

## The Natural Pharmacist Drug Herb Vitamin Interactions

The herbal medicine industry is growing at an astounding rate. Trade group estimates suggest that total sales exceeded \$4 billion dollars in 1999. Herbal remedies are for sale not just in health food stores, but in supermarkets, drug stores, and even discount warehouses. Along with the proliferation in sales has come a proliferation of information sources. Not all of the sources are equally reliable, or even intelligible. Traditional herbalists classify thistle and mugwort as "cholagogues," substances used to make the gallbladder contract and release bile. Medical school graduates are unlikely to have ever heard the term, or even accept the notion that most right-sided abdominal pain is a result of diminished bile flow. Heroin and cocaine may not be the only drugs to come from plants, but a practicing physician or toxicologist might be forgiven for thinking so. In 1998, 1264 papers were published about cocaine and only 17 about kava kava, an abused herb that is not without toxic side effects. Unfortunately, the majority of the papers about kava kava were published in journals not found in ordinary hospital libraries. In recognition of this fact, and of the obvious need for a reliable reference work on herbal toxicology, *The Toxicology and Clinical Pharmacology of Herbal Products* was an early addition to our new series in Forensic Science and Medicine. It is very badly needed.

Expert herbalist Maria Noël Groves has advice for budding herb gardeners: grow just what your body needs! In *Grow Your Own Herbal Remedies*, Groves provides 23 specially tailored garden plans for addressing the most common health needs, along with simple recipes for using each group of herbs. For chronic stomach problems, marshmallow, plantain, rose, fennel, and calendula make the perfect medicine, with recipes for tummy tea and gut-healing broth. Whether the need is for headache relief, immune support, stress relief, or a daily tonic, readers will learn the three to six herbs that are most effective and how to plant, harvest, and care for each one. In all of Groves's plant suggestions, the emphasis is on safe, effective, easy-to-grow herbs that provide abundant harvests and can be planted in containers or garden beds.

A healthier life is right at your fingertips - or at least only a few steps from your door! *Backyard Pharmacy* helps you choose the best "backyard" medicinal plants. All the plants can easily be grown throughout North America by any home gardener, and used for their healing and natural-remedy properties! Author Elizabeth Millard shares her deep knowledge of what to add to your garden to grow your own medicine cabinet to enhance your health. Each featured plant profile includes: - A detailed full-color photograph of the plant and key preparation steps. - Brief histories and descriptions of the plants (including recommended varieties). - The most efficient way to cultivate, care for, and harvest your plant. - Which parts are the most medicinal. - A profile of your plant's health and nutritional properties. - The current state of scientific research on the plant. - The best practices for any plants requiring special harvesting, storing, or preparation.

- The most effective use of the plant as a remedy, and any precautions you should take. Richly illustrated with 200 photographs, Backyard Pharmacy not only includes photography of the plants, but also images demonstrating step-by-step preparation, harvest, and storage methods to get the best results from your gardening efforts. Take control of your health. Learn about the benefits of herbs and "backyard friends" and natural health remedies for yourself and your family, and even grow them right in your own backyard.

A comprehensive guide to herbal remedies by two of the most trusted authorities on the subject includes information about the most popular herbs, an A-to-Z handbook of common symptoms and ailments, dosage tips and precautions, and a variety of home andA comprehensive guide to herbal remedies by two of the most trusted authorities on the subject includes information about the most popular herbs, an A-to-Z handbook of common symptoms and ailments, dosage tips and precautions, and a variety of home and herbal remedies, vitamin therapies, and dietary supplements. Reprint. herbal remedies, vitamin therapies, and dietary supplements. Reprint.

In this compendium Dr. Presser discusses the basics of herbal medicine.

Presents a comprehensive, full illustrated reference on the fifty most commonly prescribed herbal remedies, furnishing a detailed description of each herb, as well as information on potential side effects, drug interactions, and therapeutic uses, covering such herbs as Goldenseal, Burdock, Tumeric, Evening Primrose, and Aloe Vera, among others. Simultaneous.

A practice-oriented introduction to phytotherapy. Methodically classified by organic systems and fields of application, it offers a quick insight into dosage, form of application and effects of the most important herbal remedies. Only those herbal remedies that are of pharmacological and clinical efficiency have been considered. The authors are highly experienced in the field of postgraduate medical education and, with this work, present an indispensable reference book for the medical practice.

Consumer demand for natural medicine is at an unprecedented level. This invaluable handbook offers new choices in drug-free remedies: natural healing from medicinal herbs. It provides much needed information on some of the leading herbs in the market to help pharmacists deal with the exploding consumer demand for information on the responsible use of herbal dietary supplements. Consumers will also find this book most helpful for its wealth of valuable, well-researched, & readily applied information. The entry for each herb includes description & illustration, plus information on mechanism of action, uses, dosage, side effects, cautions, & references for further information. The best book on the topic.Ó

Discover What Herbs Can Do for You Did you know that scientific evidence suggests that herbs may be effective treatments for several of today's most common ailments? It's true. Millions are discovering the powers of natural remedies. With this book, so can you. Inside you'll learn which herbs may help

improve mental function, shorten the length of colds, lower cholesterol, reduce anxiety, fight insomnia, and much more! Includes an A–Z guide to herbs, including: ·Bilberry ·Echinacea ·Evening Primrose ·Feverfew ·Ginkgo biloba ·Horse Chestnut ·Kava ·Milk Thistle ·St. John's Wort ·Uva Ursi ·Valerian ·And much more It's all here in simple, straightforward language. You'll find yourself turning to this helpful, trusted companion again and again.

Interactions between herbs/supplements and drugs can be life threatening. Yet, according to a 1998 study, 15 million Americans are using such combinations. This concise and portable guide is the most comprehensive and detailed source of science-based information on drug-herb and drug-nutrient interactions available, providing critical information on which supplements and herbs should be avoided or used with caution together with over-the-counter or prescription medications. Beneficial interactions, such as reducing drug side-effects or assisting drug actions, are also covered.

The closest a student can get to the wards without seeing patients! Designed to teach through clinical cases, this text offers 60 of the most common clinical problems in emergency medicine along with case discussion questions, clinical pearls, key terms and concepts, and USMLE-style questions and answers to reinforce learning. This is an excellent study guide for the emergency medicine shelf exam and the USMLE Step 2.

**IF YOU TAKE NUTRITIONAL SUPPLEMENTS, HERBS, VITAMINS, AND OTHER NATURAL PRODUCTS, YOU NEED THIS BOOK!** Compiled by one of America's leading authorities on natural medicine, *The Pill Book Guide to Natural Medicines* answers vital questions about the effectiveness and safety of more than 250 of today's most popular natural remedies. Dr. Murray's unique A-to-F rating system tells you at a glance whether the product has been scientifically proven to work and if there are risks in taking it. Written in clear, accessible language, here is important information on: • What the product is for, and how it works • Safety and effectiveness rating • Possible side effects • Drug and food interactions • Usual dosage • Cautions and warnings • Special concerns for seniors, children, and pregnant women Up-to-date and authoritative, *The Pill Book Guide to Natural Medicines* also contains Dr. Murray's recommendations for the prevention and treatment of over 70 common conditions, from acne and atherosclerosis to ulcers and varicose veins.

Remember, just because a product is “natural” does not mean it is safe. This important reference can help you make wise choices—or even save your health. More than ever, consumers have questions about herbs and supplements, especially with the explosion of advocacy literature containing misleading or unsubstantiated medical claims. In a recent survey, researchers were surprised that while a large percentage of North American consumers use medicinal herbs regularly (and even more use vitamins and minerals), few feel they are knowledgeable on the subject. Health care professionals throughout the country are finding a growing need for scientifically accurate reference material on the

clinical uses of herbs and potential herb-drug interactions, which until now has not been readily available. Introducing Prima Health's "Clinical Evaluation of Medicinal Herbs and Other Therapeutic Natural Products Finally, a reference source that helps you answer customer questions and help sort through their confusion. Written by Steven Bratman, M.D., whose breadth of knowledge, precise approach, and expertise in integrated medicine is nationally known, and David Kroll, Ph.D., a widely published consultant to pharmacists and physicians, this unique reference meets the daily demands of health care professionals in every setting. Straightforward, unbiased, credible information This scientifically rigorous guide provides proven, responsible, and detailed information on herbs and food supplements. This information can be used to provide your customers and other health care professionals with proper recommendations on how and when to safely and effectively use these substances. For each herb and supplement in the guide you'll find: Overview History Pharmacology Indications Research & Evidence Mechanisms of Action Dosage Risks & Side Effects Drug Interactions Self-treatment Cautions Each product analysis includes double-blind evidence, principle and secondary uses, and extensive references for further research. About the Authors Steven Bratman, M.D., medical director of Prima Health, and a proponent of alternative medicine. A graduate of the University of California at Davis Medical School, he is also trained in herbology, nutrition, Chinese medicine, and other alternative therapies, and has worked closely with a wide variety of alternative practitioners. He serves as an expert consultant to state medical boards evaluating disciplinary cases involving alternative medicine. He is the author of numerous books, including "The Alternative Medicine Ratings Guide (Prima, 1998) and "The Alternative Medicine Sourcebook (Lowell House, 1997). David Kroll, Ph.D., is a professor of pharmacology and toxicology at the University of Colorado School of Pharmacy and board member of the Herb Research Foundation. A graduate of both the University of Florida and the Philadelphia College of Pharmacy and Science, Dr. Kroll has lectured widely and has published articles in a number of medical journals, abstracts, and newsletters.

Provides an invaluable reference text for all healthcare professionals who require evidence-based information on the interactions of conventional medicines with herbal medicines, dietary supplements and nutraceuticals. Stockley's Herbal Medicines Interactions is a unique collaboration between a team of experts in the fields of drug interaction, clinical herbal medicines, phytopharmacovigilance and regulation of herbal medicinal products. Stockley's Herbal Medicines Interactions brings together available data on over 150 of the most commonly used herbal medicines dietary supplements and nutraceuticals in highly structured, rigorously researched and fully referenced monographs.

This report is structured in five parts: national framework for traditional and complementary medicine (T&CM); product regulation; practices and practitioners; the challenges faced by countries; and, finally, the country profiles. Apart from

the section on practices and practitioners, the report is consistent with the format of the report of the first global survey in order to provide a useful comparison. The section on practices and practitioners, which covers providers, education and health insurance, is a new section incorporated to reflect the emerging trends in T&CM and to gather new information regarding these topics at a national level. All new information received has been incorporated into individual country profiles and data graphs. The report captures the three phases of progress made by Member States; that is, before and after the first WHO Traditional Medicine Strategy (1999-2005), from the first global survey to the second global survey (2005-2012) and from the second survey to the most recent timeline (2012-2018).

From The Natural Pharmacist comes an A-to-Z guide for over 200 conditions, herbs, vitamins, and supplements. This revised edition, written in everyday English, features up-to-date, scientifically accurate information about natural medicine and conventional treatments.

Previously published under titles: The complete natural medicine guide to the 50 most common medicinal herbs and The botanical pharmacy.

Offers advice on herbal healing, includes an encyclopedic review of health conditions that herbal medicine can help, and discusses 180 herbs with information on dosages, food and drug interactions, benefits, and side effects.

A must-have health companion for herbalists, naturopaths, complementary medicine practitioners and students Herbs and Natural Supplements, 3rd Edition: An evidence-based guide presents evidence-based information on the 130 most popular herbs, nutrients and food supplements used across Australia and New Zealand. This exhaustive textbook is organised alphabetically by each herb or nutrient's common name. Herbs and nutrients are then accompanied by critical information such as daily intake, main actions and indications, adverse reactions, contraindications and precautions, safety in pregnancy and more. This new edition of Herbs and Natural Supplements has been expanded with new chapters on pregnancy and wellness. It also features 10 new monographs for Arginine, Dunaliella, Elde, Goji, Pelargonium, Prebiotics, Red Yeast Rice, Rhodiola, Shatavari and Taurine. • provides current, evidence-based information on herbal, nutritional and food supplements used in Australia and New Zealand • is user-friendly and easily organised by easy-to-find A-Z herbal monographs • appendices offering important additional information for the safe use of herbal and nutritional supplements, including a list of poison information centres, associations, manufacturers and more • offers clear, comprehensive tables including herb/natural supplement - drug interactions • lists the pharmacological actions of all herbs and natural supplements • a glossary of terms relevant to herbs and natural supplements • two comprehensive new chapters: Herbs and Natural Supplements in Pregnancy and Introduction to Wellness • all chapters completely updated and expanded • ten new monographs taking the total to 130 • now also available as an eBook! A code inside Herbs and Natural Supplements, 3rd Edition: An evidence-based guide enables a full text download, allowing you to browse and search electronically, make notes and bookmarks in the electronic files and highlight material

Extensive coverage of the Internet as a source of and distribution means for drug

information, and detailed sections on evaluating medical literature from clinical trials  
Audience includes Pharmacists, Pharmacy students and Pharmacy schools Updated to include using PDAs for medication information Covers the ethical and legal aspects of drug information management Nothing else like it on the market

The nation's largest and most respected organization of pharmacists presents the first guide to herbal and natural remedies based on rigorous scientific studies, describing three hundred substances and their administration, effectiveness, and side effects. 25,000 first printing.

Traditional medicine in Yemen is largely plant-based. Fourteen scholars represent both humanities and natural sciences in studying herbal medicines and their multifaceted applications within traditional Yemeni society. Approaches are based on textual analysis, empirical research and laboratory experiment.

Two prominent pharmacists offer this guide to herbal remedies, featuring more than three hundred herbal medicines, along with a glossary of medical terms and detailed descriptions of each remedy, potential drug interactions, dosages, and more. Original. Essential Herbs and Natural Supplements is an evidence-based quick reference guide. This go-to resource is essential for safe and effective clinical recommendations of herbal medicines and natural supplements. It provides current, evidence-based monographs on the 50 most commonly used herbs, nutrients and food supplements. It emphasises safe practice with strategies to prevent adverse drug reactions, guidelines in assessing benefit, risk and harm and the evaluation of research. 50 evidence-based monographs on the most used herbs and natural supplements Up-to-date evidence on the latest research impacting on herbal and natural medicine by top leaders within the fields of Pharmacy, Herbal Medicine and Natural Medicine Considerations of herbs and natural supplements in pregnancy

The Natural Pharmacist: Natural Health Bible is the culmination of extensive research into the science behind the therapeutic wonders of natural medicine. Rigorously reviewed for accuracy by a medical doctor and a professor of pharmacology, readers will learn what works -- and what doesn't-in the natural treatment of life's most common ailments.

The wait is over for a practitioner-oriented guidebook instructing on efficacious herbal preparation. Drawing heavily upon vintage western pharmacopoeias, Advanced Herbal Pharmacy uncovers and brings forth what was considered common knowledge to turn of the century (19th/20th) pharmacists/chemists; that is, how to prepare effective herbal medicines with efficiency and without overly elaborate equipment. These well-prepared herbal medicines (or rather 'organic drugs') went on to successfully treat a variety of dysfunctions, some of which modern medicine struggles with, even to this day.

A must-have health companion for herbalists, naturopaths, complementary medicine practitioners and students "Recommended evidence-based reference on Complementary Medicines" National Pharmacy Board 2010 Herbs and Natural Supplements, 3rd Edition: An evidence-based guide presents evidence-based information on the 130 most popular herbs, nutrients and food supplements used across Australia and New Zealand. This exhaustive textbook is organised alphabetically by each herb or nutrient's common name. Herbs and nutrients are then accompanied by critical information such as daily intake, main actions and indications, adverse reactions, contraindications and precautions, safety in pregnancy and more. This new edition of Herbs and Natural Supplements has been expanded with new chapters on pregnancy and wellness. It also features 10 new monographs for Arginine, Dunaliella, Elde, Goji, Pelargonium, Prebiotics, Red Yeast Rice, Rhodiola, Shatavari and Taurine. . provides current, evidence-based information on herbal, nutritional and food

supplements used in Australia and New Zealand . is user-friendly and easily organised by easy-to-find A-Z herbal monographs . appendices offering important additional information for the safe use of herbal and nutritional supplements, including a list of poison information centres, associations, manufacturers and more . offers clear, comprehensive tables including herb/natural supplement - drug interactions . lists the pharmacological actions of all herbs and natural supplements . a glossary of terms relevant to herbs and natural supplements . two comprehensive new chapters: Herbs and Natural Supplements in Pregnancy and Introduction to Wellness . all chapters completely updated and expanded . ten new monographs taking the total to 130 . now also available as an eBook! A code inside Herbs and Natural Supplements, 3rd Edition: An evidence-based guide enables a full text download, allowing you to browse and search electronically, make notes and bookmarks in the electronic files and highlight material

A foundational textbook on the scientific principles of therapeutic herbalism and their application in medicine • A complete handbook for the medical practitioner • Includes the most up-to-date information on preparations, dosage, and contraindications • By the author of The Complete Illustrated Holistic Herbal Medical Herbalism contains comprehensive information concerning the identification and use of medicinal plants by chemical structure and physiological effect, the art and science of making herbal medicine, the limitations and potential of viewing herbs chemically, and the challenge to current research paradigms posed by complex plant medicines. It also includes information on toxicology and contraindications, the issues involved in determining dosage and formulation types for an individual, guides to the different measurement systems and conversion tables, and the pros and cons of both industrial and traditional techniques. With additional sections devoted to the principles of green medicine, the history of Western Herbalism, the variety of other medical modalities using medicinal plants, an extensive resource directory, and a discussion of treatments organized by body system, Medical Herbalism is the comprehensive textbook all students and practitioners of clinical herbalism need to develop their healing practices.

Pharmacognosy (the science of biogenic or nature-derived pharmaceuticals and poisons) has been an established basic pharmaceutical science taught in institutions of pharmacy education for over two centuries. Over the past 20 years though it has become increasingly important given the explosion of new drugs, phytomedicines (plant medicines), nutraceuticals and dietary supplements – all of which need to be fully understood, tested and regulated. From a review of the previous edition: ‘Drawing on their wealth of experience and knowledge in this field, the authors, who are without doubt among the finest minds in pharmacognosy today, provide useful and fascinating insights into the history, botany, chemistry, phytotherapy and importance of medicinal plants in some of today’s healthcare systems. This is a landmark textbook, which carefully brings together relevant data from numerous sources and provides, in an authoritative and exhaustive manner, cutting-edge information that is relevant to pharmacists, pharmacognocists, complementary practitioners, doctors and nurses alike.’ The Pharmaceutical Journal ‘This is an excellent text book which provides fascinating insights into the world of pharmacognosy and the authors masterfully integrated elements of orthodox pharmacognosy and phytotherapy. Both the science student and the non-scientific person interested in phytotherapy will greatly benefit from reading this publication. It is comprehensive, easy to follow and after having read this book, one is so much more aware of the uniqueness of phytomedicines. A must read for any healthcare practitioner.’ Covers the history, biology and chemistry of plant-based medicines Covers pharmaceutical and nutraceuticals derived from plants Covers the role of medicinal plants in worldwide healthcare systems Examines the therapeutics and evidence of plant-based medicines by body system Sections on regulatory information expanded New evidence updates throughout New material covering non-medical supplements Therapeutics updated throughout Now on StudentConsult

Did you know that scientific evidence suggests that certain natural herbs and supplements may

make your cold and flu symptoms milder and reduce the number of days you're sick? It's true. Millions have already discovered the healing power of echinacea and other popular herbs. With this book, so can you. Inside you'll learn:

- How echinacea may reduce the number of days you are sick
- How taking zinc lozenges at the beginning of a cold may help you get better faster
- Which other herbs and supplements are helpful for colds and flus

It's all here in simple, straightforward language. You'll find yourself turning to this helpful, trusted companion again and again.

How to combine herbs to address all aspects of specific ailments. Linda Page has been saying it for years: Good food is good medicine. Now, in her new revolutionary cookbook set, she presents the latest information about the problems with today's food supply and shows how to use food as medicine, for healing, and for wellness.

Discover the Dangers and Benefits of Drug-Herb-Vitamin Interactions Are you aware that mixing certain drugs, herbs, and vitamins can benefit your health, whereas other combinations are downright dangerous? It's true. With the right vitamin or herb you can reduce or even eliminate certain side effects of over-the-counter or prescription medications. On the other hand, taking the wrong vitamin or herb can increase some side effects or interfere with the effectiveness of your medication. This book can help you to be sure! Inside, you'll learn how to reduce the risk of hazardous interactions. You'll also discover exactly which supplements to take to enhance the effectiveness of your medications. Every statement is based on the latest scientific research and is rigorously reviewed for accuracy by a medical doctor and a professor of pharmacology. Balanced and trustworthy, this book includes:

- Detailed descriptions of drugs, herbs, and vitamins and their uses
- A comprehensive guide to both negative and positive combinations
- Easy reference to specific drug-herb-vitamin interactions
- And much more!

This is the essential reference for anyone taking vitamins, minerals, or herbs with over-the-counter or prescription medications.

AARP Digital Editions offer you practical tips, proven solutions, and expert guidance. James Balch and Mark Stengler, coauthors of the hugely successful Prescription for Natural Cures, and Robin Young Balch have teamed up to create the most comprehensive and up-to-date book available on natural alternatives to prescription medications. The book provides natural, safe, and effective ways to treat a wide range of common ailments, including ADHD, allergies, diabetes, depression, erectile dysfunction, eczema, heart disease, headaches, and PMS. You'll read in-depth information, not found in any other popular book, about the pros and cons of prescription and over-the-counter drugs compared with natural treatment alternatives ranging from diet and lifestyle changes to supplements and herbal medicines. "This book is essential reading for anyone who wants to take charge of his or her health. Read it to live long and well." —Hyla Cass, M.D., author of Supplement Your Prescription: What Your Doctor Doesn't Know about Nutrition "An outstanding resource for comparing common pharmaceutical and holistic treatments." —Ronald M. Lawrence, M.D., coauthor of Preventing Arthritis and The Miracle of MSM "A must-read for every person who wants to achieve better health and avoid the dangers of synthetic medications. The authors do an exceptional job by telling you everything you need to know about getting well and how to use supplements correctly and safely." —Suzy Cohen, R.Ph., author of The 24-Hour Pharmacist

How to be Your Own Herbal Pharmacist Herbal Traditions - Expert

FormulationsHealthy Healing, Inc.

Ease Symptoms, Fight Disease, and Supercharge Immunity--All Without Drugs or Chemicals! You're about to enter a completely different kind of drugstore. One where herbal medicines are offered right alongside conventional pharmaceuticals. Where bottles of feverfew stand next to bottles of aspirin, and echinacea has its place among other cold and flu remedies. The Herbal Drugstore is the only place where you can compare mainstream drug treatments and their herbal alternatives for close to 100 common health problems. You'll find herbs that have the same healing powers as many prescription and over-the-counter medications--only they're cheaper and gentler, with few or no side effects. Whether you need fast first-aid or long-term relief, The Herbal Drugstore has a remedy for you. Here's just a sampling: \* Immobilized by arthritis? Rub on capsaicin cream, a natural pain reliever made from hot peppers \* Can't sleep? Start snoozing with valerian--it's as effective as Valium, but it isn't addictive \* Want to lose a few pounds? Get a helping hand from psyllium, an herbal alternative to appetite suppressants \* Feeling stressed? Calm jangled nerves with ginseng--it won't undermine alertness \* Battling bronchitis? Clear up that cough with licorice, a natural expectorant \* Need help with high blood pressure? Turn to hawthorn--it has much in common with beta blockers, except for the side effects The Herbal Drugstore features these and many more herbal remedies--712 in all! They're profiled right next to their pharmaceutical counterparts, so you can make your own comparisons and decide which treatments are best for you.

An eloquent and engaging account of the use of herbal medicine from prehistoric times to the present. Newly revised to include the latest developments in the field of herbal medicine, this classic bestseller presents a fascinating account of the ideas that have shaped the course of medicine and pharmacology in the Western world.

James Balch and Mark Stengler, coauthors of the hugely successful *Prescription for Natural Cures*, and Robin Young Balch have teamed up to create the most comprehensive and up-to-date book available on natural alternatives to prescription medications. The book provides natural, safe, and effective ways to treat a wide range of common ailments, including ADHD, allergies, diabetes, depression, erectile dysfunction, eczema, heart disease, headaches, and PMS. You'll read in-depth information, not found in any other popular book, about the pros and cons of prescription and over-the-counter drugs compared with natural treatment alternatives ranging from diet and lifestyle changes to supplements and herbal medicines. "This book is essential reading for anyone who wants to take charge of his or her health. Read it to live long and well. " —Hyla Cass, M.D., author of *Supplement Your Prescription: What Your Doctor Doesn't Know about Nutrition* "An outstanding resource for comparing common pharmaceutical and holistic treatments." —Ronald M. Lawrence, M.D., coauthor of *Preventing Arthritis* and *The Miracle of MSM* "A must-read for every person who wants to achieve

better health and avoid the dangers of synthetic medications. The authors do an exceptional job by telling you everything you need to know about getting well and how to use supplements correctly and safely." —Suzy Cohen, R.Ph., author of The 24-Hour Pharmacist

The need for responsible information on the health benefits of natural medicine continues to grow at a tremendous pace, and Prima Publishing caters to this demand by producing the most responsible, up-to-date, and scientifically accurate information about natural medicine available. Prima Health's The Natural Pharmacist "TM" brand continues as the leader in accurate and complete natural health-based information, with every word, every claim backed by solid medical research and reviewed for accuracy by a medical doctor and a professor of pharmacology. Readers will find easy-to-understand answers written in plain English. Answers they can trust. They'll learn what works -- and what doesn't. They'll discover natural treatments they never knew existed and, in the process, develop a deeper understanding of the true therapeutic wonders of nature. An understanding based on research and facts, not hype. Only from The Natural Pharmacist "TM" .

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