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Mosby's Handbook of Herbs & Natural Supplements, 2e

Linda Skidmore-Roth RN MSN NP

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This essential handbook presents detailed monographs for approximately 300 commonly used herbal products and natural supplements--including 19 herbs new to this edition. Arranged in alphabetical order, each monograph incorporates authoritative information on common names, pronunciations (new), scientific names, origins, uses (reported and investigational), forms, dosages, contraindications, side effects and adverse reactions, interactions with herbs, drugs, foods, and lab tests, client considerations, pharmacology (pharmacokinetics, chemical components and actions) and references.

- Features detailed monographs of over 300 commonly used herbal products and natural supplements covering common names, botanical names, actions, origins, uses, dosages, side effects, contraindications and precautions with explanations, pharmacokinetics, chemical components, and interactions with foods, other herbal products, and with drugs.
- Notes safety information from both the FDA and the American Herbal Product Association in each herb's monograph.
- Provides current, reliable, unbiased information, based on the German E Commission monographs and other authoritative clinical sources.
- Includes up-to-date references for each individual monograph with specific sources cited for doses, research, interactions, and pharmacokinetics.
- Features alerts to highlight critical information.
- Includes a unique, comprehensive Table of Contents with user-friendly cross-references for herbs with descriptive names (i.e. black hellebore/hellebore, black).
- Organizes monographs A-Z by common name of herbal product in natural order, making material easy to find.
- Presents information in a proven, quick reference format similar to that used in Mosby's Nursing Drug Reference.
- Provides an introductory chapter detailing key information on current issues with research, supply, harvest, manufacture, storage, shelf life, and special population considerations for usage of herbals and supplements in general.
- Includes an Herbal Resources appendix listing useful websites and organizations in the herbal industry.
- Provides a Glossary of herbal terms to clarify dose and form terminology unique to herbals and natural supplements.
- Includes a Botanical Atlas illustrating various plant types and parts used in herbal preparations.
- Offers a comprehensive index containing all common and botanical names for herbals and natural supplements as well as all of the disorders that they are used to treat.
- Lists Poison Centers to aid in obtaining help quickly for potentially lethal use of plant products.
- Includes a Pediatric Herbal Use appendix with general guidelines and cautions regarding use of herbs in children.

- Features detailed monographs for 19 new herbal products and natural supplements, including sorrel, artichoke, brewer's yeast, bitter orange, saffron, sassafras, and more.
- Includes new precautions, alerts, interactions, dosages, and client considerations to ensure safer use of herbs and supplements.
- A new Nursing Programs with Complementary and Alternative Medicine Courses appendix lists many of the nursing programs in the United States that offer training in complementary and alternative medicine.
- Offers endangered species information for rare and endangered herbs that should not be harvested.

- Highlights herbs not safe to ingest with a new Do Not Use Internally icon.
- Provides a pronunciation guide for common herb names so nurses can better familiarize themselves with herbs currently in use.
- Features a Drug-Herb Interaction Table supplying information on known drug-herb interactions organized by drug name to provide a quick and thorough reference.
- Identifies Herb-Lab Test Interferences in each herb monograph supplying information on known herbal interferences on most lab tests in use today.
- A second color has been added to highlight critical information and make it easier to find relevant information quickly.

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