




HERBAL THERAPY

SAMPLE FORMAT


Herbal Preparation	Recommended Dosage
Indications / Uses	Herb Pictured
Contraindications	
Side Effects	


Angelica <i>Angelica archangelica</i>	4.5 g of herb 0.3-3.0 g fluid extract		
Antispasmodic, loss of appetite, flatulence	None Known		
None Known			


Black Cohosh <i>Cimicifuga racemosa</i>	Dried rhizome root: 0.3-3.0 g dry equivalent or in tea 3 x daily	
Chenopuric (menopausal) complaints, PMS, dysmenorrhea		
May affect diabetes, B/P meds, and estrogen therapy		
Very high doses, 5g or 10g, lead to vomiting, headache, dizziness, limb pain and hypotension		


Echinacea <i>Echinacea angustifolia</i>	Daily dose 900 mg; use 2 ml tincture (1:2) daily for a maximum of 8 weeks	
Common cold, cough/bronchitis, fever and chills, UTIs, inflammation of the mouth and pharynx, wounds and burns		
Not to be used by those with AIDS, TB, MS, leukemia, collagenoses or severe allergies		
Known Risks:		


Feverfew <i>Fanacetum parthenium</i>	Daily: 50 mg-1.2 g of leaf powder	
Migraines, arthritis, rheumatic diseases, allergies		
May interact with thrombotic meds, ASA, and warfarin		
None Known		


Ginger <i>Zingiber officinale</i>	Daily dose is 2-4 g		
Antispasmodic, anti-inflammatory, peripheral circulatory stimulant, anemorement, dyspepsia	<p>Contraindicated in increasing sickness due to its choleragic (promoting flow of bile) effect; should not be used in the presence of gallstone conditions</p> <p>May alter cardiac, antidiabetic, and antineoplastic drugs; with procaine and, Neostigmine</p>		


Aloe vera <i>Aloe barbadensis</i>	Apply liberally as a topical; no more than 1 liter orally	
Topical: Wound healing, sunburn, minor skin irritations Oral: Constipation, peptic ulcers, diabetes, influenza	Intestinal obstructions, acute inflamed intestinal diseases, appendicitis, and orally in children under 12 yrs of age	
Rare allergic reactions in the form of papular dermatitis and exanthemas; long term use may result in electrolyte depletion		

Bilberry <i>Vaccinium myrtillus</i>	Daily dose 20-60 g dried fruit		
Acute conjunctivitis, hyperglycemia, GI tract and urinary tract problems, strabismus	None Known		
Photosensitivity, avoid exposure to UV light			

Chamomile (German) <i>Matricaria recutita</i>	2-3 g of dried flowers in tea or 1-4 ml of tincture, 3 x daily		
Antispasmodic, diuretic, anti-inflammatory, sedative	None Known		
None Known			

Evening Primrose Oil <i>Echium biennial</i>	1,000-1,500 mg daily	
Cardiovascular diseases, cholesterol and triglycerides, PMS, breast tenderness, rheumatoid arthritis (long term use)		
Very low; do not use while nursing; may increase incidence of temporal lobe epilepsy		
Rarely, nausea, headache, GI upset; use with caution if pregnant		

Garlic <i>Allium sativum</i>	Daily dose is 4-10 g of fresh garlic or 200-500 mg of essential oil		
Antimicrobial, common cold, cough/bronchitis, fever and chills, inflammation of the mouth and pharynx, infection	Increases anticoagulating potential of anti-inflammatory drugs and works synergistically with EPA oils		
Contraindicated symptoms; changes in intestinal flora, and odor of garlic may be on the breath and skin			

Ginkgo Biloba <i>Ginkgo biloba</i>	Daily dose is 120-240 mg of dried extract in 2 or 3 doses orally per day.		
Organic Brain Syndrome, intermittent claudication (leg weakness or lameness), vertigo (vascular origin), tinnitus (vascular origin)	Hypersensitivity in some individuals		
Mild GI complaints, hypersensitivity reactions per sepsis and stroke and in rare cases of acute toxicity, anemia and muscular weakness			

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Medicinal Herb Guide

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Medicinal Herb Guide:

A Field Guide to Western Medicinal Plants and Herbs Steven Foster, Christopher Hobbs, 2002 Features more than five hundred plants and herbs of North America providing information on their location and medicinal uses

Rosemary Gladstar's Medicinal Herbs: A Beginner's Guide Rosemary Gladstar, 2012-04-10 Craft a soothing aloe lotion after an encounter with poison ivy make a dandelion burdock tincture to fix sluggish digestion and brew up some lavender lemon balm tea to ease a stressful day In this introductory guide Rosemary Gladstar shows you how easy it can be to make your own herbal remedies for life's common ailments Gladstar profiles 33 common healing plants and includes advice on growing harvesting preparing and using herbs in healing tinctures oils and creams Stock your medicine cabinet full of all natural low cost herbal preparations

Pocket Guide to Herbal Medicine Karin Kraft, Christopher Hobbs, 2004-04-28 There is an herbal remedy for most ailments and you will find the most important ones in this concise pocket guide Co authored by Karin Kraft one of the members of the German Commission E and Christopher Hobbs a renowned North American herbalist this handy pocket guide gives you the decisive facts about important medicinal herbs taking into consideration both major European monographs Commission E and ESCOP and up to date clinical trials The book goes on to inform the reader on the usage of herbal remedies for a number of common indications The book gives first hand easy to access information on the administration of herbal remedies for the medical practitioner and herbal therapist alike Profit from the wealth of German tradition extended by North American experience in the usage of herbal medicines

[Medicinal Herbs of California](#) Lanny Kaufer, 2021-12-30 Medicinal Herbs of California is the first statewide field guide to more than 70 common medicinal plants of California This vital addition to the California naturalist's shelf will introduce readers to the principles of herbal remedies history and roots in native cultures scientific information and how to find and incorporate medicinal plants into daily life Inside you'll find Photos and descriptions to help with positive identification Common and scientific names and the plant families Conservation status Modern and traditional uses The science behind natural phytochemicals that have earned these plants a place in Native American medicine for thousands of years

The Complete Natural Medicine Guide to the 50 Most Common Medicinal Herbs Heather Boon, Michael Smith, 2004 The most current scientific information from the world's leading medical journals Although there is growing consumer awareness of alternative and complementary medicine there is a lack of comprehensive information available on herbal products While pharmacists physicians and other health care professionals sometimes offer advice their patients want more information The Complete Natural Medicine Guide to the 50 Most Common Medicinal Herbs is a comprehensive fully illustrated reference to the 50 most commonly prescribed herbs A complete description of each herb is featured along with its other common names possible adverse effects therapeutic uses for treating illness and disease as well as potential drug interactions Some of the herbs included are Aloe Vera Evening Primrose Goldenseal Scullcap Burdock Turmeric Tea Tree Oil Meadowsweet This guide is written by professional pharmacists

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Herbs for Both Medicinal and Culinary Purposes - Herb Encyclopedia, Herbs for Philip J. Adrian,2019-02-10 Medicinal herbs are literally everywhere It is only our duty to identify their importance that has been lost This essential guide contains easy to comprehend useful information on growing preparing and administering about 100 medicinal plants in many different forms including how you can use them to make delicious hearty recipes at home Do you know that Chives is perfect for making sandwiches vichyssoise soups carrots salads cheese souffl s egg dishes baked and mashed potatoes barbecues That Lemongrass is excellent for making Asian and Caribbean dishes Thai and Vietnamese beef and seafood Or that Oregano can be used in tomatoes sauces pates and poultry dishes These are some of what would be found in this book The Medicinal Herbs is the most practical and foolproof way to prepare your own herbal medicines to soothe and heal over 70 common ailments and injuries naturally ailment such as Headache Depression Alzheimer s Diarrhea Indigestion Sore throat Bronchitis Cold Fever Eczema Hair loss and much more In this guide you will also get some useful expert tips and advice on cultivating making and using medicinal herbs to improve your health and overall well being Get a copy of this guide today to improve your health and empower yourself **BUY NOW** **The Complete Guide to Growing Healing and Medicinal Herbs** Wendy Vincent,2011 This book will guide you through the step by step process of learning about and growing your own healing herbs starting with the basics of what each herb can do and proceeding to show you everything you need to cultivate them yourself The first things you will learn in this guide are the basics of all healing herbs starting with a complete breakdown of the numerous healing herbs known to be easily cultivated in temperate climates Matching the right herbs to your region you will then be able to start learning about how herbs grow as well as what they need from the soil water the weather and

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Healing Herbs Tina Sams,2015-04 An easy beginner s guide this book provides basic information for the most common healing herbs and what to do with them **Medicinal Herbs** Eric James,2018-12-15 Medicinal herbs are literally everywhere It is only our duty to identify their importance that has been lost This essential guide contains easy to comprehend useful information on growing preparing and administering about 100 medicinal plants in many different forms including how you can use them to make delicious hearty recipes at home Do you know that Chives is perfect for making sandwiches vichyssoise soups carrots salads cheese souffl s egg dishes baked and mashed potatoes barbecues That Lemongrass is excellent for making Asian and Caribbean dishes Thai and Vietnamese beef and seafood Or that Oregano can be used in tomatoes sauces pates and poultry dishes These are some of what would be found in this book The Medicinal Herbs is the most practical and foolproof way to prepare your own herbal medicines to soothe and heal over 70 common ailments and injuries naturally ailment such as Headache Depression Alzheimer s Diarrhea Indigestion Sore throat Bronchitis Cold Fever Eczema Hair loss and much more In this guide you will also get some useful expert tips and advice on cultivating making and using medicinal herbs to improve your health and overall well being Get a copy of this guide today to improve your health and empower yourself BUY NOW *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 indexes **Complete Guide to Medicinal Herbs** Penelope Ody,2000 The Complete Guide Series is the perfect first reference for a new enthusiast to natural health care Assuming the reader has limited prior knowledge of the subject each guide offers self assessment questionnaires profiles of key constitutional types and extensive coverage of the most popular remedies for everyday complaints Special attention is given to providing the most current information on self help recommendations sources of remedies nutritional advice botanical Latin names and helpful addresses These highly authoritative and accurate reference books offer an easy and appealing approach to understanding and using the most successful approaches to natural healing Pocket Guide to Herbal Medicine Karin Kraft,Christopher Hobbs,2004-04-28 There is an herbal remedy for most ailments and you will find the most important ones in this concise pocket guide Co authored by Karin Kraft one of the members of the German Commission E and Christopher Hobbs a renowned North American herbalist this handy pocket guide gives you the decisive facts about important medicinal herbs taking into consideration both major European monographs Commission E and ESCOP and up to date clinical trials The book goes on to inform the reader on the usage of herbal remedies for a number

of common indications The book gives first hand easy to access information on the administration of herbal remedies for the medical practitioner and herbal therapist alike Profit from the wealth of German tradition extended by North American experience in the usage of herbal medicines Essential Medicinal Plants Roland Sheils,2020-12 This Book provides all the basics Herbal Healing starting with a complete breakdown of Essential Healing Herbs health uses and common uses Plants have been used for medicinal purposes long before the prehistoric period Ancient Chinese writings and ancient Unani manuscripts Egyptian papyrus described the use of herbs Evidence exists that Indian vaidas Unani hakims European and Mediterranean cultures were using herbs for over 4000 years as medicine Treatment with medicinal plants is considered very safe as there is no or little effects These remedies are synchronization with nature which is the biggest advantage However the golden advantage is that use of herbal treatment is independent of any age groups or sexes This book will guide you through Importance of medicinal plants Essential type of medicinal plants Benefits of Herbal medicine Herbal medicine precaution Standardization and regulation Adverse effect of herbal medicine and drug interaction Medicinal plants for common ailments Herbal medicine for weight loss Herbal medicine for energy and vitality Herbal remedies for anxiety and depression Learn how you can make various regular treatments for different ailments with your herbs and how you can profit best from these medicinal plants A complete guide to herbs and their healing process consist of remedies for various common ailments such as coughs colds headaches childhood illness digestive problems weight loss energy issues anxiety and depression issues followed by an A to Z used of over 70 medicinal herbs *A Handbook of Native American Herbs* Alma R. Hutchens,1992-11-10 The 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 *The Apha Practical Guide to Natural Medicines* Andrea Peirce,1999-02-17 The first authoritative home reference for herbs and natural remedies from the nation s largest and most repected organization of pharmacists **The Natural Guide to Medicinal Herbs and Plants** Frantisek Stary,1996 The Earthwise Herbal, Volume I Matthew Wood,2008-06-03 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

A Field Guide to Medicinal Plants and Herbs of Eastern and Central North America Steven Foster, James A. Duke, 2000 At a time when interest in herbs and natural medicine has never been higher the second edition of this essential guide shows how to identify more than 500 healing plants 300 color photos *The Natural Guide to Medicinal Herbs and Plants* František Starý, 1998

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as a photographer who straddled the gap between art and commerce helmut newton always managed to surprise and polarize his audience among the editorial staff of many magazines he encountered creative kindred spirits who responded to his unusual visual ideas

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over 300 works based on the original polaroids were shown at 2011 exhibition helmut newton polaroids at the museum für fotografie in berlin 13 death edit

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throughout his career helmut newton used polaroids as both a crucial tool for testing light and composition and a means of revisiting his shoots these objects allow the viewer a rare chance to look behind the scenes of some of his greatest pictures from milan to paris and saint tropez

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mit helmut newton polaroids präsentiert die helmut newton stiftung erstmalig den werkaspekt der sofortbild fotografie im schaffen des fotografen und widmet ihm anhand von über 300 fotografien vergrößerungen der original polaroids ergänzt durch vitrinen mit den kleinformaten eine eigene ausstellung

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helmut newton also loved taking photographs with a polaroid from the 1970s onwards he used these devices extensively particularly during his fashion shoots so this exhibition does not just feature the polaroids of helmut newton but also works by numerous colleagues such as robert mapplethorpe mary ellen mark david hockney ulay

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luckily for us legendary photographer helmut newton saved his test polaroids allowing a privileged and rare chance to see the tests from a selection of his greatest shoots over a period of decades including many from the taschen titles sumo a gun for hire and work selected by his widow june newton from over 300 photos featured at the

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throughout his career helmut newton used polaroids not just for their poetics but as a crucial tool for testing lighting and composition before a shoot began many photographers threw these tests away

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