

Complete Medicinal Herbal (Natural care)

By Penelope Ody

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Practised for centuries in civilizations around the world, this book on herbal medicine aims to show readers about the healing properties of herbs. It contains an illustrated A-Z profiling over 120 medicinal herbs and their traditional uses. A home remedies section explains how to make and administer herbal remedies for a wide range of disorders, from colds to stomach ulcers and contains ideas for a herbal first aid kit.

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Editorial Review

From Library Journal
This attractive herbal is one of the best this reviewer has seen. A brief history of herbal medicine leads into a dictionary of 130 herbs, all well illustrated both as growing plants (with close-ups of leaves, roots, berries, and flowers where appropriate) and in prepared forms (dried stems, powders, etc.) Charts describe a wide range of ailments and the appropriate home remedies. The book also includes excellent instructions on preparing herbs for use. If your copy of Miriam Polunin and Christopher Robbins's The Natural Pharmacy (LJ 8/92) is always checked out, buy this book too. Both works are good and quite similar, but Ody's book covers fewer plants in greater depth than The Natural Pharmacy.
-Katharine Galloway Garstka, Intergraph Corp., Huntsville, Ala.
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Review
This attractive herbal is one of the best this reviewer has seen. -- *Library Journal*

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