



In addition to extensive details on 35 health conditions, you'll find profiles of 66 herbs that are safe and effective for treating these conditions, making this a truly indispensable guide for women.



CYNDI GILBERT, ND, is a professor of botanical medicine at the Canadian College of Naturopathic Medicine. She operates a thriving, eclectic naturopathic medical practice in Toronto and loves to tend to her native medicinal herb garden.

# the essential guide to **Women's** Herbal Medicine

With all the conflicting information out there, it can be a challenge to figure out which herbal medicines are best suited for you. This outstanding guide combines proven herbal wisdom from several medical traditions with the most recent scientific research to alleviate that confusion. Written to meet the distinctive needs of women, it provides all the information you need to have an informed discussion with your health-care provider about the treatment plan that is right for you.

**The most up-to-date,  
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