

The New Healing Herbs: The Essential Guide to More Than 125 of Nature's Most Potent Herbal Remedies

Michael Castleman

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Straight from nature's medicine cabinet, the latest herbal discoveries that cure hundreds of health concerns without the dangerous side effects or high cost of prescription drugs

The New Healing Herbs Michael by Castleman uses the latest studies to offer guidelines on dosages, drug interactions, and results for herbal healing. Included are herbal prescriptions to treat ailments ranging from the common cold, allergies, and back pain to more serious conditions such as diabetes and cancer. Featuring hundreds of cures and therapies proven to work, this book shows you which herbal remedy to take for each condition, how it's taken, what interactions to watch for, and where to buy the featured herbs. The easy-touse Cure Finder organizes herbs by health condition, healing actions, and alternative uses, guiding you to the right herbal remedy for your ailment. With more than 1 million copies of its two previous editions in print, there's no doubt that you can trust *The New Healing Herbs* to help them take control of your health.



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