



Devil's Claw

Learn about a variety of herbs, from astragalus, chaste tree and lemon balm to meadowsweet, peppermint, St. John's wort and tea tree oil.

- Reliable dosage information
- Vital information on safety, adverse effects and drug interactions
- A handy thumbnail sketch of each herb
- A quick reference guide matches health conditions with herbal treatment options
- Explanations of FDA (USA Food and Drug Administration) and NHPD (Health Canada Natural Health Products Directorate) regulations

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# 55 Most Common Medicinal Herbs

## Second Edition

We owe it to ourselves to learn as much as possible about any preventative or therapeutic treatment we may be considering. This certainly applies to medicinal herbs, which have gained widespread popularity in managing common health conditions. This book has been written for anyone interested in herbal remedies and treatments, as well as health-care professionals who are looking for the most current and authoritative information so they can truly understand the medical properties of common herbs.



Horsechestnut



Hops

**Robert ROSE**

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Newly Expanded and Revised

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### The Complete Natural Medicine Guide

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