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**Daniel B. Mowrey, Ph.D.**

Author of

Next Generation Herbal Medicine and  
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# Herbal Tonic Therapies

**Daniel Mowrey**



## **Herbal Tonic Therapies:**

**Herbal Tonic Therapies** Daniel B. Mowrey, **Herbal Tonic Therapies** Daniel Mowrey, 1998-11-01 Written by one of the most respected researchers in the field Herbal Tonic Therapies looks at preventative herbal medicine explaining how each system of the body can be strengthened and supported by herbal treatments This truly holistic approach will appeal to health conscious consumers who understand that the secret to being well is staying well **Herbal Defense** Robyn

Landis, Karta Purkh Khalsa, 2025-05-01 With Herbal Defense bestselling fitness author Royn Landis teams up with master herbalist Karta Purkh Singh Khalsa to offer a guide to herbal remedies for everyday ailments **Natural Therapies for Overcoming Opioid Dependency** Catherine Browne, 2018-11-13 With opioid dependency at epidemic levels Catherine Browne a doctor of acupuncture and Oriental medicine provides an accessible and practical guide to the effective use of natural therapies in helping people wean off opioids manage withdrawal symptoms and address pain without opioids Drawing on her extensive clinical experience Dr Browne explains how Chinese medicine acupuncture and acupressure herbs essential oils nutritional supplements meditation and exercise can be used to address addiction and restore the body to optimal functioning Individuals and families who are struggling with addiction as well as medical practitioners and holistic healthcare professionals will find help and encouragement in Dr Browne s detailed protocols and advice for integrating natural therapies with traditional medical treatment This publication conforms to the EPUB Accessibility specification at WCAG 2.0 Level AA

**The Male Herbal** James Green, 2011-03-02 In this long awaited second edition of THE MALE HERBAL James Green gives men and boys the tools they need to create or maintain physical and emotional health through a customized herbal program By following Green s newly developed constitutional model and referencing the comprehensive alphabetical herbal listings men can create an herbal program attuned to their unique body type lifestyle and health needs Featuring life changing information about common plants herbal alternatives to Viagra medicinal uses of herbs for male specific issues and nearly thirty recipes for teas tinctures salves and tonics this updated guide emphasizes prevention and health with sensitivity and wisdom **Indian Herbal Therapies** C. P. Khare, 2000 **Herbs for Long-Lasting Health** Rosemary

Gladstar, 2014-05-16 Rosemary Gladstar shows you how to enhance your well being in middle age and beyond using herbal remedies that effectively and safely promote vitality With in depth profiles of 22 medicinal herbs preparation instructions and dosage guidelines you ll discover how you can use astragalus to regenerate your body s immune system bilberry to ease eye problems and milk thistle to rebuild damaged liver cells You ll be amazed at how herbal treatments can help support your nervous system activate your metabolism and keep your bones and joints healthy **Alternative Medicine for the Elderly** P. Cherniack, N. Cherniack, 2013-04-18 The explosion of information about complementary and alternative medicine CAM has demanded the attention of health professionals and responsible consumers including the elderly Increasingly medical schools are providing education about CAM This book brings together for academicians and interested mainstream practitio

ners much of the current information on CAM and its role in the health of the elderly The individual chapters are thoroughly researched and quite readable even for patients and the lay public concerned with the state of the evidence and art supporting CAM's role in prevention and management of illness and well being This book provides educators with much necessary information needed to prepare coursework and learning activities Although definitive data are lacking regarding efficacy and even safety of CAM methodologies many chapters in this book summarize the existing evidence in a usable way The topics analyzed range from well accepted therapies such as vitamin E for dementia and zinc tablets for the common cold to far less conventional therapies such as transcendental meditation The conclusions are often surprising but well presented and defended Even the most highly controversial areas such as the use of acupuncture to treat low back pain and osteoarthritis of the knee are thoroughly and fairly reviewed Finally the chapters address some of the political issues that challenge CAM These issues include who should be allowed to practice a CAM discipline whose efficacy is not based on the scientific method and some of the state to state variations in practice standards and licensure

**Active Phytochemicals from Chinese Herbal Medicines** Wing Shing Ho, 2015-09-04 Biomedical Science Chinese herbal medicine represents complementary or adjunctive therapies that often can improve the efficacy of Western medicine to achieve the pharmacological effects especially in cancer treatment However the combination of herbs with therapeutic drugs can raise potential health risk Building a bridge between Western medicine

**Dr. Kidd's Guide to Herbal Dog Care** Randy Kidd, 2000-01-01 Holistic veterinarian Dr Randy Kidd explains how herbs can be used in the care of dogs Includes chapters on common dog ailments and how to address them Illustrations

**Surviving Stress** Lynda K. Wilson-Hare, 2007-05-17 A study of professional women was initiated to determine if herbal adaptogens have any effect on improving resiliency for coping with stress An herbal adaptogen is an herb that helps the body adjust to difficult or extreme circumstances Derrida 2004 An iridology assessment was completed to define the subjects genetic profile for resiliency It was hypothesized that if the person were genetically resilient herbal adaptogens would not be effective as their stress handling capabilities were naturally strong Through resiliency questionnaires a positive improvement in the ability to manage stress was noted in 11 out of 12 subjects post herbal intake This research suggested that our ability to recover from stress is not totally related to our genetic properties and can be enhanced with herbal supplements

**Yoga Journal**, 1995-02 For more than 30 years Yoga Journal has been helping readers achieve the balance and well being they seek in their everyday lives With every issue Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds We are dedicated to providing in depth thoughtful editorial on topics such as yoga food nutrition fitness wellness travel and fashion and beauty

**Adaptogens** David Winston, Steven Maimes, 2007-03-22 The definitive guide to adaptogenic herbs formerly known as tonics that counter the effects of age and stress on the body Reveals how adaptogens increase the body's resistance to adverse influences Provides a history of the use of these herbal remedies and the actions properties preparation

and dosage for each herb We all deal with stress every day and every day our bodies strive to adapt and stay balanced and healthy In *Adaptogens* authors David Winston and Steven Maimes provide a comprehensive look into adaptogens non toxic herbs such as ginseng eleuthero and licorice that produce a defensive response to stress in our bodies Formerly known as rejuvenating herbs or tonics adaptogens help the body to adapt to the many influences it encounters They increase stamina and counter the normal effects of aging and thus are becoming important tools in sports medicine and in the prevention and treatment of chronic fatigue and other stress related disorders Winston and Maimes present the historical uses of these herbal remedies in India Russia China and the Americas and explain how they work and why they are so effective at combating stress induced illness Monographs for each adaptogen also present the latest scientific research and include the origin traditional use actions properties preparation and dosage for each herb

**User's Guide to Detoxification** Shari Lieberman, James J. Gormley, 2005 We live in a toxic world and there s no escaping it But each of us can take steps to enhance our body s ability to detoxify pollutants synthetic hormones and cancer causing chemicals The Benefits A healthier life with a lower risk of developing debilitating diseases This User s Guide focuses on specific supplements including herbs and vitamin like substances that help protect your body protect itself

The Green Pharmacy James A. Duke, 1999-07-30 Thousands of safe natural remedies lie untapped in jungles forests and herbal gardens throughout the world Now in *Green Pharmacy* by James A Duke with illustrations by Peggy Kessler Duke America s foremost authority on medicinal plants and herbs shares his knowledge of these hidden reserves of healing power For Arthritis A new all natural remedy that can cut pain in half For Back Pain A fruit that has anti inflammatory properties to produce long term relief For Your Heart An herb that opens up clogged arteries and lowers blood pressure with none of the side effects of prescription drugs For High Cholesterol A tasty grain that has three times more cholesterol lowering power than oat bran For Migraines An herb that has the power to eliminate the blurred vision and debilitating pain of these monster headaches For Mood Swings A common food that shares the power of Prozac to boost the brain s level of feel good serotonin For Osteoporosis A prime plant source of calcium that vastly enhances protection against bone depletion For Wrinkles An herbal lotion that has the skin clearing wrinkle reversing power of alpha hydroxy acid but costs only pennies And much more over 120 conditions in all

*Healing Hepatitis & Liver Disease Naturally* Peter Oyakhire, 2010-11-23 LIVE YOUR LIFE EXPECTANCY WITH CHRONIC LIVER DISEASE Studies show that all wellness traditions except western medicine offer detoxification and toxic waste management as a means of natural healing Using the principles of natural healing and detoxification Dr Alexis Carrel a Nobel Prize winner kept chicken heart alive for 38 years He believed that cells could live indefinitely and that the secret of life is to feed nutrients to cells and to saturate the cells with Oxygen If you can t get nutrients into the cells and you don t remove the toxins the cells will be poisoned by their own waste products He had found the secret to ageless body and timeless health Often overlooked is the pain associated with orthodox management of infective and degenerative liver diseases and the promise alternative remedies

have to offer The question often asked is which herbs and nutrients are crucial to my healing How much should I take What about the latest infomercial And who can we believe with so many choices out there DID YOU KNOW THAT Thirty million Americans have liver disease Liver disease is the fourth leading cause of death in America Over 550 000 people die world wide from liver cancer each year a preventable complication of liver disease One in one hundred thousand Americans have a truly functional liver Each year 25 000 Americans die from liver cancer Liver cirrhosis is the seventh leading cause of death in America YOU WILL DISCOVER HOW HERBAL REMEDIES DETOXIFICATION AND LIVER GALL BLADDER FLUSH RESTORE LIVER HEALTH LOWER BLOOD CHOLESTEROL AND HEAL FATTY LIVER Prevent liver cancer Reduce hepatitis B and C viral loads Repair and regenerate liver cells and normalize liver enzymes Reverse compensated cirrhosis from contagious and alcoholic hepatitis Stop progression of de compensated cirrhosis **The Arthritis Bible** Craig

Weatherby, Leonid Gordin, 1999-04-01 The complete guide to available therapies for individuals suffering from osteoarthritis and other arthritic diseases The most up to date information on this disease that strikes one in six people Includes case histories practitioners perspectives and a complete resource guide to the organizations publications and Internet sites devoted to arthritis For those suffering from arthritis and other arthritic diseases such as gout and fibromyalgia The Arthritis Bible is a complete resource to available treatments both alternative and conventional One in six Americans are afflicted with arthritis yet the traditional medical community continues to offer only the limited number of treatments found within the narrowly proscribed boundaries of Western medicine And while many alternative therapies do provide relief too many have become victims of the flavor of the month mentality their true merits being lost amidst hype and unwarranted claims before adequate research has been done The Arthritis Bible supplies wisdom on conventional drugs exercise physical therapy diet vitamins and minerals traditional herbs nutraceuticals homeopathy and folk remedies It also advises how to choose the right medical approach and practitioner and includes a complete resource guide to the organizations publications and internet sites devoted to arthritis For anyone seeking relief from the painful and often debilitating consequences of arthritic diseases The Arthritis Bible is a must for the shelf *Psychiatric Care of the Medical Patient* Barry S. Fogel, Donna B.

Greenberg, 2015-05-28 The third edition of *Psychiatric Care of the Medical Patient* brings a classic reference text into the twenty first century It combines critical scholarship with the voice of expert clinicians who work at the interface of psychiatry with medical specialties It is meant to be read for pleasure as well as consulted as a reference The editors have worked with the authors to bring a consistent perspective to the book one that sees the medical psychiatrist as an agent for bringing a more comprehensive perspective to medical care Even seasoned and knowledgeable practitioners will find much that is new to them in this book The volume covers topics in depth that other books in the field may not cover at all such as the use of herbal and nutritional therapies for medical psychiatric symptoms and syndromes and the choice of questionnaires to supplement history taking It looks at old topics in a new way The chapter on the physical examination applies psychometric

considerations to the Babinski sign describes the method and application of quantitative bedside olfactory testing and discusses smartphone apps to improve the sensitivity of the examination Psychiatric Care of the Medical Patient 3rd Edition provides concepts and information to facilitate the dialogue between psychiatrists and general medical specialists minimizing psychiatric jargon and speaking in the common language of caring and curious physicians *How to Use Herbs, Nutrients, and Yoga in Mental Health Care* Richard P. Brown, Patricia L. Gerbarg, Philip R. Muskin, 2012-02-20 All you need to know about herbs nutrients and yoga for enhancing mental health Many physicians and therapists agree that herbs and mind body practices enhance health but many more are reluctant to integrate them into their clinical work because of a lack of training or given how long it takes to master the use of hundreds of different herbs a lack of time But the trend is clear clients and consumers alike want control over their health care choices making the time ripe for a practical resource that guides both the clinician and the consumer on complementary and alternative medicine CAM This book answers that call Three noted experts in integrative medicine Drs Brown Gerbarg and Muskin demystify the complexities of alternative mental health care giving readers a comprehensive yet accessible guidebook to the best treatment options out there From mood memory and anxiety disorders to ADD sexual enhancement issues psychotic disorders and substance abuse every chapter covers a major diagnostic category The authors then present a range of complementary and alternative treatments including the use of herbs nutrients vitamins nootropics hormones and mind body practices that they have found to be beneficial for various conditions within each category For example B complex vitamins and folate have been shown to help with depression omega 3 fatty acids can offer relief for bipolar sufferers coherent and resonant breathing techniques used by Buddhist monks induce healthy alpha rhythms in the brain to relieve anxiety the elderly can boost their memory by taking the ancient medicinal herb *Rhodiola rosea* and those with chronic fatigue syndrome can find comfort in acupuncture and yoga Focusing on evidence based approaches the research the authors clinical experience and the potential risks and benefits of each treatment are carefully examined Brown Gerbarg and Muskin have distilled an otherwise daunting field of treatment down to its basics their overriding approach is to present the CAM methods that are most practical in a clinical setting easy to administer and low in side effects With helpful summary tables at the end of each chapter clinical pearls and case vignettes interspersed throughout this is a must have resource for all clinicians and consumers who want the best that alternative medicine has to offer **Case Studies for Complementary Therapists** Kelly Galvin, Madelaine Bishop, 2010-12-20 This book provides support at curriculum level for developing the complementary potential which exists between complementary and conventional western medicine It provides students teachers and practitioners with a framework within which they can effectively analyse and classify the extensive amount of information gathered in a CAM consultation and help them develop effective and appropriate treatment programmes within the time constraints of a busy clinic It provides an insight into the initial CAM consultation process offering possible treatment and collaborative referral options for individual cases rather

than dictating diagnostic analysis or treatment protocols for specific conditions Question suggestions have been provided to help the user collect the necessary information to develop a working diagnosis and treatment protocol for each individual case Readers can then adapt questions decision making tools and therapeutic recommendations to suit the needs of their own clients Complementary practitioners are often uncertain about the legal and ethical boundaries regarding diagnosis and case management This book will help CAM students and practitioners recognise situations requiring referral understand their role in collaborative case management and confidently integrate a range of CAM modalities in treatment programmes Provides a clear case analysis format which can be and adapted to suit the requirements of individual case histories Specific questioning format Clearly identifies situations where cross or collaborative referral is necessary Decision tables help readers prioritise treatment refer appropriately and help guide clinical thinking when readers are faced with several treatment options Class tested curriculum based



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