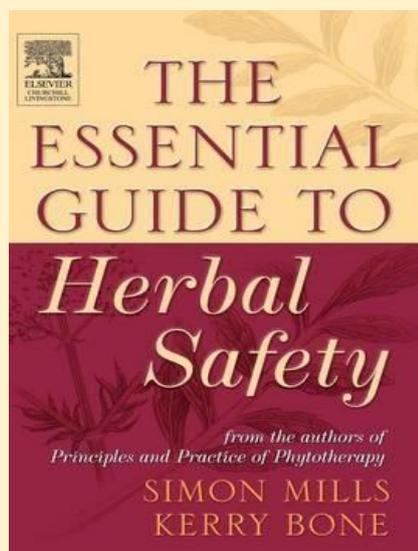


“The Essential Guide to Herbal Safety” by *Simon Mills and Kerry Bone*



This innovative new book presents an extensive discussion of the principles of herbal safety and the current major issues relating to this important area. Leading international experts contribute to the book providing a wealth of information on issues such as quality, interactions, adverse reactions, toxicity, allergy, contact sensitivity and idiosyncratic reactions. In March 2006, the American Botanical Council (ABC) announced that *The Essential Guide to Herbal Safety* was the recipient of the James A. Duke Botanical Literature Award which honours the singular outstanding contribution by a book to the knowledge and understanding of medicinal and aromatic plants.

Key features:

- Authoritative and credible safety information from two experienced health care professionals specialising in herbal therapy together with leading world experts
- 125 well-researched monographs - the most thorough and comprehensive text on the market for herbal safety in practice
- Current evidence-based reviews covering factors that influence herb safety and quality, including the negative placebo effects (nocebo), various types of unpredictable effects, the basis for interactions between herbs and drugs
- Establishes a grading system for assessing safety in pregnancy and lactation that is realistic and appropriate to herb use
- Thoroughly critiques the dominant misinformation in the media and medical journals on herb safety issues
- Useful appendices detailing herbal references for pregnancy and lactation considerations

The first accurate and comprehensive book on herbal safety - a must for all health care professionals!

Churchill Livingstone
First Published in 2003

About the authors:

Simon Mills has practiced herbal medicine since 1977 and has been in the forefront of the movement for establishing high professional standards of practice in the United Kingdom for much of that time. He is now both Teaching Fellow in Integrated Healthcare at the Peninsula Medical School at the Universities of Exeter and Plymouth in the United Kingdom and Director of the Masters Program in Botanical Healing at the Tai Sophia Institute, Maryland, in the United States. He is President of the British Herbal Medicine Association and Secretary of the European Scientific Cooperative on Phytotherapy (ESCOP) and as such has been involved in setting scientific standards for herbal remedies in the United Kingdom and across Europe for many years. He is currently developing with Kerry Bone a major on-line evidence-based resource for professional use of herbal remedies.

Kerry Bone was an experienced research and industrial chemist before studying herbal medicine full-time in the United Kingdom where he graduated from the College of Phytotherapy and joined the National Institute of Medical Herbalists. He is a practising herbalist (20 years' experience), head of Research and Development at MediHerb, and Principal of the Australian College of Phytotherapy.

Working for the Australian College of Phytotherapy, and in conjunction with the University of New England (Australia), Kerry has developed a Masters degree program in clinical herbal medicine. In relation to this work he has been appointed adjunct Associate Professor by the university.

He is a regular contributor to various journals and has published several books including best-selling text *Principle and Practice of Phytotherapy: Modern Herbal Medicine*, which he co-authored with Simon Mills.