



The Way of Herbs

Michael Tierra

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The Way of Herbs

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Fully updated with the latest developments in herbal science, this practical and useful guide offers comprehensive descriptions of herbal treatments for cancer, arthritis, colds, and influenza. It shows how to gain and maintain health through a holistic approach, with information on simple herb remedies, and descriptions of more than 140 Western herbs and 31 Chinese herbs.

The Way of Herbs is an essential manual for gaining and maintaining good health through a holistic approach, a natural path to well-being and is “the one book that should be in everyone’s library” (William McGarey, MD).

Discover:

- *The three functions of herbs
- *Eight traditional methods of herbal therapy
- *The benefits of a balanced diet
- *Herbal treatments for cancer, herpes, acne, arthritis, back pain, weight problems, colds, and flu
- *Detailed descriptions, use, and dosage for more than 140 Western herbs and 31 important Chinese herbs
- *How to purchase, grow, and store herbs
- *A new, extensive directory of herbal health-care stores

“The first herb book that effectively blends Eastern, European, and American Indian healing traditions” (Steven Foster, director of the American Center for Herb Study).

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