

The Women's Guide to Herbal Medicine

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Abstrak

This guide is aimed at women because, at present, women represent the vast majority of the market for herbal medicines. Herbal remedies have been successful in curing a variety of women's ailments, from fertility to skin disorders, where conventional medicine has failed. The book explains how to use herbs safely both in the home and under the guidance of a specialist practitioner. It includes chapters on menstrual problems, pregnancy and pre-conceptual care, childbirth and post-natal care, menopause, tiredness and Chronic Fatigue Syndrome, and anorexia and bulimia, as well as an A-Z of general conditions.