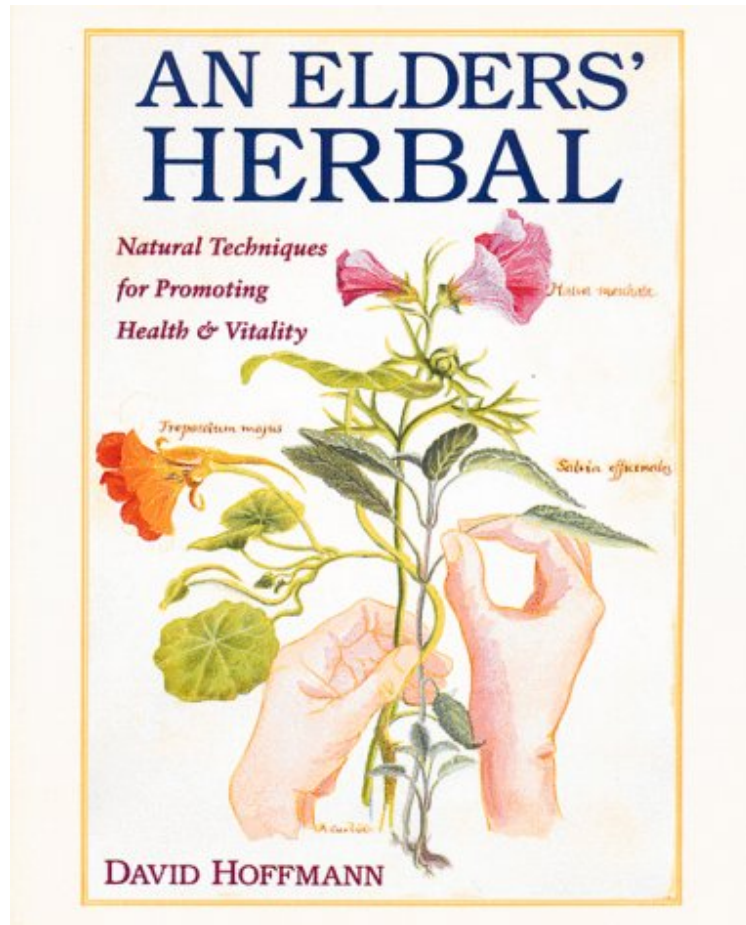


(Pdf free) An Elders' Herbal: Natural Techniques for Health and Vitality (Healing Arts Press)

An Elders' Herbal: Natural Techniques for Health and Vitality (Healing Arts Press)

David Hoffmann FNIMH AHG

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David Hoffmann FNIMH AHG : An Elders' Herbal: Natural Techniques for Health and Vitality (Healing Arts Press) before purchasing it in order to gage whether or not it would be worth my time, and all praised An Elders' Herbal: Natural Techniques for Health and Vitality (Healing Arts Press):

1 of 1 people found the following review helpful. This is one of the best herbal books I've ever gottenBy Francie B. This is one of the best herbal books I've ever gotten. It focuses exclusively on the challenges of ageing gives ways to combat prevent many of those challenges. David Hoffman has a way of explaining things that is very understandable and very helpful. This book is a wonderful resource. It arrived in good time in the condition it was advertised to be in. I'm very happy with my whole experience!2 of 2 people found the following review helpful. This is an excellent reference bookBy JanetThis is an excellent reference book, but it also is a must read if you want to prevent illness or weaknesses that usually comes withaging. I would recommend it to anyone interested in the good health of someone

over 60.1 of 1 people found the following review helpful. Like this book very much!By sophiesmommyAmazing book for the elderly to take advantage of alternative care medications; namely, herbs! It teaches you so much about the chemistry of herbs, what they do, and what harm they can cause if one were to overdose. If you consider that many conventional medications have herbal derivatives, then this book is a must for bookshelves!

Medical herbalist David Hoffmann addresses the unique health concerns of people in later life and presents a wide variety of herbal remedies for the prevention and treatment of problems associated with aging. A Materia Medica is also provided listing each herb by both common and Latin names and specifying which part of the plant to use, actions and indications, preparation methods, and recommended dosages. Offers specific remedies for conditions that include varicose veins, hypertension, gingivitis, cancer, and arthritis. While herbal remedies are powerful healing agents, they are free of the side effects often brought on by stronger synthetic drugs.

From Scientific AmericanThis book of herbal recipes and restoratives will fascinate you...Attractive and clearly written.From The New YorkerHerbal medicine can be as simple as brewing a pot of tea. However, knowing which herbs to use and how to use them requires experience, which Hoffmann amply provides. An Elder's Herbal gives authoritative answers to most of the commonly asked questions about when and how to use herbs medicinally. "Unlike most herbals which summarize information, An Elders' Herbal takes the space to clearly explain what goes on in the body for each condition and how each herb suggested acts, deepening the reader's understanding of how to use and combine herbs medicinally." (Becca Harber, The Village Herbalist)"This book of herbal recipes and restoratives will fascinate you...Attractive and clearly written." (American Bookseller)"Herbal medicine can be as simple as brewing a pot of tea. However, knowing which herbs to use and how to use them requires experience, which Hoffmann amply provides. An Elder's Herbal gives authoritative answers to most of the commonly asked questions about when and how to use herbs medicinally." (Natural Health)