A Clinical Guide to Blending Liquid Herbs
Herbal Formulations for the Individual Patient

Kerry Bone  MCPP, FNHAA, FNIMH, DipPhyto, Bsc(Hons), Head of Research and Development, Medi-Herb (Pty) Ltd, Warwick, Queensland; Principal, Australian College of Phytotherapy, Australia, A Prof, Dept of Health, University of New England.

This clinical guide and practical reference is ideal for those who use and combine liquid herbal remedies for the individual needs of patients. With three introductory chapters, 125 monographs, and various glossaries and appendices, it covers the fundamental concepts of using liquid herals, including how the remedies are made, quality issues, and dosage guidelines. The monographs include full prescribing information that covers actions, indications, contraindications, warnings and precautions, interactions, side effects, dosage, traditional usage, pharmacological research, clinical studies, and full references.

FEATURES
- A focus solely on liquid herbal preparations;
- The widest range of research-backed information currently available on herbs;
- Basic principles to give practitioners confidence in the accuracy of their prescriptions;
- Clinical relevance, including quick access to dosage information, contraindications, etc.

“I can’t recommend this book too highly. It is the kind of work that will become many a clinician’s well thumbed personal talisman.”
ISBN: 0 443 06632 9  530 pp  Churchill Livingstone

Herbs and Natural Supplements
An Evidenced-based Guide

Lesley Braun  Pharmacist, Naturopath, Herbalist and Industry consultant & Senior Lecturer, Melbourne School of Natural Medicine, Victoria.
Marc Cohen  Professor and Head of Department of Complementary Medicine, RMIT University, Melbourne, Victoria.

Herbs and Natural Supplements presents evidence-based information on the 100 most popular herbs, nutrients and food supplements used across Australia. Organised alphabetically by common name, each herb or nutrient listed includes information such as daily intake, main actions/indications, adverse reactions, contraindications and precautions, safety in pregnancy, and more. The text also includes a comprehensive chapter on drug–herb interactions, which explores the fundamental principles involved and also provides the reader with a valuable system outlining how to use this information in practice. Additionally, there is a unique chapter on complementary medicine and perioperative care.

Designed as a concise user-friendly guide, Herbs and Natural Supplements will serve as an authoritative and reliable desk reference for students, health care practitioners and allied health professionals.

FEATURES
- Appendices offering important additional information on the safe use of herbal and nutritional supplements;
- A list of poison centres, associations, manufacturers, etc;
- Clear and comprehensive tables including Herb/Natural Supplement-Drug Interactions and Pharmacological Actions of all Herbs and Natural Supplements listed;
- A glossary of terms.

**Principles and Practice of Phytotherapy**  
*Modern Herbal Medicine*

Simon Mills  MCPP, FNIMH, MA,  
Director, Centre for Complementary Health Studies, University of Exeter, Exeter;  
Chairman, British Herbal medicine Association;  
Secretary, European Scientific Cooperative on Phytotherapy (ESCP).

Kerry Bone  MCPP, FHNAA,  
FNIMH, DipPhyto, BSc(Hons), Head of Research and Development,  
MediHerb (Pty) Ltd, Warwick, Queensland;  
Principal, Australian College of Phytotherapy, Australia.

**Weiss’s Herbal Medicine**  
*Classic Edition*

Rudolf Fritz Weiss  M.D.  
First published in 1988, Weiss’s  
*Herbal Medicine* is revered by  
herbalists and medical professionals  
alsike as the seminal work in the  
field of phytotherapy. This book  
has established itself as an indispensible  
resource and is widely  
acknowledged as the key text in  
the field of medical herbalism.

You will find clear, detailed information  
on treating conditions ranging  
from colds and influenza to rheumatic problems, metabolic  
and endocrine disorders, cancer, and much more. Conveniently  
arranged by organ system, the text provides guidelines for pre-  
scribing herbal remedies, with sections on dosage, application,  
and precautionary measures.

Plus, for each plant discussed, you will find lists of their occurrence, botanical features, differentiation from related species, constituents, and medical benefits. Proprietary formulations, full references, and a comprehensive subject index of almost 2,000 entries round out the superb coverage!

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