

# [PDF] Medical Herbalism: The Science Principles And Practices Of Herbal Medicine

## David Hoffmann - pdf download free book

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"David Hoffmann has produced an herbal reference masterpiece. This is one of the most comprehensive and detailed reference books to be produced in many years and will become one of the standard texts for professionals and researchers. I will place it next to my desk with my most often-read books."

Mark Bittman, founder and executive director of the American Botanical Council, editor of Herbalist, and member of the Committee on Herbal Medicines, Therapeutic Goods in Herbal Medicine and The ABC Clinical Guide to Herbs

"David Hoffmann has written himself. This text provides a depth of knowledge that is truly needed by the herbist, the physician, and the pharmacist in order to understand how to use herbal medicine safely and effectively. Also an excellent resource to educate patients about the many herbal remedies possible."

John Winters, MD, dean of the Herbal Therapeutics School of Botanical Medicine and dean of the American Botanical Council for the American Herbalists Guild

"Hoffmann beautifully blends science with his very holistic approach to herbal healing, displaying a rare gift for making chemistry and physiology easy to understand. He not only suggests herbs and dietary changes to treat many conditions but explains why they work, back knowledge with both practitioner and both user in understanding how they can choose the most effective and safe herbs. I regard this as an important book for herbists in the medical world."

Karen Kivimäki, director of the American Herb Association

"Hoffmann discusses the many considerations of developing a holistic herbal medicine protocol and makes clear that herbal medicine is a well-developed discipline that is ever more dynamic in the research community. Medical Herbalism is an endeavor that will likely become a staple in an educational text and an indispensable reference for many."

Rebecca Lerner, PhD, Director of Botany

"I consider David Hoffmann one of the most original and brilliant herbists of our time, who develops 'an extraordinary depth of thought and a clear grasp of the new for others. The author of one of our finest herbal books, The Complete Illustrated Herbal, David's profound understanding of his brilliant new book provides us with an another exceptional textbook on herbs that merges art, science, and conversation into a system of holistic herbism for the future. This will be a valuable book for practitioners of herbal medicine as well as for other medical professionals."

Rebecca Lerner, PhD, Director of Botany and author of Botanical Medicine: A Practical Approach

"Medical Herbalism provides a clinically oriented, systematic approach to Western herbal medicine among those most needs. A great contribution to the herbal literature."

Ben Green, herbist and executive director of the American Botanical Council

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### Description:

A foundational textbook on the scientific principles of therapeutic herbalism and their application in medicine

- A complete handbook for the medical practitioner

- Includes the most up-to-date information on preparations, dosage, and contraindications
- By the author of *The Complete Illustrated Holistic Herbal*

*Medical Herbalism* contains comprehensive information concerning the identification and use of medicinal plants by chemical structure and physiological effect, the art and science of making herbal medicine, the limitations and potential of viewing herbs chemically, and the challenge to current research paradigms posed by complex plant medicines. It also includes information on toxicology and contraindications, the issues involved in determining dosage and formulation types for an individual, guides to the different measurement systems and conversion tables, and the pros and cons of both industrial and traditional techniques.

With additional sections devoted to the principles of green medicine, the history of Western Herbalism, the variety of other medical modalities using medicinal plants, an extensive resource directory, and a discussion of treatments organized by body system, *Medical Herbalism* is the comprehensive textbook all students and practitioners of clinical herbalism need to develop their healing practices.

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