



Herbs and Natural Supplements: An Evidence-Based Guide, 3e

By Braun PhD BPharm DipAppSciNat, Lesley; Cohen MBBS(Hons) PhD BMedSc(Hons) FAMAC FICAE, Marc

Churchill Livingstone, 2010. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: A must-have health companion for herbalists, naturopaths, complementary medicine practitioners and students "Recommended evidence-based reference on Complementary Medicines" National Pharmacy Board 2010 Herbs and Natural Supplements, 3rd Edition: An evidence-based guide presents evidence-based information on the 130 most popular herbs, nutrients and food supplements used across Australia and New Zealand. This exhaustive textbook is organised alphabetically by each herb or nutrient's common name. Herbs and nutrients are then accompanied by critical information such as daily intake, main actions and indications, adverse reactions, contraindications and precautions, safety in pregnancy and more. This new edition of Herbs and Natural Supplements has been expanded with new chapters on pregnancy and wellness. It also features 10 new monographs for Arginine, Dunaliella, Elde, Goji, Pelargonium, Prebiotics, Red Yeast Rice, Rhodiola, Shatavari and Taurine. . provides current, evidence-based information on herbal, nutritional and food supplements used in Australia and New Zealand . is user-friendly and easily organised by easy-to-find A-Z herbal monographs . appendices offering important additional information for the safe use of herbal and nutritional supplements, including a list of poison information centres, associations, manufacturers and more



READ ONLINE
[1.65 MB]

Reviews

Complete guide for publication fanatics. It is full of knowledge and wisdom You will not really feel monotony at at any time of your respective time (that's what catalogues are for about should you question me).

-- **Arely Dare**

A very awesome ebook with perfect and lucid explanations. I could possibly comprehend every thing using this written e pdf. I am happy to explain how this is basically the best ebook i have got read inside my personal life and may be he very best book for ever.

-- **Mr. Santa Rath**