



Prescription for Herbal Healing, 2nd Edition: An Easy-to-Use A-to-Z Reference to Hundreds of Common Disorders and Their Herbal Remedies

Phyllis A. Balch CNC, Stacey Bell

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The definitive source for choosing the optimal herbal therapy- thoroughly revised and updated.

Millions of Americans are turning to herbal therapies to heal what ails them-either as an alternative or as a supplement to traditional medicine. From the most trusted name in natural healing, Phyllis A. Balch's new edition of *Prescription for Herbal Healing* provides the most current research and comprehensive facts in an easy-to-read A- to-Z format, including:

- Information on more than 200 herbs and herbal combination formulas, ranging from well-known herbs, such as ginseng and St. John's Wort, to less familiar remedies, such as khella and prickly ash
- Chinese and ayurvedic herbal combinations
- Discussion of more than 150 common disorders from acne to yeast infection, and suggested herbal treatment therapies

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