



The Healing Power of Rainforest Herbs: A Guide to Understanding and Using Herbal Medicinals (Paperback)

By Leslie Taylor

Square One Publishers, United States, 2005. Paperback. Book Condition: New. 231 x 190 mm. Language: English . Brand New Book. Rainforests contain an amazing abundance of plant life over half of the planet's vegetation. For centuries, tribal shamans have successfully used these botanicals as remedies for various health disorders. Now, scientists have begun to uncover the medicinal qualities of these plants, which offer new approaches to health and healing. The Healing Power of Rainforest Herbs is a unique guide to these herbs and their uses. Detailing more than seventy rainforest botanicals, this book presents the history of the herbs uses by indigenous peoples and describes current usage by natural health practitioners throughout the world. Discover Amazon healers traditional knowledge, as well as the clinical studies that support what shamans have known for ages. Essential dosage and preparation methods are provided, while at-a-glance tables help you locate the best botanicals for each disorder. Here is a unique book that offers a blend of ancient and modern knowledge in an accessible reference format.



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