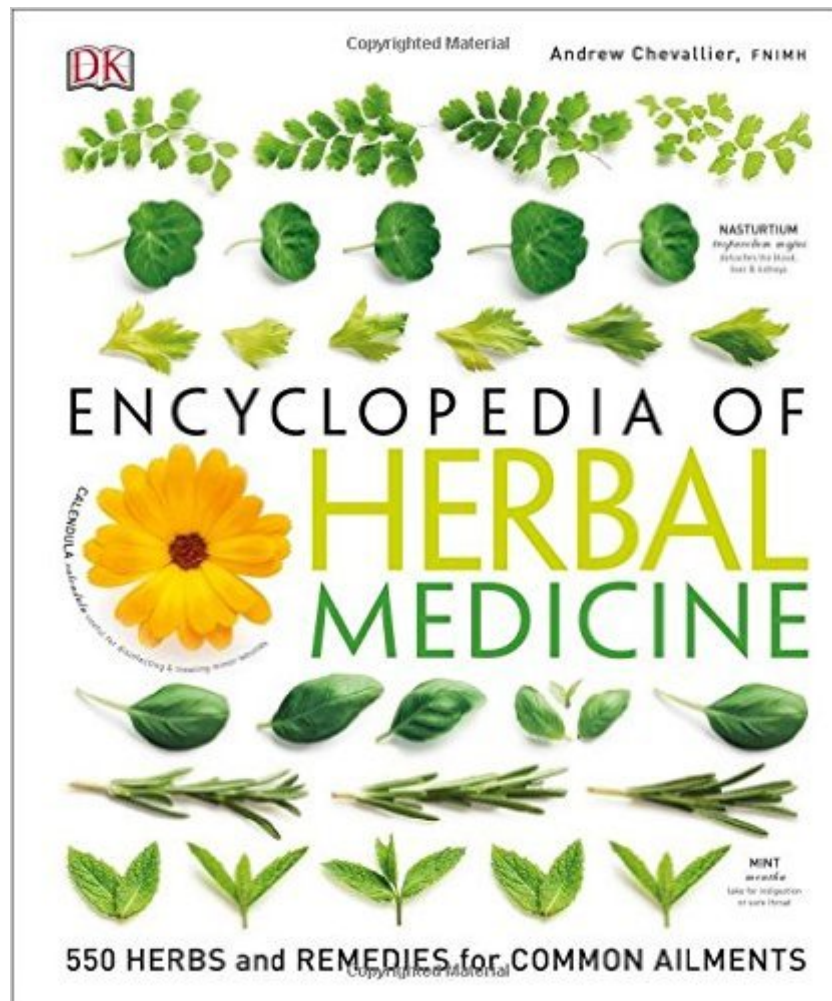


The book was found

# Encyclopedia Of Herbal Medicine, 3rd Edition



## Synopsis

With 550 key herbs and their uses as natural remedies for nearly 200 common ailments, Encyclopedia of Herbal Medicine, 2nd Edition is the definitive home reference to healing with the world's oldest form of medicine. From ginger to lavender and thyme to dandelion, learn about the chemistry of plants and how and why they work as medicines within the body. Information on habitat and cultivation, parts used, active constituents, therapeutic properties, and traditional and current uses are described in a unique photographic plant index, and instructions on growing, harvesting, and processing your own home treatments are detailed. With its jargon-free text, fantastic photography, and focus on safety, this guide enables ease of understanding no matter what your level of herbal expertise. Encyclopedia of Herbal Medicine, 2nd Edition is the ultimate reference for anyone interested in exploring the healing benefits of plants and who wants to take control of their health with alternative natural treatments. Now updated to reflect the latest research.

## Book Information

Hardcover: 336 pages

Publisher: DK; 2nd ed. edition (July 5, 2016)

Language: English

ISBN-10: 1465449817

ISBN-13: 978-1465449818

Product Dimensions: 9.2 x 1.1 x 11.1 inches

Shipping Weight: 3.6 pounds (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars Â Â See all reviews Â (6 customer reviews)

Best Sellers Rank: #29,676 in Books (See Top 100 in Books) #42 in Â Books > Health, Fitness & Dieting > Reference #72 in Â Books > Health, Fitness & Dieting > Alternative Medicine > Herbal Remedies #357 in Â Books > Reference > Encyclopedias & Subject Guides

## Customer Reviews

Encyclopedia of Herbal Medicine by Andrew Chevallier. First published in 1996, this well-known reference was recently updated in a new 2016 edition. The book begins with general information regarding herbal medicine including how herbal medicine developed, herbal traditions from different parts of the world, and a history of the origins of herbal medicine. It contains information about more than 550 plants including both pharmacological information as well as the lore and traditional uses of plants. The author estimates that of the 500,000 plants on earth, about 10,000 are used medicinally on a regular basis (Chevallier 55). The book provides detailed information on those

plants which have been carefully researched for safety and efficacy are used most frequently. Entries include information regarding the cultivation, natural habitat, key actions and preparations of the plant, cautions and self-help uses. The book is generously illustrated with many full color photos and illustrations. Some of the items included are common food items including, for example, thyme, nutmeg, peppermint, asparagus, and oats. Many other plants will be much less familiar. Some of the plants are commonly available and others may be quite useful but difficult to locate in some areas. The final chapters contain information regarding the culture, harvesting, and preparation of herbal remedies, safety of herbal preparations, and an index of herbal usage by ailment. The author, Andrew Chevallier, a practicing medical herbalist for thirty years, helped to found the program in medical herbalism at Middlesex University in London which was the first of its kind in a European university.

[Download to continue reading...](#)

Herbal Antibiotics: 25 Best Herbal Remedies Way To Heal Yourself Faster (Herbal Antibiotics, Herbal Remedies, herbal antibiotics and antivirals) DIY Herbal Gardening - Learn The Benefits Of Planting The Top 5 Medicinal Plants (Herbal Gardening, DIY Herbal Gardening, Medicinal Plants, Herbal Medicines, Herbal Cure) Herbal Remedies: 30 Herbal Recipe Remedies From My Private Collection: Proven Herbal Recipes That Work! (Herbal Recipes Private Collection Book 1) Herbal Remedies: The Ultimate Guide to Herbal Healing, Magic, Medicine, Antivirals, Antibiotics, herbs, Alternative Medicine, Magic, Medicine, Antivirals, ... Oils, Depression Cure, Natural Remedies,) Alternative Medicine Made Easy: How to Use Simple Homemade Remedies to Stay Healthy and Disease-Free (Herbal Remedies, Alternative Medicine, How to Use Herbal Remedies,) Encyclopedia of Herbal Medicine, 3rd Edition Encyclopedia of Natural Remedies, The: A Comprehensive Reference Guide with The Latest Scientific Research on Herbal Medicine Acupuncture and Chinese Herbal Medicine for Women's Health: Bridging the Gap Between Western and Eastern Medicine Natural Medicine and Herbs: 50+ Natural Medicine to Reduce Anxiety, Depression, and Ailments from Your Body: (Essential Oils, Aromatherapy, Herbal Remedies, Supplements, Healing, Vitamins) Prescription for Herbal Healing, 2nd Edition: An Easy-to-Use A-to-Z Reference to Hundreds of Common Disorders and Their Herbal Remedies Herbal Contraindications and Drug Interactions: Plus Herbal Adjuncts with Medicines, 4th Edition Herbal Treatment for Peptic Ulcer and Gastritis (Herbal Cure) The One Earth Herbal Sourcebook: Everything You Need to Know About Chinese, Western, and Ayurvedic Herbal Treatments Holistic Herbal: A Safe and Practical Guide to Making and Using Herbal Remedies Jeanne Rose: Herbal Body Book: The Herbal Way to Natural Beauty & Health for Men & Women Llewellyn's 2017 Herbal

Almanac: Herbs for Growing & Gathering, Cooking & Crafts, Health & Beauty, History, Myth & Lore (Llewellyn's Herbal Almanac) Women's Encyclopedia of Natural Medicine: Alternative Therapies and Integrative Medicine for Total Health and Wellness Survival Medicine Handbook: Essential Things Every Medicine Kit Needs And First-aid In Case Of Emergency: (Survival Books, Survival Guide, Survivalist, ... (Survival Skills Book, Emergency Medicine) Essential Oils for Dogs: 100 Easy and Safe Essential Oil Recipes to Solve your Dog's Health Problems (Alternative animal medicine, Small mammal Medicine, Aromatherapy, Holistic medicine) Veterinary Laboratory Medicine, An Issue of Clinics in Laboratory Medicine, 1e (The Clinics: Internal Medicine)

[Dmca](#)