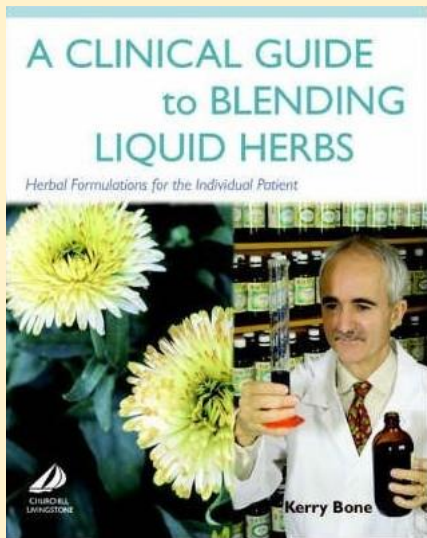


“A Clinical Guide to Blending Liquid Herbs” by Kerry Bone



A Clinical Guide to Blending Liquid Herbs is the definitive guide for herbal liquid prescribing. This highly practical guide explains in depth how to use and blend liquid extracts for optimum results making it a must for all doctors and students of herbal therapy. This book features chapters covering the fundamentals of liquid extracts: how they are made, quality and dosage issues; and how to prepare formulations for the individual patient with example formulations presented on 20 commonly experienced health conditions. Monographs of 125 popular herbs used in the form of liquid extracts provide the herbal clinician with accessible and clinically relevant information. The monographs have been specifically designed for use in the clinic with an emphasis on providing the essential information in an easy to read format.

Practitioners can see at a glance:

- identifying information
- the recommended indications for each liquid extract and level of traditional use and modern scientific medicine
- safety recommendations
- dosage (and where it was derived from)

Further information is presented in highly summarised form outlining traditional use and the most up-to-date pharmacological and clinical studies. This guide is comprehensively referenced and contains appendices for thorough explanations, indices of herb and herb action as well as complete glossaries and table of recommended dosages.

Preface

“When Simon Mills and I published *Principles and Practice of Phytotherapy (PPP)* in 1999, it was hailed as the first textbook of modern herbal practice. Since then, several other herbal texts have been released for the professional reader. However, most of these publications contain only herbal monographs and seem to be based on the assumption that knowing about the properties of herbs is all that is necessary to understand herbal practice. Furthermore, many of these material medica textbooks are not written by practicing herbalist and, rather than acting as working manuals or references for the herbal clinician, are quite negative about the worth and safety of many herbal treatments (under the guise of an evidence-based evaluation).

Very few, if any, modern texts reflect the current core activity of most western herbal practitioners: namely arriving at an individual prescription after an extensive consultation and then dispensing this prescription as a compounded liquid formulation. Herbalists in the U.K., Australia and the U.S. have functioned in this way for more than 100 years, yet this mode of practice is regarded by many as on the fringe of medicine. This contrasts strongly with traditional Chinese medicine where the textbooks do reflect current practice and draw strongly on the traditional knowledge base. No one in China belittles the traditional basis of their herbal practice, unlike many western herbal texts.

For some time now, I have felt the need for a text reflecting the western herbalist’s art of formulating liquids for the individual patient. This need, coupled with the common criticism that PPP contained too few herbs, led to the development of this book. IN one sense, this text is an appendage to and update of PPP; this is particularly reflected in the way the monographs are written.

This book contains three main sections. The first section deals with all the practical issues involved in prescribing and dispensing liquid herbal products. The second section outlines, with many worked examples, the rationale and thought processes behind using individual prescribing with liquid herbs for the treatment of a variety of health issues. In the third section the reader will find up-to-date monographs on more than 100 herbs. In particular, these monographs are written from the perspective of a prescribing herbal clinician and contain indications from both traditional sources and scientific investigations. (One feature of the monographs is that the level of evidence behind each indication is clearly stated.)

This book was written for both herbal students (who may find PPP rather daunting early on in their studies) and any clinician who wishes to understand and apply in a modern scientific context the fascinating, flexible, and (in my experience) clinically effective methodology of the traditional western herbalist.”

Kerry Bone, Warwick, Australia, 2003

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