



# Herbal Remedies: A Quick and Easy Guide to Common Disorders and Their Herbal Remedies

*Asa Hershoff, Andrea Rotelli*

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An essential reference to herbal remedies for the most common ailments.

Sharing twenty-five years of clinical expertise, **Dr. Asa Hershoff** has written a highly accessible and useful guide to hundreds of herbs and their uses for specific conditions. The book's unique format helps readers quickly assess health conditions. Margins on each page depict icons of body parts for very easy reference. An alphabetical listing of ailments provides information on each herb's source, dosage, and possible contraindications.

Integrating the best of herbal tradition and science, this authoritative book is an essential guide for tapping the healing power of herbs.

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