



Herbal Medicine and Botanical Medical Fads

Frank Hoffmann, Martin J Manning

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Find all the information you need on herbs and spices in one place! Herbal Medicine and Botanical Medical Fads is an A-to-Z reference book written in a straightforward style that's informative enough for library use but informal enough for general reading. This essential guide takes a practical look at the popular uses of herbs and spices, presented in an easy-to-use format. The book is a refreshing alternative to the how-to guides, cookbooks, and picture books usually found on the subject. From alfalfa to ginseng to yellow dock, more than 100 entries are included, featuring historical backgrounds, popular and practical uses, folklore, and bibliographies. Herbal Medicine and Botanical Medical Fads also contains related listings and essays that range from alternative medicine to food preparation and nutrition to herbs in wedding celebrations. Detailed enough for reference use by academics, the book has a natural tone that appeals to garden club members, herb and spice experts, hobbyists, and others. Herbal Medicine and Botanical Medical Fads also includes information on:

- herb growing and marketing
- herbs and spices in literature
- medicinal herbs and spices
- federal regulations on herbs and spices
- horticulture therapy

An everyday guide for enthusiasts and a perfect place to start for newcomers, Herbal Medicine and Botanical Medical Fads is an easy-to-use handbook with wide-ranging appeal. It combines the comprehensive information you'd expect from a reference book with a casual and colorful look at the histories and backgrounds of herbs and spices, both commonplace and exotic. As a vital resource or an occasional reference, this book is unique in its scope and invaluable in its usefulness.

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