



# The Herbal Handbook: A User's Guide to Medical Herbalism

By David Hoffman

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This comprehensive guide to medical herbalism offers a practical reference to medicinal herbs and how they act in the body. Hoffmann organizes the text around the systems of the body, and categorizes treatments by specific actions herbs have on the body systems.

Accessible and thorough, this book can serve as a desk reference for health professionals, as well as an easy-to-understand introduction for the layperson. Includes information on growing, drying, storing, and preparation of herbs, with recipes for infusions, decoctions, oils, and ointments. Provides a missing gap in popular herbal literature. A useful, welcome book for both novice and experienced herbalists.

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## **Editorial Review**

### **Review**

David Hoffmann explores the full range of healing capabilities of herbs. -- *Lets Live*

### **About the Author**

A member of the National Institute of Medical Herbalists since 1979, David Hoffmann lives and teaches herbal medicine in California. He is a member of the Herb Advisory Board of *Let's Live* magazine, and the author of numerous books on herbal medicine, including **An Herbal Guide to Stress Relief** and **An Elder's Herbal**, as well as Findhorn's **The Holistic Herbal**.

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