

1. Record Nr.	UNINA9910702832503321
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Titolo	Evening Primrose Oil
Pubbl/distr/stampa	Rochester : , : Inner Traditions International, Limited, , 1989 ©1989
ISBN	1-62055-124-1
Edizione	[Updated Mar. 2008.]
Descrizione fisica	1 online resource (99 pages)
Collana	Herbs at a glance
Disciplina	615.32344
Soggetti	Evening primrose oil - Therapeutic use
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Title from title screen (viewed on July 8, 2009). "Created December 2006."
Nota di bibliografia	Includes bibliographical references.
Nota di contenuto	Intro -- Title Page -- Dedication -- Acknowledgements -- Contents -- Preface -- Introduction -- 1. What is the Evening Primrose? -- 2. A Unique Botanical Specimen -- 3. Essential Fatty Acids -- 4. Prostaglandins -- 5. Premenstrual Syndrome -- 6. Benign Breast Disease -- 7. Heart Disease, Vascular Disorders, and High Blood Pressure -- 8. Obesity -- 9. Eczema, Asthma, Allergies and Cystic Fibrosis -- 10. Hyperactive Children -- 11. Skin, Hair, Eyes, Mouth and Nails -- 12. Rheumatoid Arthritis and other Inflammatory Disorders -- 13. Multiple Sclerosis -- 14. Schizophrenia -- 15. Alcoholism -- 16. Cancer -- 17. Further Research -- Appendix I: Useful Names and Addresses -- Appendix II: Capsule Composition -- Footnotes -- References -- By the Same Author -- About the Author -- About Inner Traditions -- Copyright.
Sommario/riassunto	Here is the story of the remarkable evening primrose, and the uses to which the oil from its seeds can be put--one of the major ones being in the treatment of premenstrual tension. Unlike most natural products which are on the whole useful for one condition only, the oil of the evening primrose has properties which make it useful for a wide range of conditions, among them: MS, arthritis, vascular problems, and PMS.