

Folk Medicine A New England Almanac Of Natural Health Care From A Noted Vermont Country Doctor

In the summer of 1629, John Winthrop described a series of epidemics that devastated Native American populations along the eastern seaboard of New England as a "miraculous plague." Winthrop was struck by the providential nature of these waves of disease, which contributed to the expansion. Taking Winthrop's phrase as its cornerstone, Miraculous Plagues reimagines New England's literary history by tracing seventeenth- and early eighteenth-century epidemics alongside events including early migration, the Antinomian controversy, the evolution of the half-breed, and inoculation controversy. Moving beyond familiar histories of New World epidemics (often referred to as the "virgin soil" model), Cristobal Silva identifies epidemiology as a generic category with specialized forms and conventions. Epidemiology functions as both subject and method, that represent modes of infection, population distribution, and immunity. He considers how regional and generational patterns of illness affected the perception of communal identity, and he analyzes the translation of epidemic events into narrative and generic terms, providing a new perspective between immunology and ideology. Closing with a discussion of the HIV/AIDS epidemic, Miraculous Plagues underscores the portability of its insights into the geopolitics of medicine. Just as epidemiology aided in transforming colonial America, it continues to influence questions of race and identity bound up in global health practices today.

'This is a fascinating and beautiful organized and written manuscript'-Rebecca Lester, Washington University in St. Louis
Folk, alternative and complementary health care practices in contemporary Western society are currently experiencing a renaissance, albeit with features that are new, biomedicine is under scrutiny, experiencing a number of distinct and multifaceted crises. In this volume the authors draw together cutting edge cross-cultural, interdisciplinary research in Britain and Ireland, focusing on exploring the role and significance of healing practices, charms, potions and lotions ũ in diverse local contexts. Ronnie Moore currently Lectures in Medical Anthropology and Sociology in the Departments of Sociology and Public Health, Medicine and Epidemiology at University College Dublin. His research interests include health disparity, conflict theory. Stuart McClean is a Senior Lecturer at the University of the West of England, Bristol. His research interests include the resurgence of alternative medicine and healing practices in Western societies, the role of creative arts in health and the global dimensions surrounding it. Lists and describes common herbal supplements, providing botanical information, traditional uses, clinical studies, and dosage and safety information.

More than 2,000 complete and concise descriptions of herbs, illustrated by more than 275 line drawings, offer natural aids to health and happiness. Includes tips on growing, botanical medicine, seasoning, and much more.

Large-Scale Acoustic Sociophonetics and Dialectology

The Old English Herbarium and Anglo-Saxon Medicine

The Lost Book of Herbal Remedies

Miraculous Plagues

An Epidemiology of Early New England Narrative

Encyclopedia of Folk Medicine

The Complete Native American Healing Herbs Encyclopedia - 7 Books in 1

A beautifully illustrated, informative, and engaging guide to 100 plants used for medicinal purposes. Remedies derived from plants are the world's oldest medicines. Used extensively in China, India, and many African countries, herbal medicine has become increasingly popular in the West along with other holistic and alternative therapies. Botanicum Medicinale offers a modern guide to 100 medicinal plants, featuring beautiful, full-color botanical illustrations and informative, engaging text. Each entry describes the plant's classification and habitat, traditional and current medicinal uses, and an interesting fact or two. Readers will learn, for example, that absinthe, the highly alcoholic, vividly green potable, was traditionally flavored with bitter wormwood (Artemesia absinthium); that cannabis may have been used by Queen Victoria for menstrual pain; and that willow bark contains a chemical similar to aspirin. Detailed and striking artwork depicts each plant. The entries are arranged alphabetically—from Adonis vernalis (a perennial in the buttercup family) to Vinca minor (also known as the common periwinkle). The 100 plants featured in the book all have a long history of medicinal use or are the subject of new medical research. Many treat a range of conditions, from insomnia to indigestion. Some plants are lovely enough to be in a bridal bouquet; others are considered weeds. Cross-reference features at the end of the book connect specific medical conditions and the plants used to treat them.

Describes traditional Vermont folk treatments for arthritis that are designed to work with nature, rather than against it

The Most Costly Journey is a non-fiction comics anthology of stories told by migrant Latin American farmworkers working on dairy farms in Vermont, and drawn in collaboration with cartoonists from New England (& elsewhere). It is part of a graphic medicine and ethnographic cartooning initiative aimed at addressing the mental health care needs of migrant workers on Vermont dairy farms. The volume features 19 comics adapted from stories recorded from migrant workers that address topics including, loneliness, isolation, separation, substance abuse and other topics. Many of these stories are difficult, even traumatic, showing the sacrifices and struggles of the people whose marginalized labor actually drives the US agricultural system. But they're also joyful -- celebrating survival, family, community, and the ability of each storyteller to direct their own healing narrative. It includes a forward by poet Julia Alvarez, preface by Julia Doucet, introduction by cartoonist Stephen R. Bissette and an afterward by Teresa Mares and Andy Kolovos.

This new edition explores and describes techniques of cupping in the context of TCM theory. It provides a clear and detailed set of practical guidelines to applying this technique for various common conditions, and looks closely at issues of safety, expectation and theoretical principles of action. This new edition includes new scientific research on cupping therapy and the effect on the immune system as well as new material on muscular pain, stress management and cupping therapy and sports medicine. A dedicated website complements the text with video clips showing the eleven methods of cupping therapy. DVD containing 12 video clips showing the use of cupping in practice. Unique scienfitic research on cupping therapy and the effect on the immune system. LI>16 page colour plate section containing 63 halftones. New page layout including new features. Thoroughly revised and updated throughout with more details allocated to individual treatment and methods. LI>New material on muscular pain, stress management and cupping therapy and sports medicine.

Herbal

The Ultimate Guide to Home-Grown Herbal Remedies

Stories of Migrant Workers on Vermont Dairy Farms, Drawn by New England Cartoonists

Old English Medical Remedies

A Field Guide to Medicinal Plants and Herbs of Eastern and Central North America

Veterinary Herbal Medicine

Patients and Healers in the Context of Culture

Jews have been active participants in shaping the healing practices of the communities of eastern Europe. Their approach largely combined the ideas of traditional Ashkenazi culture with the heritage of medieval and early modern medicine. Holy rabbis and faith healers, as well as Jewish barbers, innkeepers, and pedlars, all dispensed cures, purveyed folk remedies for different ailments, and gave hope to the sick and their families based on kabbalah, numerology, prayer, and magical Hebrew formulas. Nevertheless, as new sources of knowledge penetrated the traditional world, modern medical ideas gained widespread support. Jews became court physicians to the nobility, and when the universities were opened up to them many also qualified as doctors. At every stage, medicine proved an important field for cross-cultural contacts. Jewish historians and scholars of folk medicine alike will discover here fascinating sources never previously explored--manuscripts, printed publications, and memoirs in Yiddish and Hebrew but also in Polish, English, German, Russian, and Ukrainian. Marek Tuszewicki's careful study of these documents has teased out therapeutic advice, recipes, magical incantations, kabbalistic methods, and practical techniques, together with the ethical considerations that such approaches entailed. His research fills a gap in the study of folk medicine in eastern Europe, shedding light on little-known aspects of Ashkenazi culture, and on how the need to treat sickness brought Jews and their neighbours together.

The global popularity of herbal supplements and the promise they hold in treating various disease states has caused an unprecedented interest in understanding the molecular basis of the biological activity of traditional remedies. Herbal Medicine: Biomolecular and Clinical Aspects focuses on presenting current scientific evidence of biomolecular ef

Welcome to the world of alternative medicine. Prince Charles is a staunch defender and millions of people swear by it; most UK doctors consider it to be little more than superstition and a waste of money. But how do you know which treatments really heal and which are potentially harmful? Now at last you can find out, thanks to the formidable partnership of Professor Edzard Ernst and Simon Singh. Edzard Ernst is the world's first professor of complementary medicine, based at Exeter University, where he has spent over a decade analysing meticulously the evidence for and against alternative therapies.He is supported in his findings by Simon Singh, the well-known and highly respected science writer of several international bestsellers. Together they have written the definitive book on the subject. It is honest, impartial but hard-hitting, and provides a thorough examination and judgement of more than thirty of the most popular treatments, such as acupuncture, homeopathy, aromatherapy, reflexology, chiropractic and herbal medicine.In Trick or Treatment? the ultimate verdict on alternative medicine is delivered for the first time with clarity, scientific rigour and absolute authority.

This full-color text and practical clinical reference provides comprehensive information on herbal remedies for both large and small animal species. Key coverage includes clinical uses of medicinal plants, specific information on how to formulate herbal remedies, a systems-based review of plant-based medicine, and in-depth information on the different animal species--dog, cat, avian and exotic, equine, food animal, and poultry.

Mandrake, Wormwood and Raven's Eye

The Miracle of Garlic & Vinegar

The Medieval Hospital and Medical Practice

Home Remedies From a Country Doctor

New England English

Trease and Evans' Pharmacognosy

The Ethnobiology and Ethnopharmacy of Human Migrations

The authoritative and comprehensive modern textbook on western herbal medicine - now in its second edition This long-awaited second edition of Principles and Practice of Phytotherapy covers all major aspects of herbal medicine from fundamental concepts, traditional use and scientific research through to safety, effective dosage and clinical applications. Written by herbal practitioners with active experience in clinical practice, education, manufacturing and research, the textbook is both practical and evidence based. The focus, always, is on the importance of tailoring the treatment to the individual case. New insights are given into the herbal management of approxiately 100 modern ailments, including some of the most challenging medical conditions, such as asthma, inflammatory bowel disease and other complex autoimmune and inflammatory conditions, and there is vibrant discussion around the contribution of phytotherapy in general to modern health issues, including health ageing. Fully referenced throughout, with more than 10, 000 citations, the book is a core resource for students and practitioners of phytotherapy and naturopathy and will be of value to all healthcare professionals - pharmacists, doctors, nurses - with an interest in herbal therapeutics. 50 evidence-based monographs, including 7 new herbs Rational guidance to phytotherapeutic strategies in the consulting room New appendices provide useful information on topics such as herbal actions, dosage in children and reading and interpreting herbal clinical trials Comprehensive revision of vital safety data, including an extensive herb-drug interaction chart. 50 evidence-based monographs, including 7 new herbs Rational guidance to phytotherapeutic strategies in the consulting room New appendices provide useful information on topics such as herbal actions, dosage in children and reading and interpreting herbal clinical trials Comprehensive revision of vital safety data, including an extensive herb-drug interaction chart. Produced in association with the Chelsea Physic Garden Superbly illustrated with photographs from the author's own herb garden, Chelsea Physic Garden and travels worldwide as well as plates from ancient herbals An authoritative but accessible text designed to appeal to experts and novices Herbs contribute to many aspects of everyday living. Healing herbs have always been used as remedies; herbs are used in the kitchen for flavour and aroma; herbs fragrance perfumes and cosmetics and are used for aromatherapy oils. More than that, herbs are easy to grow and provide fragrance, colour and texture in the garden. In this fascinating book, Deni Bown tells the story of each herb, providing an intimate portrait of its power and properties. The profiles feature the most popular and productive uses and provide notes to gardeners on how to grow each herb. Special features discuss a wider variety of herbs grouped as herbal relaxants, stimulants, balsams, colourings, tonics and poisons. Beautifully illustrated with colour photographs and botanical plates from ancient herbals, this book is a source book for mind, body and soul, as well as a testament to the natural power and beauty of herbs.

**A wide-ranging compilation on the materia medica of the ordinary people of Britain and North America, comparing practices in both places.
* Over 200 A-Z entries on all aspects of folk medicine from asthma and childbirth to poultice and warts
* Primary source documents from a variety of public archives and private collections
* Illustrations of plant, animal, and mineral sources for folk remedies
* Complete and extensive end-of-entry references**

304 color pages, paperback, improved print quality, and a lot more plant identification detailsThis unique book is written by Dr. Nicole Apelian, an herbalist with over 20 years of experience working with plants, and Claude Davis, a wild west expert passionate about the lost remedies and wild edibles that kept previous generations alive.The Lost Book of Herbal Remedies has color pictures of over 181 healing plants, lichens, and mushrooms of North America (2-4 pictures/plant for easy identification). Inside, you'll also discover 550 powerful natural remedies made from them for every one of your daily needs. Many of these remedies had been used by our forefathers for hundreds of years, while others come from Dr. Nicole's extensive natural practice.This book was made for people with no prior plant knowledge who are looking for alternative ways to help themselves or their families.This lost knowledge goes against the grain of mainstream medicine and avoids just dealing with symptoms. Instead, it targets the underlying root cause and strengthens your body's natural ability to repair itself. With the medicinal herbal reference guide included, it's very easy to look up your own condition and see exactly which herbs and remedies can help.Let me just offer you a small glimpse of what you'll find inside:On page 145 learn how to make a powerful "relieving" extract using a common backyard weed. This plant acts directly on the central nervous system to help with all kinds of pain and discomfort.You'll also discover the most effective natural antibiotic that still grows in most American backyards (page 150).Turn to page 43 for the natural protocol Dr. Nicole is recommending for a wide range of auto-immune conditions, after falling prey to MS herself at age 29.I could go on and on because this book contains no less than 800+ other medicinal plants and natural remedies.

Oatmeal, Cucumbers, Ammonia, Lemon, Gin-Soaked Raisins: Timeless Solutions to More Than 200 Common Aches, Pains, and Illnesses

Jewish Folk Medicine in Eastern Europe

Folk Healing and Health Care Practices in Britain and Ireland

The Big Book of Backyard Medicine

The Most Costly Journey

The Herb Book

Household Medicine in Seventeenth-Century England

How did 17th-century families in England perceive their health care needs? What household resources were available for medical self-help? To what extent did households make up remedies based on medicinal recipes? Drawing on previously unpublished household papers ranging from recipes to accounts and letters, this original account shows how health and illness were managed on a day-to-day basis in a variety of 17th-century households. It reveals the extent of self-help used by families, explores their favourite remedies and analyses differences in approaches to medical matters. Anne Stobart illuminates cultures of health care amongst women and men, showing how 'kitchin physick' related to the business of medicine, which became increasingly commercial and professional in the 18th century.

Using an innovative approach to evidence for the medieval hospital and medical practice, this collection of essays presents new research by leading international scholars in creating a holistic look at the hospital as an environment within a social and intellectual context. The research presented creates insights into practice, medicines, administration, foundation, regulation, patronage, theory, and spirituality. Looking at differing models of hospital administration between 13th century France and Spain, social context is explored. Seen from the perspective of the history of Knights of the Order of Saint Lazarus, and Order of the Temple, hospital and practice have a different emphasis. Extant medieval hospitals at Tonnerre and Winchester become the basis for exploring form and function in relation to health theory (spiritual and non-spiritual) as well as the influence of patronage and social context. In the case of the Ospedale Maggiore in Milan, this line of argument is taken further to demonstrate aspects of the building based on a concept of epidemiology. Evidence for the practice of medicine presented in these essays comes from a variety of sources and approaches such as remedy books, medical texts, recorded practice, and by making parallels with folk medicine. Archaeological evidence indicates both religious and non religious medical intervention while skeletal remains reveal both pathology and evidence of treatment.

"Detailed, sometimes unusual discussions of remedies from the animal, vegetable, and mineral worlds identify a surprising number of overlaps between practical medicine, magic, and myth. Accessing the work through both agents used and ailments treated, students, folklorists, anthropologists, and those interested in the history of medicine will deepen their understanding of every aspect of folk medicine."--BOOK JACKET.

For nearly 400 years, New England has held an important place in the development of American English, and "New England accents" are very well known in the popular imagination. While other projects have studied various dialect regions of New England, this is the first large-scale academic project since the 1930s to focus specifically on New England English as a whole. In New England English, James N. Stanford presents new variationist sociolinguistic research covering all six New England states, with detailed geographic, acoustic phonetic, and statistical analyses of recently collected data from over 1,600 New Englanders. Stanford and his team of Dartmouth students built this dataset over 8 years of face-to-face fieldwork and online audio recordings and questionnaires. Using acoustic phonetics, computational processing, and dialect maps, the book systematically documents major traditional New England dialect features and their current usage in terms of geography, age, gender, ethnicity, social class, and other factors. This dataset is interpreted in terms of William Labov's outward orientation of the language faculty, dialect levelling, convergence and divergence, and "Hub social geometry." The result is a wide-ranging empirical analysis and theoretical overview of this influential English dialect region.

Arthritis and Folk Medicine

Misdiagnosis and Myth in a Man-Made World

An Almanac of Natural Health Care

Healing Traditions from the Appalachian Fields and Forests

Southern Folk Medicine

Medieval Herbal Remedies

The Most Complete Catalog of Herbs Ever Published

In 9th century England Bishop lfheah the Bald is dabbling with magic. By collecting folk remedies from pagan women he risks his reputation. Yet posterity has been kind, as from the pages of Balds book a remedy has been found that cures the superbug MRSA where modern antibiotics have failed. Within a few months of this discovery a whole new area of medical research called Ancientbiotics has been created to discover further applications for these remedies.Yet, what will science make of the elves, hags and nightwalkers which also stalk the pages of Bald's book and its companion piece Lacnunga, urging prescriptions of a very different, unsettling nature. Cures for the 'moon mad' and hysteria are interspersed with directives to drink sheeps dung and jump across dead mens graves.Old English Medical Remedies explores the herbal efficacy of these ancient remedies whilst evaluating the supernatural, magical elements and suggests these provide a powerful psychological narrative revealing an approach to healthcare far more sophisticated than hitherto believed. All the while, the voices of the wise women who created and used these remedies are brought to life, after centuries of denomination by the Church.

A reference to the medicinal plants and herbs of Eastern and Central North America includes specific remedies for asthma, headaches, colds, stomachaches, depression, and many other common ailments.

This encyclopedic reference work on pharmacognosy covers the study of those natural substances, principally plants, that find a use in medicine. Its popularity and longevity stem from the book's balance between classical (crude and powdered drugs' characterization and examination) and modern (phytochemistry and pharmacology) aspects of this branch of science, as well as the editor's recognition in recent years of the growing importance of complementary medicines, including herbal, homeopathic and aromatherapy. No other book provides such a wealth of detail. A reservoir of knowledge in a field where there is a resurgence of interest - plants as a source of drugs are of growing interest both in complementary medicine fields and in the pharmaceutical industry in their search for new 'lead compounds'. Dr Evans has been associated with the book for over 20 years and is a recognised authority in all parts of the world where pharmacognosy is studied, his knowledge and grasp of the subject matter is unique. Meticulously referenced and kept up to date by the editor, new contributors brought in to cover new areas. New chapter on 'Neuroceuticals'. Addition of many new compounds recently added to British Pharmacopoeia as a result of European harmonisation. Considers development in legal control and standardisation of plant materials previously regarded as 'herbal medicines'. More on the study of safety and efficacy of Chinese and Asian drugs. Quality control issues updated in line with latest guidelines (BP 2007).

"The World Health Organization has acknowledged that the majority of people living in developing countries continue to use traditional medicine. Increased levels of immigration and migration also mean that health professionals are more likely to come into contact with patients using them. Traditional Medicine is therefore a vital and timely book which covers medical systems practised on five continents, including: traditional European folk medicine; Aboriginal/traditional medicine in North America; traditional medicine in the Colombian Amazon Tropical forest; traditional medical practice in Africa; traditional Chinese medicine; Indian

Ayurvedic medicine; Japanese Kampo medicine; Korean medicine; traditional medicines in the Pacific; and traditional Jewish medicine."--Publisher's description.

Herbal Medicine
Complementary and Alternative Medicine in the United States
A Global Perspective
Principles and Practice of Phytotherapy - E-Book
Folk Medicine

The Essential Guide to Herbs for Living
Stethoscopes, Wands, and Crystals

The Most Thorough Compilation of Home Cures and Remedies Yet! Years ago, every household practiced natural healing by using what they had. Plants grow abundantly all over our roadsides, cities, and in your own backyard, and though once valued and widely used, they've fallen out of fashion over time as people forget the numerous medicinal uses at our fingertips. This book brings alternative medicine back to the forefront. Researched and written by a practicing medical herbalist and natural healer, and now with even more herbs and medicinal plants, The Big Book of Backyard Medicine is the basis for a veritable natural pharmacy that anyone can create. Featuring one hundred specific plants and their associated remedies, and fully illustrated with hundreds of color photographs, this book offers fascinating insights into the literary, historic, botanical, and global applications of common wild plants and herbs that can be used in medicines, including: Ash Chicory Dandelion Forget-me-not Gypsywort Horseradish Mint Red Poppy Thistle Wild carrot Willow And so much more! Anyone who wants to improve his or her health in a completely natural way will find this book to be an absolute must-have for his or her home—and garden.

This book presents for the first time an up-to-date and easy-to-read translation of a medical reference work that was used in Western Europe from the fifth century well into the Renaissance. Listing 185 medicinal plants, the uses for each, and remedies that were compounded using them, the translation will fascinate medievalist, medical historians and the layman alike.

Folk MedicineRead Books Ltd

"A fascinating book by a distinguished Vermont physician." NEW YORK DAILY NEWS For centuries the vigorous and healthy families of Vermont have passed down simple commonsense home remedies for all sorts of common aches and pains, from one generation to the next.

Dr. Jarvis spent years practicing medicine in the Green Mountains and observed the natural wonders of Vermont folk medicine. He shares that wisdom in this helpful book in order to help you: burn body fat and decrease body weight, improve sleep and overcome chronic fatigue, reduce high blood pressure, and much more. From the Paperback edition.

Old World and New World Traditions

A Modern Herbal of Medicinal Plants

Modern Herbal Medicine

The genus Curcuma

The Desk Reference for Major Herbal Supplements

Herbal Healing for Women

Biomolecular and Clinical Aspects, Second Edition

This book is the first to describe the history, folklore, assessment methods, and remedies of Southern and Appalachian Folk Medicine—the only system of folk medicine, other than Native American, that developed in the United States. One of the system's last active practitioners, Phyllis D. Light has studied and worked with herbs, foods, and other healing techniques for more than thirty years. In everyday language, she explains how Southern and Appalachian Folk Medicine was passed down orally through the generations by herbalists and healers who cared for people in their communities with the natural tools on hand.

Offers simple and effective healing techniques from New England country doctors, with natural remedies for aches and pains, infections, allergies, and other common problems.

Have you heard about Native American healing herbs and want to learn more? Are you looking for natural remedies for common ailments? If yes, this is the right book for you! Native Americans have used herbs and natural medicines since time immemorial. It is interesting to note how some of the practices and herbs utilized by them and other indigenous people were some of the same practices and herbs used by the ancient Greeks and Romans.

We all know herbs can be employed to heal our ailments, but are you aware of the many ways they can be used to improve your quality of life? What is the best way to learn about this subject? Booklets, books, and other sources of information are good, but they can lack the depth and detail found in this book. This manual has been written as a compilation of all the herbs that are native to the Americans. It contains seven books, all tied together by a common theme of helping you get healthier and giving you a complete encyclopedia of healing herbs. This is a very nice reference book for a general herb enthusiast and a beginner herbalist. More precisely, this encyclopedia covers the following aspects: History of Native American healing traditions 100+ Native American herbs and active ingredients Native American herbal apothecary and remedies Essential oils How to grow Native American herbs in your backyard at home Are you ready to go in-depth into Native American healing tradition and heritage?

The tremendous increase in migrations and diasporas of human groups in the last decades are not only bringing along challenging issues for society, especially related to the economic and political management of multiculturalism and culturally effective health care, but they are also creating dramatic changes in traditional knowledge, believes and practices (KBP) related to (medicinal) plant use. The contributors to this volume – all internationally recognized scholars in the field of ethnobiology, transcultural pharmacy, and medical anthropology – analyze these dynamics of traditional knowledge in especially 12 selected case studies. Ina Vandebroek, features in Nova's "Secret Life of Scientists", answering the question: just what is ethnobotany?

Traditional Medicine

The Algonquin Legends of New England, Or, Myths and Folk Lore of the Micmac, Passamaquoddy, and Penobscot Tribes

Trick or Treatment?

An Exploration of the Borderland Between Anthropology, Medicine, and Psychiatry

A Frog Under the Tongue

Traveling Cultures and Plants

Disease Control Priorities in Developing Countries

Simple, safe, and effective herbal remedies for women of all ages. For centuries women have turned to herbs to cope with a wide variety of health problems and conditions. Comprehensive and easy-to-use, Herbal Healing for Women explains how to create remedies—including teas, tinctures, salves, and ointments—for the common disorders that arise in the different cycles of a woman's life. Covering adolescence, childbearing years, pregnancy and childbirth, and menopause, Rosemary Gladstar teaches how herbs can be used to treat the symptoms of conditions such as acne, PMS, morning sickness, and hot flashes. A complete women's health-care manual, Herbal Healing for Women discusses: -common disorders and the herbs that are effective for treating them -how to select and store herbs -preparation of hundreds of herbal remedies -an alphabetical listing of herbs, including a brief description of the herb, the general medicinal usage, and when necessary, warnings about potential side effects. By explaining the properties of specific herbs and the art of preparation, Rosemary Gladstar demonstrates not only how to achieve healing through herbs but good health as well.

Kleinman, a psychiatrist, trained in anthropology, reports on his studies of health care in Taiwan. He describes his observations of clinical interviews between various medical practitioner, folk-healers, temple medicine men, and Chinese-style and Western-style physicians and their patients. He stress the importance of adopting the proper cultural perspective, making ones interpretations within that framework.

A trailblazing, conversation-starting history of women's health—from the earliest medical ideas about women's illnesses to hormones and autoimmune diseases—brought together in a fascinating sweeping narrative. Elinor Cleghorn became an unwell woman ten years ago.

She was diagnosed with an autoimmune disease after a long period of being told her symptoms were anything from psychosomatic to a possible pregnancy. As Elinor learned to live with her unpredictable disease she turned to history for answers, and found an enraging legacy of suffering, mystification, and misdiagnosis. In Unwell Women, Elinor Cleghorn traces the almost unbelievable history of how medicine has failed women by treating their bodies as alien and other, often to perilous effect. The result is an authoritative and groundbreaking exploration of the relationship between women and medical practice, from the "wandering womb" of Ancient Greece to the rise of witch trials across Europe, and from the dawn of hysteria as a catchall for difficult-to-diagnose disorders to the first forays into autoimmunity and the shifting understanding of hormones, menstruation, menopause, and conditions like endometriosis. Packed with character studies and case histories of women who have suffered, challenged, and rewritten medical orthodoxy—and the men who controlled their fate—this is a revolutionary examination of the relationship between women, illness, and medicine. With these case histories, Elinor pays homage to the women who suffered so strides could be made, and shows how being unwell has become normalized in society and culture, where women have long been distrusted as reliable narrators of their own bodies and pain. But the time for real change is long overdue: answers reside in the body, in the testimonies of unwell women—and their lives depend on medicine learning to listen.

This book takes a deep look into the folk medicine of Vermont. Written by a formally trained doctor who realised the local folk medicine was not only tradition but imperative to the way of life and the health of fellow Vermonters. This little guide provides knowledge and understanding of the nature and long successful uses of fold medicine and will be invaluable to anyone interested in daily increased vitality from childhood through maturity to satisfyingly active old age.

Turmeric

Alternative Medicine on Trial

Unwell Women

Traditional Chinese Medicine Cupping Therapy - E-Book

The Healing Power of Plant Medicine

Botanicum Medicinale

For the last 6000 years turmeric has been used in Ayurvedic medicine to alleviate pain, balance digestion, purify body and mind, clear skin diseases, expel phlegm, and invigorate the blood. Nowadays, this plant has acquired great importance with its anti-aging, anti-cancer, anti-Alzheimer, antioxidant, and a variety of other medicinal properties. The need of the hour is to verify and validate the traditional uses by subjecting them to proper experimental studies. To do this effectively there needs to be a single comprehensive source of the knowledge to date. Turmeric: the genus Curcuma is the first comprehensive monographic treatment on turmeric. It covers all aspects of turmeric including botany, genetic resources, crop improvement, processing, biotechnology, pharmacology, medicinal and traditional uses, and its use as a spice and flavoring. Bringing together the premier experts in the field from India, Japan, UK, and USA, this book offers the most thorough examination of the cultivation, market trends, processing, and products as well as pharmacokinetic and medicinal properties of this highly regarded spice. While Ayurveda has known for millennia that turmeric cleanses the body, modern science has now discovered that it produces glutathione-s-transferase that detoxifies the body and therefore strengthens the liver, heart, and immune system. By comparing traditional uses with modern scientific discoveries, the text provides a complete view of the medicinal value and health benefits of turmeric. Heavily referenced with an exhaustive bibliography at the end of each chapter, the book collects and collates the currently available data on turmeric. Covering everything from cultivation to medicine, Turmeric: the Genus Curcuma serves as an invaluable reference for those involved with agriculture, marketing, processing or product development, and may function as a catalyst for future research into the health benefits and applications of turmeric.

Integration of complementary and alternative medicine therapies (CAM) with conventional medicine is occurring in hospitals and physicians offices, health maintenance organizations (HMOs) are covering CAM therapies, insurance coverage for CAM is increasing, and integrative medicine centers and clinics are being established, many with close ties to medical schools and teaching hospitals. In determining what care to provide, the goal should be comprehensive care that uses the best scientific evidence available regarding benefits and harm, encourages a focus on healing, recognizes the importance of compassion and caring, emphasizes the centrality of relationship-based care, encourages patients to share in decision making about therapeutic options, and promotes choices in care that can include complementary therapies where appropriate. Numerous approaches to delivering integrative medicine have evolved. Complementary and Alternative Medicine in the United States identifies an urgent need for health systems research that focuses on identifying the elements of these models, the outcomes of care delivered in these models, and whether these models are cost-effective when compared to conventional practice settings. It outlines areas of research in convention and CAM therapies, ways of integrating these therapies, development of curriculum that provides further education to health professionals, and an amendment of the Dietary Supplement Health and Education Act to improve quality, accurate labeling, research into use of supplements, incentives for privately funded research into their efficacy, and consumer protection against all potential hazards.

Based on careful analysis of burden of disease and the costs of interventions, this second edition of 'Disease Control Priorities in Developing Countries, 2nd edition' highlights achievable priorities; measures progress toward providing efficient, equitable care; promotes cost-effective interventions to targeted populations; and encourages integrated effort to optimize health. Nearly 500 experts - scientists, epidemiologists, health economists, academicians, and public health practitioners - from around the world contributed to the data sources and methodologies, and identified challenges and priorities, resulting in this integrated, comprehensive reference volume on the state of health in developing countries.

Botanical Medicines