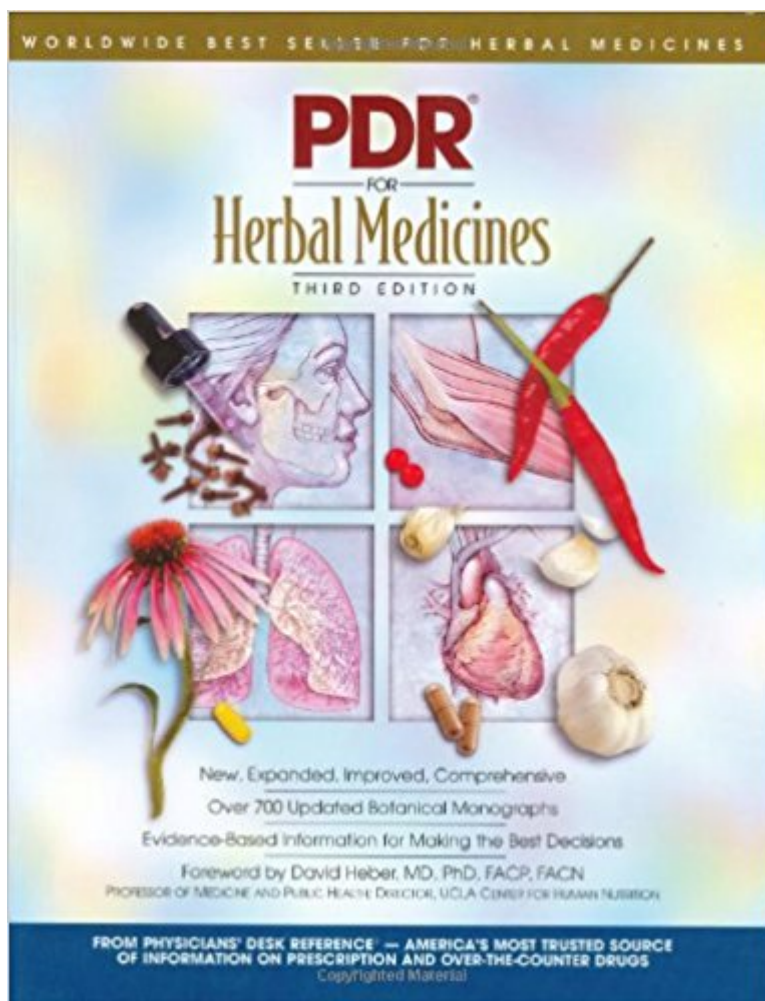


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PDR For Herbal Medicines



Synopsis

No dust jacket.

Book Information

Hardcover: 1100 pages

Publisher: Thomson PDR, Montvale, New Jer; 3rd Edition edition (2004)

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Customer Reviews

No dust jacket.

Large book with loads of information on how herbs heal. Great for anyone interested in using natural medicine instead of pharma.

This book has a lot of good research in it. For instance, the herb milk thistle has a "renoprotective effect on kidney cells damaged by acetaminophen..." It has not however been proven to help with cirrhosis of the liver. It can also cause side effects such as severe sweating, abdominal cramping, nausea, vomiting and diarrhea. The study on aloe and psoriasis showed that 83% the patients that applied the cream topically 3 times a day for 5 consecutive days for 4 weeks had reduced or no psoriasis signs while only 6.6% of the placebo groups did. Bilberry patients with diabetic retinopathy improved 77% to 90%. This study did not make a comparison to the placebo group unfortunately. High doses and prolonged use have lead to chronic intoxication, and high doses to animals have been fatal. A study with black cohosh showed that 80% of women experiencing menopausal symptoms improved or resolved. Adverse reactions for black cohosh have included gastroenteritis, nausea, and vomiting. It was found that treatment with capsicum (same as cayenne) prior to aspirin administration significantly decreased gastric mucosal damage as compared with aspirin alone.

There is however significant correlation between consumption of hot pepper and gastric cancer. They recommend usage be kept at 2 days and should only be used again after two weeks. This is an example where most herbalists would disagree. So they provided some good research (the information on aspirin) but I question their recommendation. Goldenseal showed an average cancer cell kill of 91% for malignant brain tumors compared to 43% for the standard chemotherapeutic agent for brain tumors. There are numerous other studies providing interesting information, this is just a few of them. I was not sure if I would like this mainstream reference book. But I have been pleasantly surprised. It has a lot of good research in it, enough that I started tearing out pages of my most commonly used herbs. I highlight them, then place them in a binder for quick reference. It is very critical of ephedra, which is no doubt a controversial herb. But like all things, when used carefully and correctly it can be a powerful herb for certain indications. It is also highly critical of bladderwrack, saying it shouldn't be used because of the possible heavy metal contamination. Any seaweed, just like any fish, can have that problem. But iodine is extremely important for healthy thyroid function and the best source is seaweed. Bladderwrack is one source of seaweed, but there's also Irish moss, dulse, kelp, and chlorella to name a few others. Today I was looking for pau d'arco, and it's not in the book. I looked under lapacho, taheebo, ipe roxo, and tecoma. I was really surprised they had not included such an important cancer and tumor herb. But, all that being said, it is an excellent reference book, it just isn't the only reference book. I have yet to find a reference book that gives me all the information I need on herbs and supplements. But the ones I keep on my shelf, such as this one, do provide interesting and educational information.

This book is full of information and as the Title suggests, reads like the original PDR , except that it is Herbal Medications. If you don't have an extensive vocabulary have a Dictionary handy !

This huge book is so full of everyday information on herbs and interactions, possible side effect, and pictures. Word of advice: If you are medication, Please consult your doctor before doing self medication: they can be surprising available when you learn and ask them for their thought/advice.

Considering the material in this, the size, and the price, this was one I could not pass up. Quality of what I received was excellent. No complaints here.

Exactly what I was looking for, thank you

Excelent conditions.

If you are familiar with PDR's then you'll be pleasantly surprised with this one. Common as well as scientific name, cross reference for type of therapy and conditions. Really nice reference. A huge book, jam packed with information for the serious student, professional or home herbalist.

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