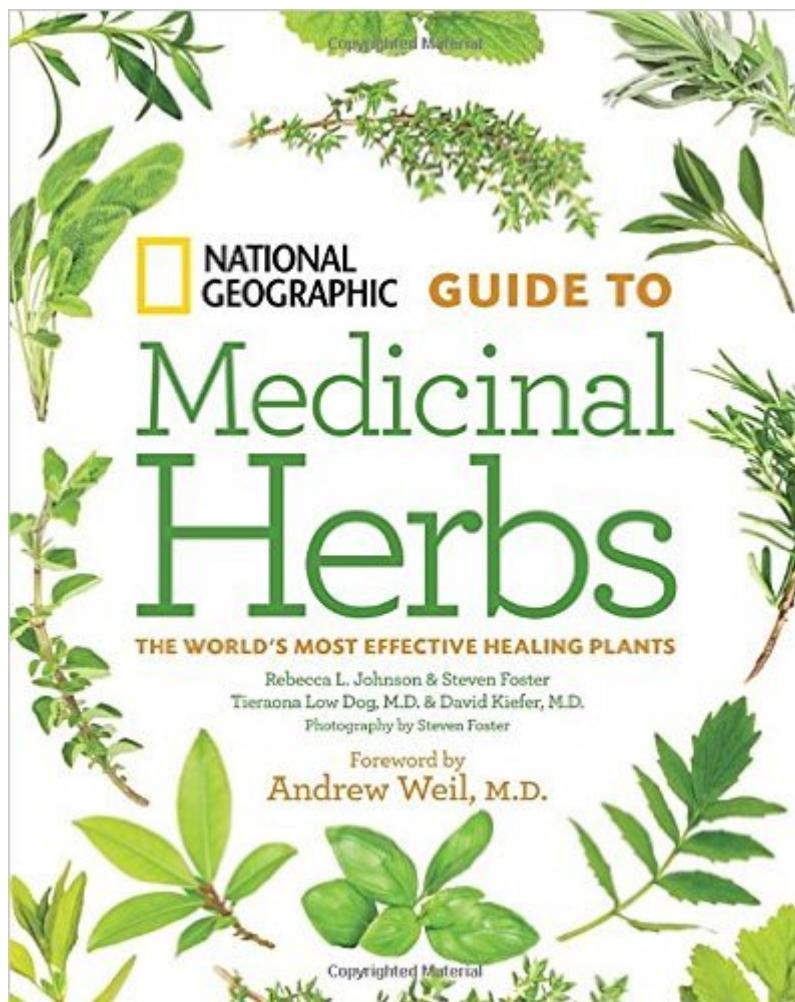


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# National Geographic Guide To Medicinal Herbs: The World's Most Effective Healing Plants



## Synopsis

"Because I have long worked to make accurate information on botanical remedies available to consumers as well as to doctors, pharmacists, and allied health professionals, I am delighted to see the appearance of the National Geographic Guide to Medicinal Herbs. This excellent guide is the work of a team of highly qualified botanical and medical experts, including two of my colleagues from the Arizona Center for Integrative Medicine. It offers reliable, up-to-date, practical information about 72 of the most important medicinal herbs." --Andrew Weil, M.D., from the Foreword

There is a world of health and healing all around you--in your spice rack, your backyard, and on the shelves of health food and grocery stores. This informative guide is a reference you will keep at the ready, connecting 72 of the world's most common and useful medicinal herbs with the body systems they help and heal.

Eight chapters focus on body systems:

- 1. Mental Health & the Nervous System
- 2. Respiratory System
- 3. Heart & Circulation
- 4. Digestive System
- 5. Joints, Muscles & Skin
- 6. Urinary & Male Health
- 7. Female Health
- 8. Wellness & Perception

Each chapter begins with an overview of how plants can bring health to that part of the body, with stories about traditional herbal remedies from around the world and current scientific findings on herbal remedies for specific illnesses. Then each chapter highlights nine plants, combining botanical and medical information--therapeutic uses, effectiveness, preparations, cautions, and advice, including a round-up of current science about the active ingredients in the plant. Every chapter includes a photo gallery showing how one of its herbs is cultivated and processed commercially--the story behind the contents of that bottle you buy in the store. Special features include "Over the Kitchen Counter"--quick and easy ways to use herbs in your everyday life, and time lines for every herb, showing how today's use of herbal remedies collects wisdom from the centuries and around the world. A functional appendix includes an illustrated index to all the plants in the book, an ailment-by-ailment therapeutic index, a glossary, and an index.

## Book Information

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## Customer Reviews

I truly love this book. I am unable to give it 5 stars due to the charts in the back of the book that serves as a reference guide is not exactly correct for all listings. With this being said, don't expect to look up a particular herb and successfully go directly to the page indicated in the chart - you may have to look around for it and correct the listing in your book for future reference!!

A wonderful book and reference!!! Great photos and illustrations too!!! It is full of great information including history of the herb usage, etc... Very easy to read and understand...def recommend this book!!!!!!

the best book i have read on herbs. it is easy to find out what herbs you should take for your health problems and how safe and effective each herb is.

Very solid book. I like the Desk Reference to Natures Medicine better so that is the real reason to give 4 stars. Would have like better cross referencing for use (like an index or appendix that was clear & concise).

It is an informative and interesting reference source. You can pick it up read about one particular plant and feel like an expert. The indexes provide easy access to the information presented. A must for anyone who is serious about learning more about medicinal herbs.

I'm a great fan of Dr. Low Dog, and this guide is a must-have. It's readable, and makes it easy to research a specific herb or health issue. It's a pretty book with excellent photos, but I expect nothing less from National Geographic.

best herb book ever. Everyone should have one in their home library. Have recommended to friends and purchased for friends.

EXCELLENT quick guide to important herbs. Very readable, with very nice pictures. This is not a detailed-review kind of book. It's more like a quick illustrated overview of the major herbs, what they are used for, and their potential drawbacks. If you want a good introductory book on herbal medicines, this is a very good place to start. Please remember, this is ONLY the beginning. There is much more to know about every plant, herb and tree in the book. But National Geo did a very nice job with this book!!

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