



Dr. Terry Willard's Encyclopedia of Herbs

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Dr. Terry Willard's Encyclopedia of Herbs combines twentieth century scientific and clinical experience with traditional natural methods of health maintenance. Author Terry Willard shows how utilizing the best of both sources of knowledge can provide safe and effective natural remedies. Featured are comprehensive sections on more than 200 common ailments and herbal formulas. Whether you're looking to treat a common flu, hayfever, or migraine, Willard offers practical advice accompanied by a recommended course of action that includes single herb treatments, combinations, and dosages. For those wishing to know more about the recommended treatments, a detailed section on herbal and nutritional formulas takes an in-depth look at everything from vitamin C to ginseng. Complete with detailed cross-references, informative sidebars, and illustrations, and a comprehensive index, Dr. Terry Willard's Encyclopedia of Herbs is the essential guide to natural healthcare.

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