



Complete Guide to Medicinal Herbs

Penelope Ody

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Here is the classic volume on herbal medicine, fully updated with completely revised text and now including over 120 herbs. Inside you'll find comprehensive information and more on ancient wisdom and herbalism today. Herbalism is among the world's oldest healing systems, encompassing Chinese, Indian, Australian, Native American, and traditional Western medicines. Its benefits offer gentle treatment without the side effects of orthodox pharmaceutical drugs. This holistic approach encourages full body fitness and mental health, and provides an opportunity to take charge of your health and control your own well-being. This Complete Guide to Medicinal Herbs offers the perfect assortment of information to anyone interested in learning about herbalism, and to those who already have some knowledge of the subject and want to begin the basics of self-treatment. Beginning with the history of herbal medicine, it moves on to comprehensive, A-Z coverage of hundreds of herbs, giving information about their appearance, active parts, applications, and preparation. It features a compendium of common ailments and illnesses, with advice on herbal treatment for each one. A final section offers advice on finding and consulting a herbalist. Drawn from venerable traditions around the world, medicinal herbalism has a wealth of wisdom and advice to offer the modern world. This Complete Guide to Medicinal Herbs provides a thorough understanding of how herbs can help you revolutionize your health and well-being.

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