual health products each complete with the same types of nutritional, chemical and medical benefits and side effects found in any vitamin supplement, prescription drug, or over-the-counter product. This revised edition includes: a new section on herbs, spices, and condiments used as remedies rather than seasonings; current information on herbal health products; and information on hazardous herbs, spices, and condiments. Presented in an A-Z format, each entry includes: basic information about the plant; how it is used as flavouring; how it affects your body; benefits and adverse effects of using the herb spice or condiment; how to use the herb, spice, or condiment properly; plant/drug interactions; and information for women who are pregnant or nursing.

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