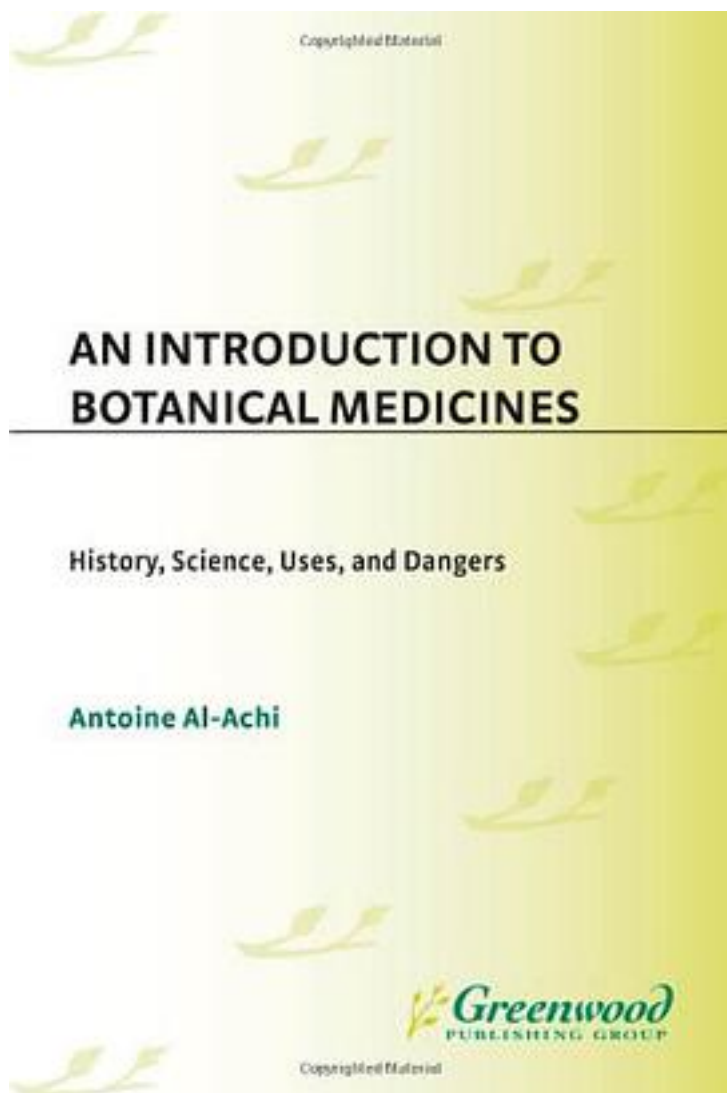


An Introduction to Botanical Medicines



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出版者:Praeger

出版时间:2008-8-30

装帧:Hardcover

isbn:9780313350092

This title offers the most current research and scientific evidence on the benefits and risks of botanical medicines. For those who want to make educated decisions whether, and when, to use natural products, this book explains the most current scientific evidence of the roles that plants can play in our health: how they can prevent, modify, or treat disease. Since antiquity, humans have used botanicals to treat various conditions affecting their organ systems, and this book is built around explaining which plants may be used for major ailments affecting the various systems. The increasing availability of botanicals on the market, intended to be used as dietary supplements for health, has been fuelled by the public's demand for a more natural approach to healthcare. Unfortunately, much of the information fed to the public on alternatives is based on anecdotal evidence, the advice of friends, or media features that often do not stand up to standards for scientific evidence. In this book, the author explains current research and science that exists - or remains lacking - or the various botanicals as health care products. He also details the potential misuse and the dangers of some herbal formulas. Photographs of 62 medicinal plants are included. The history leading to the use of botanicals in healthcare is described, as are botanicals used in the treatment of cancer, cardiovascular disease, endocrine system disorders such as diabetes, gastrointestinal problems, men's and women's specific disorders, infections, chronic pain, psychological disorders such as anxiety and depression, and other health issues.

作者介绍:

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