

The One Earth Herbal Sourcebook Everything You Need To Know About Chinese Western And Ayurvedic Herbal Treatm Ents

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Alan Tillotson is an experienced herbalist and independent thinker whose One Earth Herbal Sourcebook is useful for professionals and educated consumers alike. Trained extensively in Traditional Ayurvedic Medicine in Nepal, Tillotson draws upon a sophisticated herbal repertoire in dealing with MS, ophthalmologic conditions, hepatitis C, diabetes and allergic rhinitis.

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The Tillotson Institute of Natural Health website has moved! Click here for the new mobile-friendly Tillotson Institute of Natural Health website.

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This website was designed by Registered Herbalist Alan Tillotson in Delaware, author of The One Earth Herbal Sourcebook, as a resource and learning tool designed for physicians, health care practitioners and others from around the world who want to learn practical ways of solving complex health problems using natural methods. Simply reading through the entire 200+ page website, using the top right navigation menu, constitutes an entire free online course in herbal medicine.

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Provides herbal remedies drawing upon Asian and Western traditions for gastrointestinal, cardiovascular, nervous system, endocrinological, musculoskeletal, ophthalmological, and immune disorders.

If you have been daunted by complicated, esoteric herbal books in the past, Healing with the Herbs of Life offers clear and concise explanations of how and why herbs heal. It also provides step-by-step instructions for creating your own herbal remedies, therapeutic approaches you can use at home, and easy-to-follow guidelines for gathering, preparing, purchasing, and storing herbs. Previously published as The Herbs of Life, this completely revised and updated edition synthesizes the great herbal traditions of China and India with Western herbology to form a new kind of planetary herbal. - Features a new chapter on treating specific conditions, expanded chapters in Materia Medica and the energy of food, and revised chapters on living with the seasons and home therapies - With new information on herbal safety and drug/herb interactions. - The previous edition, The Herbs of Life, sold 45,000 copies.

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Do you work magic with herbs? Do you use them in spells, for talismans or simply use their innate powers? If you don't have Cunningham's Encyclopedia of Magical Herbs, you need to get it right away. This book has become a classic in its field. Paul Beyerl, a respected author on herbs calls it "...an essential reference book by students of herbalism and magic alike ... Scott's personable charm touches every page... I highly recommend this book." And Jeanne Rose, famous author of books on herbs and developer of an herbal course says "I love books like this ... It is accessible, easy to read, and with its encompassing index (all too often neglected), simple to use as well." Over 200,000 people already have this book and use it frequently. In this edition of the book (it's expanded and revised on the 15th anniversary of original publication) you will find the magical properties and folklore of over 400 herbs! You'll also find lists of herbs based on their magical powers, their genders, their planetary rulers, and more. Perhaps the most important list is the folk name cross-reference. With that information, when a recipe calls for "bramble," you'll know it needs blackberry. Or if the magic calls for "enebro," you'll know you that is juniper. The main part of this book is the listings of the herbs. Each one includes names, associations, and magical attributions. Violets can be used for protection, luck, love, and more. Primrose is for protection and love. Garlic is for protection, healing, exorcism, lust, and prevention of theft. This book is considered a classic. It is probably consulted more than any other book on this subject. If you want to learn the secrets of magical herbs, this book is a must!

Herbal medicines have been used for many centuries to treat illnesses and restore health, and today herbalism still remains the most widely-practiced form of medicine around the world. Written by a leading medical herbalist, The Complete Herbal Tutor provides in-depth knowledge of the practice and theory of herbal medicine, including everything you need to know about its history, how it works, how to grow, gather and prepare herbs, and how to use them to create an herbal prescription. The rigorously researched and illustrated materia medica contains over 150 herbs, with clear explanations of their properties, active ingredients, and the latest scientific developments on their uses. There is also a clear explanation of how herbs can be used to treat each of the body's systems, with advice on using remedies for healing a range of specific conditions.

Why has the history of Western herbal medicine received such little research coverage in any systematic and authoritative way, even though it has figured large in both lay and learned healthcare of the past? What methods and sources are most appropriate for the study of medicinal herbs and herbal practices of the past? This collection provides historians with a coherent guide to a variety of sources in relation to medicinal plants that they have thus far lacked. Critical Approaches to the History of Western Herbal Medicine encourages a serious re-assessment of research in the history of herbal medicine and provides examples of appropriate methodologies and critical examinations of relevant sources. In this innovative collection, historians and researchers from a range of disciplines come together to share material on the identification and use of medicinal plants, the activities of people involved with herbal medicine and the investigation of past herbal therapeutic beliefs and practice. Classical and medieval scholars, social and literary historians, archaeologists and ethnobotanists all contribute to this exploration of the history of Western herbal medicine.

With antibiotic-resistant infections on the rise, herbal remedies present a naturally effective alternative to standard antibiotics. Herbal expert Stephen Harrod Buhner explains the roots of antibiotic resistance, explores the value of herbal treatments, and provides in-depth profiles of 30 valuable plants, noting the proper dosages, potential side effects, and contraindications of each.

THE MOST COMPLETE A TO Z REFERENCE GUIDE TO UTILIZING HERBS FOR HEALTH AND BEAUTY. THE HERBAL BIBLE EVERY REFERENCE LIBRARY SHOULD HAVE ON THEIR SHELF. A much needed comprehensive reference guide to ensure the safe and effective use of herbs and their preparations. Millions of people use vitamins or herbs along with prescription drugs and over the counter (OTC) medications. Find out which herbs and other nutritional supplements can help prescriptions work better or reduce adverse reactions. And which combinations are dangerous and should never be taken together. * Separates fact from fiction concerning herbal medicine! * Information on more than 400 botanicals ranging from well-known herbs such as Chamomile and Ginseng to less familiar herbs such as Kava and Muiraquama. * Botanical remedies that enhance the body's ability to heal itself. These safe, non-invasive therapies are proving to be more powerful than the often harmful drugs and surgeries that comprise the modern medicines of today. * Appropriate precautions, adverse reactions, and possible prescription drug and over the counter (OTC) interactions with the use of herbs and other nutritional supplements. * The only natural health reference book that is both comprehensive and user-friendly.

The phenomenal growth of public interest in alternatives to Western treatments for human disease has spilled over into veterinary medicine. Many holistic veterinarians and pet owners are now interested in using alternative remedies to solve health problems with their pets. Psychoactive Herbs in Veterinary Behavior Medicine is the first text on psychoactive herbal remedies for the treatment of behavior problems in small animals. Psychoactive Herbs in Veterinary Behavior Medicine is an important guide for board-certified veterinary behaviorists, as well as veterinarians and veterinary students with a particular interest in behavior medicine. In addition, pet owners interested in alternative medicine for their misbehaving pets can use this well-rounded work to make informed decisions on the use of over-the-counter remedies.

Today, being a health consumer encompasses more than being knowledgeable about traditional medicine and health practice but also includes the necessity to be well informed about the expanding field of complementary and alternative medicine. Consumer Health and Integrative Medicine: Holistic View of Complementary and Alternative Medicine Practices, Second Edition was written to expand upon the many alternative modalities that many other consumer health texts overlook. It includes chapters on the major alternative medicine systems and healing modalities, including Ayurvedic medicine, traditional Chinese medicine, naturopathy, homeopathic medicine, chiropractic medicine, massage, reflexology, and herbs or botanicals. The authors mission is to increase reader's knowledge base, not make up their mind, as we all make better choices related to our own personal health care practices when we are informed consumers.