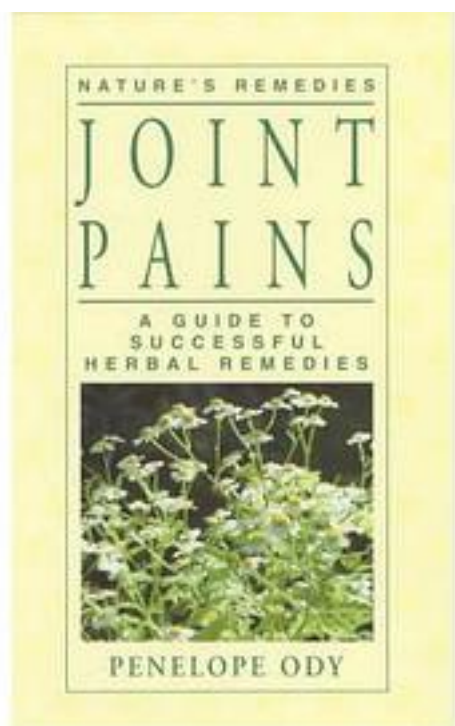


# Joint Pains A Guide to Successful Herbal Remedies



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出版者:

出版时间:

装帧:

isbn:9780285636224

Book Description Including information on basic relevant anatomy and pathology, important dietary guidelines, and Eastern and Western approaches to herbal pain relief, this guide clarifies the latest research findings and explains how patients can make and use their own herbal remedies. Also included is information on aromatic remedies, diet, and food supplements and additives that can enhance an herbal approach to relieving joint pain. A glossary of medical terms, a reading list, advice

for choosing a medical practitioner, and a list of suppliers with contact addresses provide additional help for joint-pain sufferers. About the Author Penelope Ody is the author of Complete Medicinal Herbal, which has sold more than 950,000 copies worldwide. She is a member of the National Institute of Medical Herbalists, a fellow of the Herb Society, and edited the society's Herbs journal for six years.

作者介绍:

目录:

[Joint Pains A Guide to Successful Herbal Remedies\\_下载链接1](#)

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