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Autore	Vaughan J. G (John Griffith)
Titolo	The Oxford book of health foods [[electronic resource]] : a comprehensive guide to natural remedies / / J.G. Vaughan and P.A. Judd
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Descrizione fisica	1 online resource (223 p.)
Altri autori (Persone)	JuddPatricia A <1947-> (Patricia Ann)
Disciplina	641.3/02 641.302
Soggetti	Natural foods Dietary supplements
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Oxford Reference Library Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Contents; Introduction; Alfalfa; Algae; Aloe; Angelica; Arnica; Artichoke; Astragalus; Balm; Bamboo; Bee products; Beverages; Bilberry; Borage; Buchu; Burdock; Californian poppy; Carob; Cat's claw; Cayenne pepper; Celery seed; Centaury; Cereals; Chamomile; Chickweed; Coenzyme Q [sub(10)]; Coltsfoot; Comfrey; Cramp bark; Cranberry; Dairy products; Damiana; Dandelion; Deadly nightshade; Devil's claw; Dried fruits; Drosera; Echinacea; Elder; Evening primrose; Eyebright; Fennel; Feverfew; Fish oils; Garlic; Ginger; Ginkgo; Ginseng; Glucosamine and chondroitin; Goldenseal; Guarana; Hawthorn HeloniasHemp seed; Henna; Holy thistle; Hops; Horsetail; Hyssop; Ipecacuanha; Jojoba; Kava kava; Lavender; Lecithin; Lime; Linseed; Liquorice; Lobelia; Lycopodium; Margarines and spreads; Marigold; Marshmallow; Meadowsweet; Milk thistle; Mistletoe; Motherwort; Nettle; New Zealand green-lipped mussel; Nutritional supplements; Nuts; Orris; Parsley piert; Peppermint; Pilewort; Pineapple; Plantain; Prickly ash; Probiotics; Pulsatilla; Pulses, peas, beans, and lentils (legumes);

Pumpkin seed; Quassia; 'Quorn'; Raspberry; Red clover; Rose hip; Rue; Sage; Saw palmetto; Senna; Sesame; Sk(c)ullcap
Slimming productsSlippery elm; Soya bean; Sports supplements; St John's wort; Strawberry; Sumach; Sunflower seed; Sweet flag; Sweet violet; Tea tree; Thuja; Uva-ursi; Valerian; Vitamin, mineral, and trace element supplements; White bryony; White willow; Wild yam; Witch hazel; Yarrow; Recommended reading; Glossary; Index

Sommario/riassunto

The Oxford Book of Health Foods provides a scientific critique of the evidence for the medical and health claims made for a wide range of products sold for their health benefits. Over one hundred entries on health foods, from antioxidants to herbal remedies and vitamin supplements, provide an authoritative yet wholly accessible view for professionals and general readers alike. - ;Health foods and dietary supplements are widely used throughout the world - it is estimated that more than seventy million people in Europe regularly buy these products, and it is a billion dollar business in the USA.
