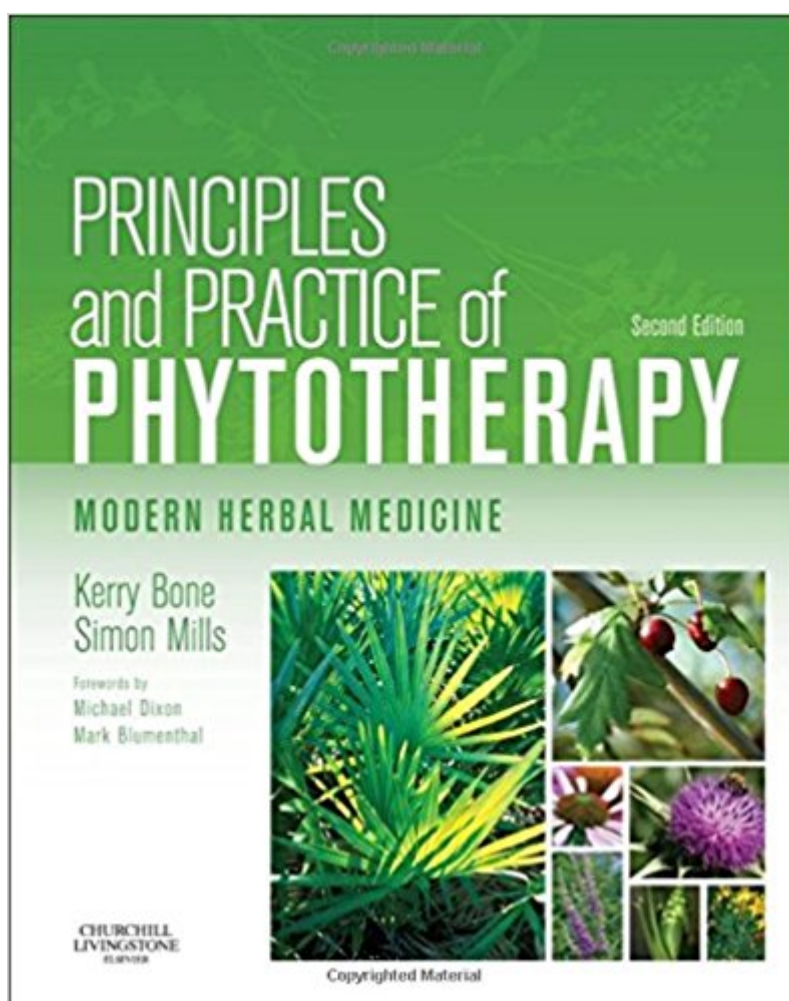




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# Principles And Practice Of Phytotherapy: Modern Herbal Medicine, 2e



## Synopsis

The authoritative and comprehensive modern textbook on western herbal medicine - now in its second edition This long-awaited second edition of *Principles and Practice of Phytotherapy* covers all major aspects of herbal medicine from fundamental concepts, traditional use and scientific research through to safety, effective dosage and clinical applications. Written by herbal practitioners with active experience in clinical practice, education, manufacturing and research, the textbook is both practical and evidence based. The focus, always, is on the importance of tailoring the treatment to the individual case. New insights are given into the herbal management of approximately 100 modern ailments, including some of the most challenging medical conditions, such as asthma, inflammatory bowel disease and other complex autoimmune and inflammatory conditions, and there is vibrant discussion around the contribution of phytotherapy in general to modern health issues, including health ageing. Fully referenced throughout, with more than 10,000 citations, the book is a core resource for students and practitioners of phytotherapy and naturopathy and will be of value to all healthcare professionals - pharmacists, doctors, nurses - with an interest in herbal therapeutics. 50 evidence-based monographs, including 7 new herbs Rational guidance to phytotherapeutic strategies in the consulting room New appendices provide useful information on topics such as herbal actions, dosage in children and reading and interpreting herbal clinical trials Comprehensive revision of vital safety data, including an extensive herb-drug interaction chart.

## Book Information

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## Customer Reviews

This herbal medicine book is by Kerry Bone, so what more is there to say? I'm a naturopathic

student in my final year. I wish I had such a book when I started the course... it has taken my knowledge and understanding of herbs to new heights. When I was doing my clinicals, my supervisor always taught me to use "specifics", i.e., prescribe specific herbs for a particular condition, ex., hypericum for depression, withania and rhodiola for stress, crataeva for kidney stones, crataegus for cardiovascular problems like hypertension, thymus and inula for bronchitis, silybum for cirrhosis or other liver problems, etc. This book is congruent with my clinical supervisor's herbal treatment approach and reasoning for using certain herbs. It was actually her that suggested I buy this book. This book compliments another book: "Clinical Naturopathy: an evidenced-based guide to practice" by Jerome Sarris and Joh Wardle. They work well together in understanding what herbs (based on scientific research and clinical experience) are best for X condition. This book has been a great investment into my education and learning of herbs. Highly recommended, especially for students or practitioners.

Absolutely the only book of its kind out there with research, case studies, and every detail about herbs that you can possibly have in one book. I also have it on my iPad my Note 7 (kindle) and my Mac air because I use the research and studies daily for my research. As a doctor of acupuncture and Oriental medicine, licensed herbalist, and clinical nutritionist I see Kerry Bone as the number one Western herbalists in the world for all that he has contributed to us herbalists. His passion and love for herbs shines through with his writings. Kerry explains in detail everything he can possibly know about the herbs chosen so there's nothing left to be learned. It is more of a textbook than just a regular book for the layperson. I own over 200 books and this is my go to books for herbs.

Initially very intimidating with small fonts and large amounts of information, but after diving into the text this is one of the best textbooks I have ever owned! Authors are skillful in presenting relevant information in a clear format, and being able to discuss topics in depth but understandable. Senior at the University of Minnesota.... Best textbook I have ever studied from.

Excellent textbook in our university's Masters of Science in Herbal Medicine program. Needed to buy three more copies. Kerry Bone's prominence and writing style are put to good use.

Very good information, a little bland but very well researched.

Excellent book in every way. Be aware that this is very technical and not for the lay person, but for

Physicians and other health care workers. That being said, if you are interested in Herbal Medicine, this is the book!

If you want evidence based information pertaining to herbs this is your book. Very comprehensive. Perfect for a reference for any healthcare professional who has exposure to herbal medicine.

Great objective presentation / a ton of Information.

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