



Herbal Therapy and Supplements: A Scientific and Traditional Approach

Merrily A. Kuhn, David Winston

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This unique, portable clinical reference provides easily-accessible and clinically relevant monographs of herbs, spices, and aromatherapy oils for use by health care providers. The monographs, similar to those presented in nurses' drug handbooks, contain information on the health risks of taking these substances with over-the-counter and prescription drugs, a behavior that is increasing among the general public. Assessment guidelines help providers monitor side effects, toxicity, and drug-herb/drug-spice interaction. Specifics of monographs include action, current use, pharmacokinetics, toxicity, contraindications, side effects, long term safety, use in pregnancy/lactation and use for children. Appendices provide drug-herb interaction tables, contraindicated herbs, a listing of 'do not take together' herbs, and a listing by use/indication. Each monograph includes line drawings of each herb, and extensive reference and research listings.

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