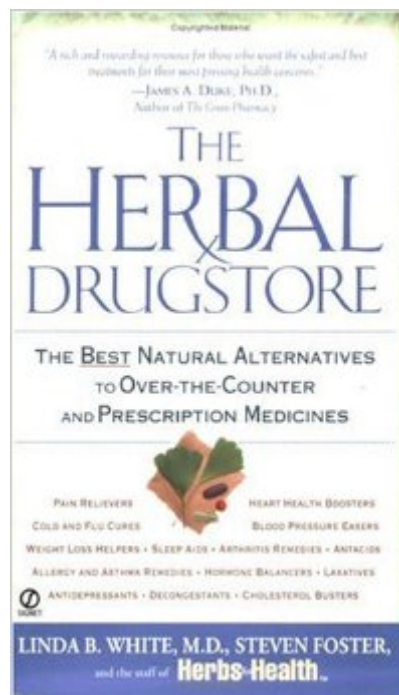


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# The Herbal Drugstore: The Best Natural Alternatives To Over-the-Counter And Prescription Medicines



## Synopsis

Packed with hundreds of proven herbal remedies, this resource shows readers how to ease symptoms, fight disease, and super-charge immunity without drugs or chemicals. Includes: Pain relievers Heart health boosters Cold and flu cures Blood pressure easers Weight loss helpers Allergy and Asthma remedies Antidepressants and more.

## Book Information

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Average Customer Review: 4.6 out of 5 stars Â Â See all reviews Â (65 customer reviews)

Best Sellers Rank: #477,175 in Books (See Top 100 in Books) #545 in Â Books > Medical Books > Pharmacology > Pharmacy #583 in Â Books > Health, Fitness & Dieting > Reference #897 in Â Books > Health, Fitness & Dieting > Alternative Medicine > Herbal Remedies

## Customer Reviews

Since the beginning of time, people have crushed herbs in a mortar and pestle to extract the healing properties and to mix herbal remedies. Herbs are in fact the best alternatives to over-the-counter medications and they have fewer side effect. I love the fact that regular kitchen herbs and spices can be very beneficial, so I try to add them into the foods I love when appropriate. In this book you will find out which ordinary kitchen spices you can use for health benefits. So, which herbs work better than drugs? Well, I love Echinacea for cold season. They also recommend "astragalus" which is a herb. It boosts your body's resistance to cold, flu and other viruses. Studies have proven that it has antiviral and antibacterial properties. Unlike Echinacea, you can take astragalus everyday.

Echinacea is for seasonal use and this book does have some warnings you will want to read. You will also find out: Which herbs kill viruses that antibiotics don't! Which wildflower can stop excruciating migraines! (Feverfew tincture/not dried leaves) How to improve your vision. (Bilberries) How to recover from the flu in half the time. (Elderberries) Which kitchen spice you can use for inflammation. (Turmeric) Which herb relieves menopausal symptoms. (Black Cohosh) How to relieve arthritis pain. (Boswellia, Stinging Nettle and Evening Primrose) How to unclog your arteries.

How to grow your own medicinal herbs. How to heal your child's earaches. To lift your spirits. (Try lavender- my favorite) How to naturally deal with diabetes! (Fenugreek) Once you find which herbs you need, you can also look for tea in your health store or buy bottles of the specific herb.

I had a bit of trouble rating this one; I was tempted to give it a three but ultimately was forced to decide on a 2. If offered a 2 1/2 choice, I would have used it. Don't get me wrong - I didn't dislike this book. It had its good points but the negatives couldn't allow me to give it a 3 as an average rating. For the positive side of things, this book is massive, pretty, well organized, and written in a simple to understand manner. It's from the staff of Herbs for health, which includes many herbalists that are recommendable such as Christopher Hobbs. The main author of this book is Linda B. White, M.D., followed by Steven Foster. While I commend Ms. White for writing herbals and having an M.D. at the same time - we need more physicians taking alternate healing seriously - I felt the book was a bit too cautious and at times allopathic oriented. Within every condition, there lay herbal recommendations....with prescription drug names and uses. In fact, drug names are listed first :( If this is a book on healing and herbs and natural remedies, why does it have to again share its pedestal? And even worse, be placed second when the book is supposed to be about it in the first place? If this Herbal Drugstore is supposed to be the options to prescriptions and over the counter drugs, then why list them so often in every section with details? At least their side effects are listed, which makes them appear a bit frightening in comparison. For those who really do want to know the name of each prescription drug used to treat asthma, angina, or any other condition, then here you'll find it. Steven Foster was the co-writer for Tyler's honest herbal, which is an oxymoron if I ever heard one.

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