



The New Healing Herbs: The Essential Guide to More Than 125 of Nature's Most Potent Herbal Remedies

By Michael Castleman

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Straight from nature's medicine cabinet, the latest herbal discoveries that cure hundreds of health concerns without the dangerous side effects or high cost of prescription drugs

The New Healing Herbs Michael by Castleman uses the latest studies to offer guidelines on dosages, drug interactions, and results for herbal healing. Included are herbal prescriptions to treat ailments ranging from the common cold, allergies, and back pain to more serious conditions such as diabetes and cancer. Featuring hundreds of cures and therapies proven to work, this book shows you which herbal remedy to take for each condition, how it's taken, what interactions to watch for, and where to buy the featured herbs. The easy-to-use Cure Finder organizes herbs by health condition, healing actions, and alternative uses, guiding you to the right herbal remedy for your ailment. With more than 1 million copies of its two previous editions in print, there's no doubt that you can trust *The New Healing Herbs* to help them take control of your health.

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Editorial Review

Review

"I have been searching for a user-friendly, objective herbal guide for years. Michael Castleman has finally provided one! This book will tell you what you need to know about how to use nature's medicines effectively."

--Joe Graedon, author of *The People's Pharmacy*

From the Inside Flap

Discover how to get the most from nature's oldest remedies

In this revised edition, *The New Healing Herbs* provides up-to-date profiles of 100 of the most widely used medicinal plants, detailing the therapeutic benefits and healing properties of each of these amazing natural cures. Inside you'll find:

- Valuable advice for buying, storing, and preparing herbal remedies
- Clear, concise dosage instructions and safe-usage guidelines
- A comprehensive cure-finder chart with treatments for more than 100 common conditions--Ginkgo to improve and even reverse symptoms of macular degeneration...Cinnamon to treat cuts and scrapes...Marshmallow to boost immunity...St. John's wort to speed healing...Coffee for weight loss...Ginger for colds...Apples as a source of first aid...And much more!

About the Author

MICHAEL CASTLEMAN is a medical journalist with 11 consumer health books and 1,200 print and online articles to his credit.

Users Review

From reader reviews:

Nancy Martindale:

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Christopher Levi:

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