



Tyler's Honest Herbal: A Sensible Guide to the Use of Herbs and Related Remedies

Steven Foster, Virginia M Tyler

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Here is the fourth edition of Tyler's Honest Herbal: A Sensible Guide to the Use of Herbs and Related Remedies, providing essential botanical information as well as folkloric background of herbal remedies in a clear, accessible style. Unlike other herb books, this book gives you a serious evaluation of both the positive and negative features of the use of the most important herbs for therapeutic purposes. This new edition features additional scientific data on herbs that will enable you to make wise, informed choices about the benefits and risks of herbs currently on the market. Viewing herbs from a scientific standpoint, the authors assess herbs based on available scientific information and include the latest details on advocacy literature and the new regulatory environment. Each write-up includes descriptive information on the source of the plant, its traditional uses, and an evaluation of the relevant and current literature which helps support or disprove intended use of the plant. This new edition of Tyler's classic Honest Herbal provides you with all of the following features not found in any of the previous editions, such as:

hundreds of new, supporting references from scientific studies on herbs and other dietary supplements

Containing candid evaluations and insight into the current and thriving herbal market, this guide also provides you with a complete summary chart that allows you to quickly access the risks and benefits of the herbs discussed. Tyler's Honest Herbal will help you distinguish fact from fiction in the world of herbal therapies and remedies and lead you to safe and effectiveness of these natural resources.

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From reader reviews:

Carson McDonald:Spent a free time to be fun activity to try and do! A lot of people spent their down time with their family, or their own friends. Usually they carrying out activity like watching television, about to beach, or picnic inside the park. They actually doing same task every week. Do you feel it? Do you need to something different to fill your free time/ holiday? Could possibly be reading a book may be option to fill your cost-free time/ holiday. The first thing you ask may be what kinds of publication that you should read. If you want to consider look for book, may be the guide untitled Tyler's Honest Herbal: A Sensible Guide to the Use of Herbs and Related Remedies can be fine book to read. May be it might be best activity to you.

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