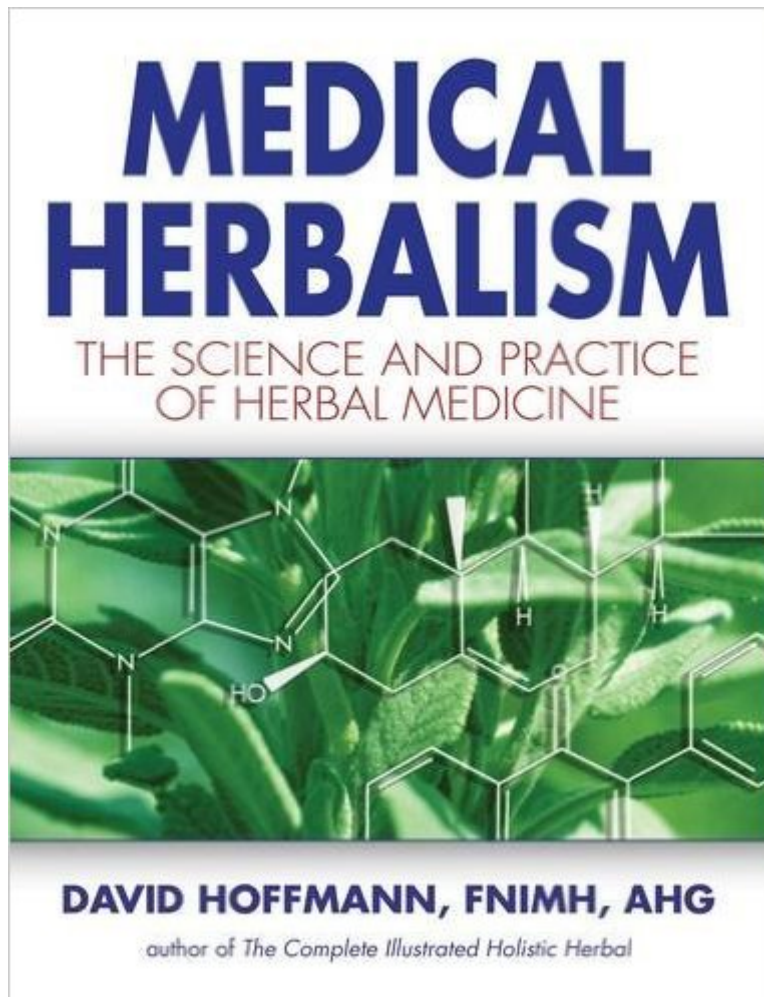


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# Medical Herbalism: The Science Principles And Practices Of Herbal Medicine



## Synopsis

A foundational textbook on the scientific principles of therapeutic herbalism and their application in medicine • A complete handbook for the medical practitioner • Includes the most up-to-date information on preparations, dosage, and contraindications • By the author of The Complete Illustrated Holistic Herbal

Medical Herbalism contains comprehensive information concerning the identification and use of medicinal plants by chemical structure and physiological effect, the art and science of making herbal medicine, the limitations and potential of viewing herbs chemically, and the challenge to current research paradigms posed by complex plant medicines. It also includes information on toxicology and contraindications, the issues involved in determining dosage and formulation types for an individual, guides to the different measurement systems and conversion tables, and the pros and cons of both industrial and traditional techniques. With additional sections devoted to the principles of green medicine, the history of Western Herbalism, the variety of other medical modalities using medicinal plants, an extensive resource directory, and a discussion of treatments organized by body system, Medical Herbalism is the comprehensive textbook all students and practitioners of clinical herbalism need to develop their healing practices.

## Book Information

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## Customer Reviews

This is a great text for learning terminology such as herbal actions it's easy to read and understand. The descriptions are just long enough so that it does not include excess/repetitive words. The materia medica is also written the same way, precise, it may be too brief for more advanced herbalists however for beginners it is perfect. The materia medica is not that big. For a more

elaborate "indication" section you will probably have to read research. I use this as a text as a Herbal Science major, I don't think it is very readable for the layman trying to learn herbal medicine or if you are just interested in herbal medicine. It's written like an encyclopedia, so you jump to sections that you want. The first part of the book has plant constituents with drawings of organic molecules. The second part is organized according to body systems. It's very user friendly, the index has pretty much everything you want to find. Fantastic book as a text, I'll be using it for a long time.

This book was assigned as a part of a Master's Program in Holistic Health. It is comprehensive and overall a great resource book. Hoffmann covers a wide range of topics in depth. In class, we were amazed how one person could write such a voluminous resource. However, if you are looking for specific "recipes" to make, this would not be the book. It will direct you to appropriate plants/herbs to use. I highly recommend this book. You will think twice about common weeds in your yard- all plants have a medicinal use.

I've never seen another book on herbal medicine that is as exhaustive and comprehensive as this one. It goes so far as to illustrate the active biochemical components of the different herbal elements. The book is organized based on the different body systems. It describes how to identify the compounds and their sources. For anyone serious about herbal medicine this book is an essential addition for a professional library. I organize an international conference -- The Winter Brain, Optimal Functioning and Positive Psychology meeting that routinely includes lectures on herbal medicine. This book will be very well received by our professional attendees.

I purchased this book for two reasons. The first being the author David Hoffmann is the author of a book I have called The New Holistic Herbal. I found this book to be very thorough in his relating herbal medicine to the human body. I highly recommend it. The second reason is I am taking an online course in Herbal Medicine. This book is recommended reading and I can say it is as thorough and detailed as the book mentioned above. David Hoffmann has a way of relating the science to the human body in a precise, well thought out way. There is a wealth of information and detail about all functions of the human body. How each herb is broken down into its components and what their interaction is with our makeup. He also can tell of drug interactions which is important for anyone on medication and wanting to self medicate. I can only speak highly of this book and while perhaps a little clinical for some it is well worth the purchase.

I am not a scientist, I am just a normal person interested in Herbal Medicine and creating my own tinctures, salves, etc for simple at home remedies. I was worried this book might be a bit over the top for me, but I was pleasantly surprised! While, yes, the first few chapters delve a bit deep into the chemistry of it all, I have found that the rest of the book offers highly valuable information. This book is broken into several sections, and I've found lots of useful information in the sections pertaining to the HOW of Herbal Medicine - it tells you precise ways of formulating different remedies. Also, the fully in depth index looks at each herb and goes into detail on it's uses and best preparations. Overall I am so very happy with this book. It's one of my major resources and highly recommend it!

The science and practice and medical herbalism is covered in a weighty textbook covering the scientific principles of therapeutic herbalism and their application to medicine. Author Avid Hoffmann has several decades of experience in herbal practice and lends scientific authority to Medical Herbalism: Principles And Practices, which offers details on plants, chemical structures, physiological effects, and the craft of making herbal potions and medicines. No casual coverage, this is recommended for college-level health collections interested in serious science and health.

This book has almost everything you'd want to know about herbs and how to use them medicinally. It has the chemical breakdown of all the herbs so you can really see what's going on, as well as listings for conditions and ways to treat them. I love this book, it's invaluable

This is a fantastic resource for students and the like. It has a great layout, incorporating illnesses and body systems, herbal actions, a materia medica and many other great categories. It is well referenced and uses a wide range of information.

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