



JACLYN WELDON WHITE

A Southern Womans Guide To Herbs

Alma R. Hutchens

A Southern Womans Guide To Herbs:

A Southern Woman's Guide to Herbs Jaclyn Weldon White, 2011 The Woman's Handbook of Healing Herbs Deb Soule, 2011-08-01 Did you know that yellow dock syrup can increase iron That herbal tea with lemon balm and passion flower can ease migraines Inside The Woman's Handbook of Healing Herbs are simple and practical herbal remedies for women to use in the day to day care of their bodies and their souls Learn how to start an organic garden gather your herbs and flowers and prepare them More than just a how to book The Woman's Handbook of Herbal Healing is a handbook of empowerment A Handbook of Native American Herbs Alma R. Hutchens, 1992-11-10 The and kindness that every woman should own author of the bible on herbalism returns with a portable guide on North American medicinal herbs for the professional and amateur herbalist alike Based on the now classic reference text Indian Herbalogy of North America this illustrated pocket guide is the perfect companion for those eager to expand their knowledge of herbal healing Through detailed descriptions and illustrations Alma R Hutchens walks readers through 125 of the most useful medicinal herbs found in North America and their uses How to create herbal remedies for common ailments The herbal traditions of North America and other lands Entries include staples of folk medicine such as echinacea and slippery elm as well as common kitchen herbs from parsley to thyme to pepper whose tonic and healing properties are less widely known National Geographic Guide to Medicinal Herbs Rebecca L. Johnson, David Kiefer, Tieraona Low Dog, 2010 A resource organized by body system lists the key herbal remedies available their uses and cautionary advice in a book that includes full color photos a glossary and several thematic **Herbs!** Judy Lowe, 2011-04-10 DIVEasy to grow and preserve herbs are a popular choice for gardeners This indexes beautifully illustrated book of more than a dozen themed herb gardens makes it easy to decide what kind of herb garden you want to grow div Natural Standard Herb & Supplement Guide - E-Book Natural Standard, 2016-07-28 Covering 400 herbs and supplements Natural Standard Herb Supplement Guide An Evidence Based Reference provides the high quality up to date unbiased information you need to advise your patients No other book can match its expertise and attention to evidence Each monograph is concise and easy to read and includes uses dosage information safety considerations and interactions with drugs and other herbs and supplements At a glance research summaries and an alphabetical organization allow for quick lookup in busy settings Monographs for the 400 most commonly used and prescribed herbs and supplements such as arnica ginseng lavender glucosamine and blue cohosh provide the information you need for effective clinical decision making A unique evidence based A F grading scale evaluates the efficacy of each herb and supplement Unique Rating scales show at a glance the quality of available evidence Updates are peer reviewed and include new scientific evidence dosage recommendations and more Dosing information includes dosages for adults and children and methods for administering Coverage of allergies side effects warnings and pregnancy breast feeding promotes safety by indicating when specific herbs and supplements should not be used or when caution is required A review of evidence includes detailed explanations of

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