

# [PDF] Medical Herbalism: The Science Principles And Practices Of Herbal Medicine

## David Hoffmann - pdf download free book

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"David Hoffmann has produced an herbal reference masterpiece. This is one of the most comprehensive and detailed reference books to be produced in many years and will become one of the standard texts for practitioners and researchers. I will place a copy on my desk with my most often used books."

*Mark Richardson, founder and executive director of the American Botanical Council, editor of Herbalist, and co-editor of the Complete Herbal Compendium & Monographs—Therapeutic Index to Herbal Medicine and The ABC Clinical Guide to Herbs*

"David Hoffmann has written a book that provides a depth of knowledge that is truly needed by the herbalist, the physician, and the pharmacist in order to understand how to use herbal medicine safely and effectively. Also an excellent resource to educate patients about the many herbal medicine products."

*David Wilson, M.D., one of the Herbs' Secretaries Board of Herbal Medicine and Editor of the Alternative Medicine Committee for the American Herbalists Guild*

"Hoffmann beautifully blends science with his very holistic approach to herbal healing, providing a new gift for making chemistry and physiology easy to understand. He not only suggests herbs and dietary changes to treat more conditions but explains why they work. Such knowledge aids both practitioner and herb user in understanding how they can choose the most effective and safe herbs. I applied this as an important book for herbists in the medical world."

*Kevin Kucera, Director of the American Herb Association*

"Hoffmann illustrates the many considerations of developing a holistic herbal medicine protocol and makes clear that herbal medicine is a well-developed discipline that is ever more dynamic as the research continues to grow. Medical Herbalism is an endeavor that will likely become a staple as an educational text and an indispensable reference for many."

*Therapeutic Letter for Doctors of Patients*

"I consider David Hoffmann one of the most original and brilliant herbalists of our time, who directs his eye to the cutting edge of thought and is always going the way far ahead. The author of one of our finest herbal classics, The Complete Illustrated Herbal, David's ambitious undertaking of his brilliant new book provides us with an another exceptional textbook on herbs that merges art, science, and conservation into a system of holistic herbology for the future. This will be a valuable book for practitioners of herbal medicine as well as for other medical professionals."

*Richard Gussone, President of United Plant Users and author of Rosemary's Garden's Family Herbal*

"Medical Herbalism provides a clinically oriented, scientific approach to Western herbal medicine missing from most texts. A great contribution to the herbal literature."

*Ray Weiss, Executive and Academic Director of the Center for Herbal Research and Education*

### Books Details:

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Author: David Hoffmann

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## Description:

A foundational textbook on the scientific principles of therapeutic herbalism and their application in medicine

- A complete handbook for the medical practitioner

- Includes the most up-to-date information on preparations, dosage, and contraindications
- By the author of *The Complete Illustrated Holistic Herbal*

*Medical Herbalism* contains comprehensive information concerning the identification and use of medicinal plants by chemical structure and physiological effect, the art and science of making herbal medicine, the limitations and potential of viewing herbs chemically, and the challenge to current research paradigms posed by complex plant medicines. It also includes information on toxicology and contraindications, the issues involved in determining dosage and formulation types for an individual, guides to the different measurement systems and conversion tables, and the pros and cons of both industrial and traditional techniques.

With additional sections devoted to the principles of green medicine, the history of Western Herbalism, the variety of other medical modalities using medicinal plants, an extensive resource directory, and a discussion of treatments organized by body system, *Medical Herbalism* is the comprehensive textbook all students and practitioners of clinical herbalism need to develop their healing practices.

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