



An Introduction to Botanical Medicines: History, Science, Uses, and Dangers

By Antoine Al-Achi

ABC-CLIO, United States, 2008. Paperback. Book Condition: New. 235 x 156 mm. Language: English . Brand New Book ***** Print on Demand *****.For those who want to make educated decisions about whether, and when, to use natural products, this text explains the most current scientific evidence of the roles that plants can play in our health: how they can prevent, modify, or treat disease. Since antiquity, humans have used botanicals to treat various conditions affecting their organ systems, and this book is built around explaining which plants may be used for major ailments affecting the various systems. The increasing availability of botanicals on the market, intended to be used as dietary supplements for health, has been fueled by the public's demand for a more natural approach to healthcare. Unfortunately, much of the information fed to the public on alternatives is based on anecdotal evidence (case stories), the advice of friends, or media features that often do not stand up to standards for scientific evidence. In this book Al-Achi explains current research and science that exists - or remains lacking - for the various botanicals as healthcare products. He also details the potential misuse and the dangers of some herbal...



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