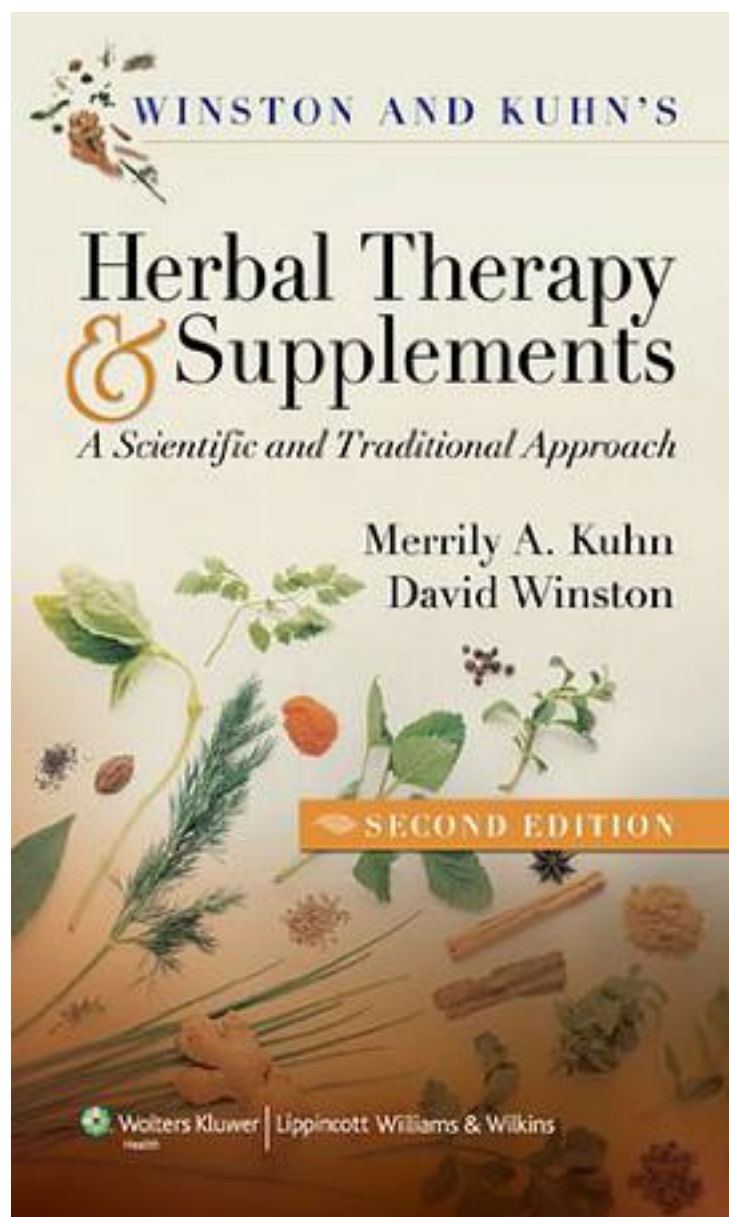


Winston & Kuhn's Herbal Therapy and Supplements



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The Second Edition of this pocket guide presents the essentials of herbal therapy and nutritional supplements, combining the traditional and scientific worlds. Dr. Kuhn has a PhD in physiology and is author of two pharmacology textbooks; Mr. Winston is a traditional herbalist in practice with a native American heritage. The book covers 115 herbs that are commonly available in the United States and Canada and 15 nutritional supplements. Coverage of each herb includes traditional and current uses, dangers and toxicities, and a bibliography. This edition includes 15 new herbs.

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