

A Russian Herbal A Russian Herbal

Michael Seilmaier

A Russian Herbal A Russian Herbal:

A Russian Herbal Igor Vilevich Zevin, 1997-02-01 The first guide to the ancient traditions of Russian herbal medicine and their extensive medicinal applications today Drawing on a wealth of oral and written traditions the authors examine the best known Russian herbs all of which are widely available in North America and Western Europe and explain their folkways properties and uses Offering time tested advice for using herbs to maintain general well being they also give clear and simple recipes for treating specific health problems from asthma and migraines to influenza and high blood pressure Blessed with a wide variety of climates geography and flora early Russians developed a rich folk tradition of herbal healing that ranks among the most sophisticated in the world Nearly every Russian medical school offers courses of study on the knowledge and application of herbs and many maintain a special research department that investigates the properties and practical modern applications of herbal medicine This is the first book to examine the traditions of Russian herbal medicine Herbal Igor Vilevich Zevin, 1997-02 Blessed with a wide variety of climates geography and flora Russia has a rich folk tradition of herbal healing that is among the most sophisticated in the world A Russian Herbal explains the folkways properties and uses of the best known Russian herbs all widely available in North America Europe and Australia The Herb Quarterly .2000 Russian Journal of Organic Chemistry ,1995 Natural Folk Remedies Lelord Kordel. 1974 Herbal Harvest Greg Whitten, 2004 Herbal Harvest is the most comprehensive book on organic herb production in print Greg Whitten covers all facets of commercial organic herb growing the state of the herb industry site selection climate irrigation weed management propagation trial plots composting pests and diseases harvesting drying processing and

marketing innovative tool design personal health and more Russian Folk Medicine Pavel Matveevich Kurennov, 1970

A Complete English - Russian Dictionary A. Aleksandrov, 1892 Nursing 2004 Herbal Medicine Handbook Lippincott Williams & Wilkins Staff, Springhouse, 2004 This second edition is designed as a reference for nurses who want to be educated on the herbal remedies their patients are using Alphabetically organized monographs on over 300 herbs and supplements make information quick and easy to find Information on uses dosage and administration adverse effects and drug interactions is included The Modern Encyclopedia of Russian and Soviet History Joseph L. Wieczynski, 1976

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