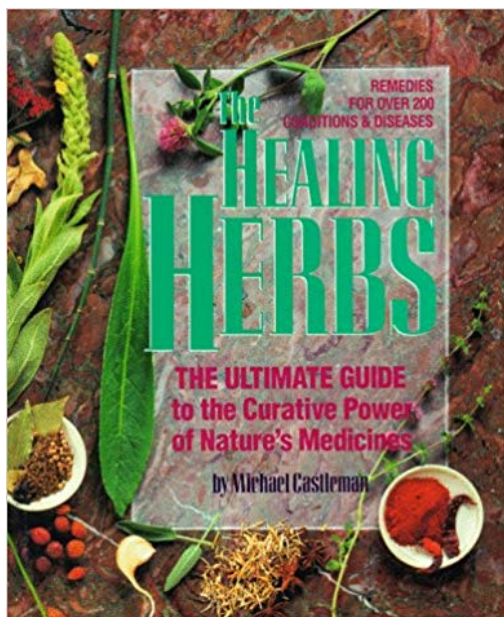


# The Healing Herbs: The Ultimate Guide to the Curative Power of Nature's Medicines *by* Sheldon Saul Hendler, Michael Castleman



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*The Healing Herbs* provides the information you need to use the earth's wonderful bounty of medicinal plants confidently, effectively, and above all, safely. It examines 100 of the most widely used, most easily available, most familiar, and most fascinating medicinal plants, tracing their history, folklore, and healing properties, and summarizing the latest scientific research on their many benefits. *The Healing Herbs* also explains where to find the herbs, how to take them, store and prepare them, even how to grow them. *The Healing Herbs* also includes an easy-to-use A-to-Z herb encyclopedia, plus a section titled Prevention and Treatment: A Fast-action Guide to Using the Healing Herbs, including: Conditions--from ear infection to stress, A-to-Z conditions and the herbs you can use to treat and prevent specific symptoms and diseases; Healing Actions--from antibiotic to sedative, an A-to-Z list of medicinal uses with herbs as a natural alternative to certain medicines; Other Uses--some unusual uses for the healing herbs, for example as insect repellent or memory improvement. Both Conditions and Healing Actions include special precautions about certain herbs, whether in preparation, long-term use, or short-term effects.



## Reviews of the [The Healing Herbs: The Ultimate Guide to the Curative Power of Nature's Medicines](#) by Sheldon Saul Hendler, Michael Castleman

Vishura

I like this book very much. It has very many solutions in it which are available for many illnesses. I had this book before, however I lost it somehow. That is why I ordered it once more. I like it for the History, original name, what it can be used for as a cure, and the cautions of every Herb listed inside of this book.

Jarortr

The Ultimate book to healing herb knowledge!

Nkeiy

Sent this wonderful book to my sister, she was so happy to see all of the healing herbs she could grow in her own back yard.

heart of sky

This is a great book on herbs that focuses less on preparation and more on uses and how to grow the herbs. It provides a comprehensive history of herbs and herb use in its introduction. It contains mostly herbs that can be grown at home, unlike other books that detail the uses of herbs that are either unavailable or unlikely to be grown at home.

Valawye

I like that this book has a precautions; it's good to know what to look out for. For instance; Fenugreek. You should use with caution if you have a family history of breast cancer. I would have given this 5 stars but it seems if there could be some other more common herbs included that were not. Other than that, this is a fantastic book. I would highly recommend. The product was shipped as described.

JOGETIME

I just wish this book had more color pictures of the herbs and what they looked like. I got another book called Medicinal herbs and use that one to look at the colorful pictures and a not so good description of what the herb is good for. This book has an excellent description and uses, etc. just black and white pencil drawings.

Anaginn

Nice book; especially if you are a sensitive person with a compromised immune system. Great for your library and to learn things you can to heal yourself. I would recommend it to others.

Nice thoroughly written book, easy reference, fair price, highly recommend.

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