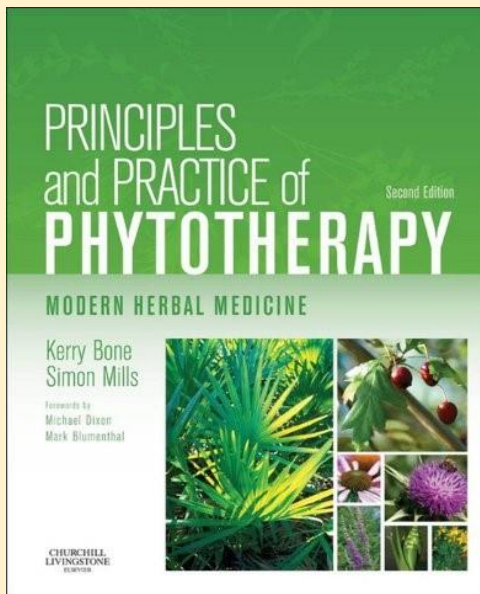


“Principles and Practice of Phytotherapy” by Kerry Bone and Simon Mills (2nd Edition)



The authoritative and comprehensive modern textbook on western herbal medicine – now in its second edition.

This long awaited second edition of **Principles and Practice of Phytotherapy** covers all major aspects of herbal medicine from fundamental concepts, traditional use and scientific research through to safety, effective dosage and clinical applications. Written by herbal practitioners with active experience in clinical practice, education, manufacturing and research, the textbook is both practical and evidence based. The focus, always, is on the importance of tailoring the treatment of the individual case.

New insights are given in the herbal management of approximately 100 modern ailments, including some of the most challenging medical conditions, such as asthma, inflammatory bowel disease and other complex autoimmune and inflammatory conditions, and there is vibrant discussion around the contribution of Phytotherapy in general to modern health issues, including healthy ageing.

Fully referenced throughout, with more than 10,000 citations, the book is a core resource for students and practitioners of Phytotherapy and naturopathy and will be of value to all healthcare professionals – pharmacists, doctors, nurses –with an interest in herbal therapeutics.

Key Features

- 50 evidence-based monographs, including 7 new herbs
- Rational guidance to phytotherapeutic strategies in the consulting room
- New appendices provide useful information on topics such as herbal actions, dosage in children, and reading and interpreting herbal clinical trials
- Comprehensive revision of vital safety data, including an extensive herb-drug interaction chart

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Dong quai	

Echinacea root
Evening primrose oil
Eyebright
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Ginseng
Globe artichoke
Gotu kola
Hawthorn
Horsechestnut seed
Kava
Licorice
Measdownsweet
Melilotus
Myrrh
Nettle
Pau d'arco
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Saw palmetto
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