



The Ultimate Herbal Compendium
A Desktop Guide for Herbal Practitioners

The most comprehensive, accurate and up-to-date desktop herbal prescribing reference.

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The Ultimate Herbal Compendium is a reliable ready reference designed for the busy health practitioner. It contains up-to-date easily found information on a wide range of herbs and conditions, including doses for herbs in tablet form as well as liquids. Careful research of all the available herbal information combined with Kerry Bone's 23 years of clinical practice ensures that all valid herbal treatment options can be considered.

FEATURES

- Compact, user-friendly desktop style in a durable ring-bound format
- Authoritative and credible information from one of the world's leading herbalists.
- Over 400 medical conditions and 190 herbs covered.
- Detailed example protocols for 50 major conditions listed.
- A full bibliography outlines all sources used.
- An invaluable memory prompt for the experienced practitioner and a quick reference for younger herbal practitioners.
- Provides the most current and accurate information on herbal remedies, their actions, indications, dosage, contra-indications and herb-drug interactions.
- Comprehensive listing of herbs by their actions.

- Glossary provides definitions of herbal actions.
- Contains clear instructions on how to use this compendium.

TABLE OF CONTENTS

- [Part 1: Materia Medica](#)
- Key prescribing information is included in summary format. Doses for both liquid and tablet forms are provided. The actions selected represent the clinical activity of each herb. Key indications given are those that represent a consensus view on how the herb is best used clinically. For clarity, the indications are grouped around themes only. Major safety issues of most clinical significance and relevance are included.
- [Part 2: Actions Index](#)
- The Actions Index is drawn from the Materia Medica section and contains listings of herbs grouped by the actions in alphabetical order. To facilitate the prescribing process, the herbal clinician needs a clear understanding of herbs in terms of their reliable, well-established actions. The Actions Index is therefore a vital clinical resource.
- [Part 3: Therapeutic Index](#)
- The Therapeutic Index contains herbs listed by indications largely compiled from the Materia Medica section. Additional herbs are included where relevant. A major feature of the Therapeutic Index is the extensive use of cross-referencing which greatly assists the final selection of herbs.
- [Part 4: Treatment Protocols](#)
- Example treatment protocols are provided for the treatment of 50 common health problems. Both tablet and liquid protocols are given.
- [Part 5: Herbs Contraindicated in Pregnancy and Other Contraindications](#)
- This section also includes herb-drug interactions and has been compiled using the most current evidence-based reviews.
- [Bibliography](#)
- [Appendix 1: Glossary of Herbal Actions](#)
- [Appendix 2: Example of Tablet Formulations](#)

180 pages

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