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A resource organized by body system lists the key herbal remedies available, their uses and cautionary advice, in a book that includes full-color photos, a glossary and several thematic indexes.

From headaches to sore feet, muscle cramps to melancholy: the remedies to many ailments can be found in the world of plants. In this guide, both botanists and medical experts explore the healing properties of herbs and other plants to reveal how they have been used in the past and how they can be used today. A resource organized by body system

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lists the key herbal remedies available, their uses, and cautionary advice, also includes full-color photos, a glossary and several thematic indexes.

National Geographic's guide to 36 "super" herbs such as aloe, echinacea, ginkgo, and peppermint includes a wealth of essential information on the history, culture, folklore, and science of traditional and contemporary herbal medicine in all major culture areas of the world. Emphasizing current research and therapeutic uses, the volume provides an A-Z listing of 36 of the more than 80,000 known medicinal plants around the world. Information about each plant includes traditional and current medicinal uses, common and Latin names, description, habitat, cultivation and preparation, research, and caution alerts. Additional essays on the healing plants of Africa, Australia and New Zealand, Central and South America, China, Europe, India, North America, the Middle East, and Oceania provide insightful glimpses into the fascinating range and diversity of local health practices while also revealing the multifaceted roles that herbalists, healers, and herbal-medicine practitioners play in the lives of their patients.

An illustrated compendium of information on plants and their diverse



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therapeutic properties and benefits brings together folklore, scientific research, and medical theory to describe hundreds of plants, their origins and geographic distribution, cultivation, and medical applications. Reprint. 10,000 first printing.

"Explore healing properties of plants ; discover remedies to ailments ; uncover ways to stay healthy naturally"--Cover.

Offers everything you need to know about how herbs and spices can enhance your cooking and improve your life.

A reference to the medicinal plants and herbs of Eastern and Central North American includes specific remedies for asthma, headaches, colds, stomachaches, depression, and many other common ailments.

Get the how, when, and why of getting better and staying well with homemade remedies that the doctor orders. National Geographic helps you take charge of health care guided by a physician expert in natural healing, herbal medicine, and home remedies. Never have we needed this advice more than now, as worries about hospital-borne infections, antibiotic resistance, and pandemic threats make us yearn for the days of doctor home visits and mother's chicken soup. We need to rediscover

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the special care and comfort that comes from caring for health at home, says Dr. Low Dog. In this book she guides us in identifying, responding to, and caring for all the most common ailments, so that when it's time to take care at home, you have a doctor's advice on how. Learn how to make herbal remedies and why you and your family will be healthier for doing so--and get advice on when it's best to consult a health care professional instead.

A comprehensive and practical reference to using medicinal herbs for natural healing from JJ Pursell, the founder of The Herb Shoppe and one of the leading names in the fields of herbalism and naturopathy.

Describes the healing properties of more than one hundred herbs and lists useful herbal treatments for hundreds of common ailments

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