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The Essential Guide to Women's Herbal Medicine

Dr. Cyndi Gilbert

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Botanical medicine is one of the main therapies employed by naturopathic doctors, and many women are now turning to natural remedies for treating and preventing health problems, either as an alternative or as a complement to conventional health care. This pursuit of optimum health care can often be confusing and overwhelming because of the wide range of information that is available.

Gilbert provides clear information on herbal medicine treatments that meet the distinctive needs of women. There are 25 topics covered, from anemia and Dysmenorrhea to pregnancy, menopause and endometriosis. A complete profile for 49 herbs is featured with the corresponding condition or ailment it treats along with an easy-to-follow protocol.

Every herb can be found in a local pharmacy or health food store, and special instructions are included for the safety of each herb with potential adverse effects and drug interactions.

The easy-to-understand format, combined with the most current research information available, make this an indispensable guide for women.

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