



Herbal Medicine: A Beginners Guide to Herbal Remedies for Health and Wellbeing (HERBAL ... MENTAL AND EMOTIONAL WELL-BEING)

(Volume 2)

Mr Dermot Farrell

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Herbal medicine has been around for thousands of years and has effectively treated a great many people. In recent times allopathic pharmaceutical medications have taken over and in the process many of the traditional herbal remedies have fallen by the wayside. However, pharmaceutical medicine often falls short in delivering relief for many ailments, whereas herbal medicine often succeeds where allopathic medications fail! In this book, herbal treatments for many conditions are covered, which includes: Anxiety Allergy Cold and flu Headaches Stomach problems Nausea Acne and skin Arthritis High blood pressure Diabetes Menopause Also in this lengthy and extensive guide, 36 great herbs for health are included, with their actions, interactions and contraindications outlined in detail, as well as the various ways in which you can take them. The herbs for health and wellbeing covered in this book include: KAVA KAVA ST JOHN'S WORT VALERIAN PASSIONFLOWER CHAMOMILE BUTTERBUR QUERCETIN STINGING NETTLE THYME ELDERBERRY GARLIC HONEY GINGER ROOT KAVA KAVA VALERIAN PASSIONFLOWER BUTTERBUR AND FEVERFEW EUCALYPTUS OIL APPLE CIDER VINEGAR PEPPERMINT LEMON CLOVES CUMIN FENNEL BAKING SODA TEA TREE OIL AVOCADO SOYBEAN UNSAPONIFIABLES (ASU) BLACK CURRANT OIL (RIBES NIGRUM) EVENING PRIMROSE FISH OIL CINNAMON CARDAMOM RAUVOLFIA SERPENTINE ALOE VERA BILBERRY EXTRACT FENUGREEK BLACK COHOSH SOY Also, this practical guide provides two appendixes; an appendix, which allow for quick reference to see the various herbal recipes and also an appendix with outlines the benefits of each herb, in a very handy list based table! Read this extensive guide to medicinal herbs, if you want to provide yourself with an extra resource for dealing with a great many health conditions!

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