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Altri autori (Persone)	JuddPatricia A <1947-> (Patricia Ann)
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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

This text begins with an account of modern concepts of human
nutrition, followed by a series of over 100 accounts of individual health
foods and dietary supplements. The evidence for the claimed
therapeutic value of herbal medicines is given.
