

Herbal Secrets for Total Health: The Complete Guide to Asian Herbal Medicine

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Abstrak

Letha Hadady has worked with doctors of traditional Asian medicine in the United States and several countries of the Far East. An herbalist and nationally certified acupuncturist, she has translated the herbal secrets of the East into easy-to-use remedies that are comprehensible, readily available, and practical for Western readers." "Asian Health Secrets is the first guide to herbal medicine to present the simple but thorough diagnostic tools that allow you to evaluate your daily well-being in order to prevent illness, boost immune strength, and treat discomforts ranging from headaches, allergies, arthritis, injuries, insomnia, menstrual and menopausal complaints to complex chronic conditions such as poor memory, depression, and sexual dysfunction. Both a complete introduction to herbal medicine for the novice and an authoritative reference for the expert, Asian Health Secrets gives step-by-step instructions on how to use safe and inexpensive herbs as complementary or alternative medicine.