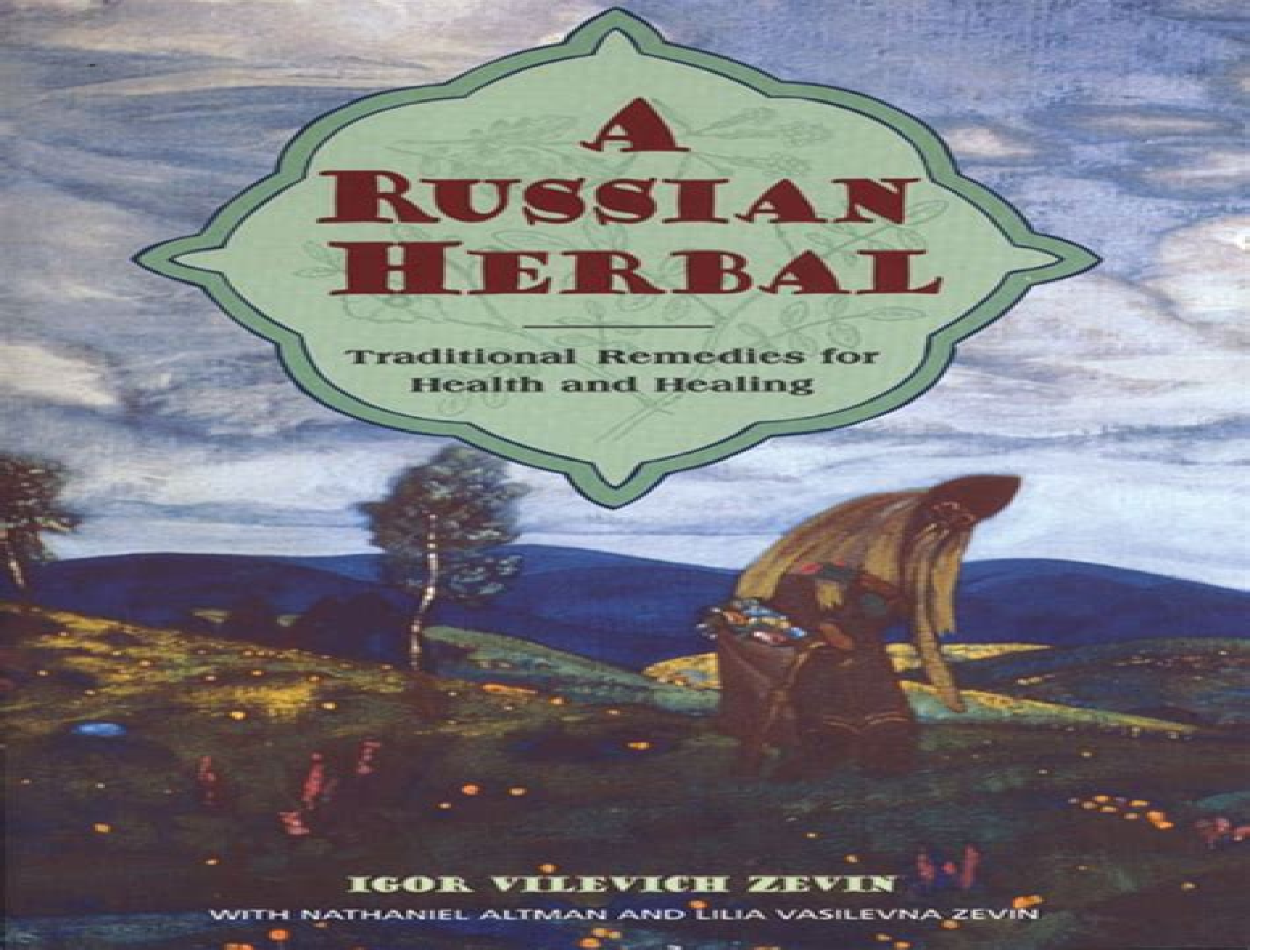




A RUSSIAN HERBAL

**Traditional Remedies for
Health and Healing**

IGOR VILEVICH ZEVIN

WITH NATHANIEL ALTMAN AND LILIA VASILEVNA ZEVIN

A Russian Herbal Traditional Remedies For Health And Healing

Mandeep Viridi



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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 [A Russian 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 Earthwise Herbal, Volume II](#) Matthew Wood, 2011-07-05 The first part in a comprehensive two volume guide on the use of medicinal plants in Western herbal medicine from an author who has almost forty years of clinical experience The first in a two volume set The Earthwise Herbal profiles Old World plants volume two will treat American plants Organized alphabetically the book encompasses all the major and many of the secondary herbs of traditional and modern Western herbalism Author Matthew Wood describes characteristic symptoms and conditions in which each plant has proved useful in the clinic often illustrated with appropriate case histories He also takes a historical view based on his extensive study of ancient and traditional herbal literature Written in an easy engaging non technical style The Earthwise Herbal offers insight into the logic of the plant how it works in what areas of the body it works how it has been used in the past what its pharmacological constituents indicate about its use and how all these different factors hang together to produce a portrait of the plant as a whole entity Ideal for beginners serious students or advanced practitioners The Earthwise Herbal is also useful for homeopaths and flower essence practitioners as it bridges these fields in its treatment of herbal medicines [The Earthwise Herbal, Volume I](#) Matthew Wood, 2011-07-05 The first part in a comprehensive two volume guide on the use of medicinal plants in Western herbal medicine from an author who has almost forty years of clinical experience The first in a two volume set The Earthwise Herbal profiles Old World plants volume two will treat American plants Organized alphabetically the book encompasses all the major and many of the secondary herbs of traditional and modern Western herbalism Author Matthew Wood describes characteristic symptoms and conditions in which each plant has proved useful in the clinic often illustrated with appropriate case histories He also takes a historical view based on his extensive study of

ancient and traditional herbal literature Written in an easy engaging non technical style The Earthwise Herbal offers insight into the logic of the plant how it works in what areas of the body it works how it has been used in the past what its pharmacological constituents indicate about its use and how all these different factors hang together to produce a portrait of the plant as a whole entity Ideal for beginners serious students or advanced practitioners The Earthwise Herbal is also useful for homeopaths and flower essence practitioners as it bridges these fields in its treatment of herbal medicines **Graves'**

Disease Elaine A. Moore,2016-08-17 Graves Disease a common form of hyperthyroidism characterized by a goiter and often a slight protrusion of the eyeballs currently affects approximately 200 million people worldwide three million in the United States alone This work addresses both typical and special concerns of patients with Graves Disease discusses its association with related autoimmune disorders and emphasizes the patient s role in the healing process Included are chapters with basic information on the disease the thyroid and its hormones Graves ophthalmopathy dermatopathy and acropachy the diagnosis of GD autoantibodies and autoimmune diseases associated with it genetic and nongenetic influences allopathic treatments alternative medicine special considerations in pregnant women children and teens hyperthyroidism associated with GD anecdotes and testimony of patients and resources for further information A list of medical acronyms and a glossary of medical terms is included Oral Health Care Mandeep Viridi,2012-02-29 Geriatric dentistry or gerodontology is the branch of dental care dealing with older adults involving the diagnosis prevention and treatment of problems associated with normal aging and age related diseases as part of an interdisciplinary team with other healthcare professionals Prosthodontics is the dental specialty pertaining to the diagnosis treatment planning rehabilitation and maintenance of the oral function comfort appearance and health of patients with clinical conditions associated with missing or deficient teeth and or oral and maxillofacial tissues using biocompatible materials Periodontology or Periodontics is the specialty of oral healthcare that concerns supporting structures of teeth diseases and conditions that affect them The supporting tissues are known as the periodontium which includes the gingiva gums alveolar bone cementum and the periodontal ligament Oral biology deals with the microbiota and their interaction within the oral region Research in oral health and systemic conditions concerns the effect of various systemic conditions on the oral cavity and conversely helps to diagnose various systemic conditions

Traditional Medicines Around the World Matthew N. O. Sadiku,Janet O. Sadiku,Sarhan M. Musa,2022-05-18 Our health is our most important asset Health and the provision of healthcare is fundamental to the welfare of any nation The desire to have and sustain good health cuts across national cultural geographic and political boundaries Every region of the world has had one form of traditional medicine at some stage in its history Traditional medicines have been a part of human history all over the world with knowledge being transferred from generation to generation It refers to diverse health practices knowledge and skills based on ancient indigenous experience that are used to maintain health as well as to cure diagnose or prevent illness This book focuses on ten most popular traditional medicines around the world It is a valuable source of

guidance and direction for organizations and individuals interested in traditional medicine It provides an introduction to traditional medicine so that beginners can understand it its increasing importance and its developments in contemporary time It is a must read book for anyone who cares about traditional

Hepatitis Elaine A. Moore, 2014-09-17 Hepatitis is a disease of the liver which affects millions of Americans each year For most people symptoms are mild and are resolved within a few weeks or months For others however hepatitis is life altering becoming a chronic problem which causes irreparable internal damage The diversity of causes which range from bacteria and toxins to metabolic disorders and their corresponding methods of transmission have made hepatitis a hard ailment to control In recent years vast progress has been made toward the identification prevention and treatment of this disease Combining scientific knowledge with practical concerns this comprehensive guide provides a plethora of information on the broad class of diseases referred to by the collective term of hepatitis With a view toward patient education it discusses the history symptoms cause and disease course of hepatitis various forms Covering Hepatitis A and Hepatitis B as well as more recently discovered varieties the text examines immune system response to the disease and its effect on liver function Non infectious causes such as metabolic disorders are also discussed Practical information regarding diagnostic laboratory and imaging tests as well as conventional and alternative treatments is provided The final chapter lists a variety of resources for anyone dealing with the reality of the disease including books CDC publications hepatitis organizations and foundations drug treatment financial assistance and transplant information An extensive glossary of medical terms and an index are also included

The Honey Prescription Nathaniel Altman, 2010-03-09 Explores the latest scientific research on the healing powers of honey Explains the physiological reasons why honey is so effective and includes recipes for honey based remedies for many different ailments Discusses the sacred role of bees from ancient Egypt to modern times and the problem of Colony Collapse Disorder with methods for protecting hives Reveals the healing power of honey for many common problems from burns ulcers and conjunctivitis to tooth decay diabetes and cystic fibrosis and honey s ability to kill superbugs like E coli The use of honey as a healing agent is nothing new It was an ingredient in medicinal compounds and cures made by Egyptian physicians 5 000 years ago and its medical use has been found in other ancient practices from traditional Chinese medicine and Indian Ayurveda to Mayan shamanism In the past ten years there has been an explosion in scientific research on honey as medicine at universities research centers and medical clinics around the world Presenting the very latest scientific and medical evidence of the healing properties of honey including that from the Honey Research Unit at the University of Waikato in New Zealand Nathaniel Altman explores the broad spectrum of medicinal uses of honey and how these remedies can be used safely at home as well as by licensed health practitioners He includes an extensive selection of honey based recipes that can be used to treat common health problems from burns conjunctivitis and ulcers to tooth decay diabetes and cystic fibrosis He explains the physiological reasons why honey is so effective in treating antibiotic resistant diseases with no side effects and honey s ability to kill superbugs like E

coli and MRSA Methicillin resistant Staphylococcus aureus Drawing on centuries of material from historical and folk medicine sources he also examines the sacred role of bees from ancient Egypt onward and the modern problem of Colony Collapse Disorder including methods for protecting our precious hives *Baba's Kitchen Medicines* Michael Mucz, 2022-08-29 Michael Mucz's prolonged primary research into Ukrainian Canadian folk history culminates in *Baba's Kitchen Medicines* This book bursts with the cultural memory of pioneering folk from Canada's prairieland From fever to frostbite this incomparable compendium of tinctures poultices salves decoctions infusions plasters and tonics will fascinate and often mortify readers from all walks of life The comprehensiveness of Mucz's research and interviews framed with deftly painted historical cultural and botanical backgrounds guarantee that this chapter of the Canadian story will continue to be told for generations to come It is a deep charming and often moving work of intricate anthropology that will stir scholar and non specialist alike

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