

1. Record Nr.	UNINA9910956303703321
Autore	Vaughan J. G (John Griffith)
Titolo	The Oxford book of health foods : a comprehensive guide to natural remedies / / J.G. Vaughan and P.A. Judd
Pubbl/distr/stampa	Oxford ; ; New York, : Oxford University Press, c2003
ISBN	9780191647239 0191647233 9781280964930 1280964936 9780191727306 019172730X 9780191513114 0191513113
Edizione	[1st ed.]
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 Plants, Edible Functional Food Plants, Medicinal Dietary Supplements
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	"Oxford Reference Online Premium." Title from home page (viewed Dec. 22, 2009).
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

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.
