

# New Titles

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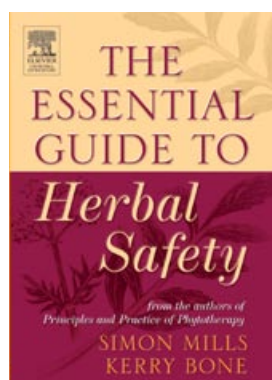
# Herbal Medicine

Written or selected by **Kerry Bone**

NOW AVAILABLE DIRECT FROM THE AUSTRALIAN COLLEGE OF PHYTOTHERAPY

## The Essential Guide to Herbal Safety.

*The first accurate and comprehensive book on herbal safety — a must for all health care professionals.*



**Simon Mills** MA, MCPP, FNIMH, Peninsula Medical School, Universities of Exeter and Plymouth, Exeter, United Kingdom

**Kerry Bone** BSc (Hons), Dip Phyto, FNIMH, FNHAA, MCPP, Director Research and Development, Medi-Herb; Adjunct Associate Professor, School of Health, University of New England, Armidale, Australia

The Essential Guide to Herbal Safety presents an extensive discussion of the principles of and current

major issues relating to herbal medicine safety. It also contains comprehensive reviews, in monograph format, of the published safety data for 125 common herbs. With contributions from leading international experts, this book covers issues of quality, interactions, adverse reactions, toxicity, allergy, contact sensitivity and idiosyncratic reactions. Information is derived from the world's leading practitioners and authorities.

### FEATURES

- Provides the most current information on safety issues in herbal medicine.
- Presents authoritative and credible safety information from two experienced herbal practitioners.
- Combines theoretical chapters with 125 well-researched monographs, making it the most thorough and comprehensive text on the market for herbal safety in practice.
- Provides clear information using the most current evidence-based reviews, covering factors that influence herb safety, including the negative placebo effects (nocebo), various types of unpredictable effects, the basis for interactions between herbs and drugs, and quality issues.
- Uses an established grading system for assessing safety in pregnancy and lactation that is realistic and appropriate to herb use.

- Thoroughly critiques the dominant misinformation in the media and medical journals on herb safety issues.
- Contains 83 documented case studies on possible hepatotoxicity and the effects in relation to kava. Kava safety is a hot topic.
- Includes two useful appendices detailing herbal references for pregnancy and lactation considerations.

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#### Part 1: Safety Issues

1. Introduction: what is herb safety? Simon Mills
2. Adverse effects of herbal remedies — the case to answer. Dr Debbie Shaw
3. The adverse placebo effect and transient treatment reactions. Simon Mills
4. Idiosyncratic drug reactions. Simon Mills
5. Human-plant interactions. Simon Mills
6. Adverse herb-drug interactions (AHD). Kerry Bone, Simon Mills and Michelle Morgan and Berris Burgoyne
7. Safety considerations during pregnancy and lactation. Kerry Bone
8. The impact of quality issues on the safety of herbal products. Kerry Bone
9. Safety concerns involving Chinese herbal medicine. Trina Ward
10. Allergic reactions to herbal medicines. Professor Stephen Myers and Hans Wohlmuth
11. Pharmacovigilance of herbal medicines. Dr Joanne Barnes
12. Kava: a risk-benefit assessment. Dr Mathias Schmidt, Michelle Morgan, Kerry Bone and Janice McMillan.

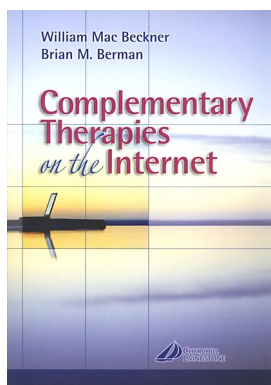
#### Part 2: Safety Monographs

- Appendix A: Herb listing by pregnancy and lactation categories.
- Appendix B: Pregnancy and lactation categories listing by herb.

ISBN: 0 443 07171 3 684 pages Churchill Livingstone

## Complementary Therapies on the Internet

Includes CD-ROM



**Mac Beckner** Information Director, Complementary Medicine Program, University of Maryland at Kernan Hospital, Baltimore MD

**Brian Berman** Director, Complementary Medicine Program, University of Maryland at Kernan Hospital, Baltimore MD

This book is a clear and concise guide to accessing and assessing quality information about complementary medicine on the Internet. The authors offer a "route map" for

Web users — from the novice to the experienced user — who want to save time and access the best information which the web has to offer. A CD-ROM with the book allows the reader immediate access through Web links, and a Web site related to the book will offer updates on related websites.

### FEATURES

- An easily-accessed and readable guide to the best the internet has to offer on complementary medicine — helping the reader assess quality through a chaotic amount of information of often variable standards.
- Practical — actual Websites shown and assessed, plus Weblinks easily accessed through the CD-ROM.

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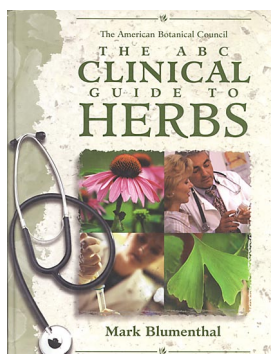
Guidelines for using the Internet for health information. What is CAM?. Who uses CAM and why? The explosion of CAM information on the Internet. Quality CAM information sites, the Top 20. How to find the information you need. Sites for health professionals. Sites for consumers. Sites for patients. E-mail, discussion lists, and newsgroups. The future. Appendix A. Research centres and ongoing clinical trials. Appendix B. Medical education and CME programs. Appendix C. Finding more information.

Included — CD-ROM of book text plus Web links.

ISBN: 0443070679 208 pages Churchill Livingstone

## The ABC Clinical Guide to Herbs

**Mark Blumenthal** Executive director, American Botanical Council, Editor and publisher, *Herbal Gram*.



This is the ideal book for practitioners who need up-to-date clinical trial information on key herbs. The ABC Clinical Guide to Herbs provides everything you need to know about the safe and effective use of medicinal herbs. Published by the American Botanical Council (ABC), the book contains comprehensive, up-to-date, scientifically based information on 29 herbs and 13 proprietary herbal products. Each herb analysis includes an extensively referenced therapeutic Monograph, a 2-page Clinical Overview for quick reference, and a 1-page Patient Information Sheet for the health professional to copy and give to patients. Pharmacological activity, herb-drug interactions, adverse effects, preparations, dosage, name brands, regulations, and detailed tables of clinical studies, are all accurately presented in this important educational guidebook.

### FEATURES

- Thorough and detailed information for the most popular herbs and herbal products.
- More than 40 tables of clinical studies.
- Incorporation of science based and traditional information.
- Standardized and regimented layout ensures quick and easy access to information.

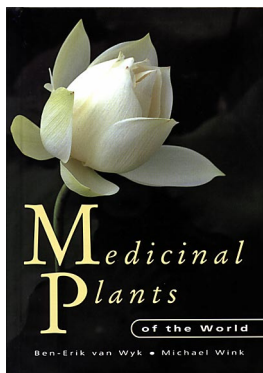
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List of Tables, Acknowledgements, Underwriters, General Notice and Disclaimer, Introduction, Herb Chapters: Clinical Overviews, Patient Sheets and Single Herb Monographs: Bilberry / Black Cohosh / Cat's Claw / Cayenne / Chamomile / Chaste Tree / Cranberry / Echinacea / Eleuthero / Ephedra / Evening Primrose Oil / Feverfew / Flaxseed / Garlic / Ginger / Ginkgo / Ginseng, American / Ginseng, Asian / Goldenseal / Hawthorn / Horse Chestnut / Kava Kava / Licorice / Milk Thistle / Peppermint / Saw Palmetto / St. Johns Wort / Tea, Black/Green / Valerian, Proprietary Products Introduction, Monopreparations, Pycnogenol (French Maritime Pine Bark Extract), Multi-Herb Products.

ISBN 3131323914 480 pages Thieme International

## Medicinal Plants of the World

Over 800 superb full-colour photographs



**Ben-Erik van Wyk** Professor of Botany, Rand Afrikaans University, Johannesburg, South Africa; his research interest is systematic botany and plant utilisation.

**Michael Wink** Professor of Pharmaceutical Biology, University of Heidelberg, Germany; he is an authority on pharmacological effects of plant compounds.

This is a great book if you wish to find photographs of rare or unusual herbs. Included is a comprehensive

and scientifically accurate guide to the most important medicinal plants, including those of special commercial or historical interest.

### FEATURES

- More than 800 full-colour photographs that will assist in the identification of the plants and related or similar plants.
- Descriptions of more than 320 medicinal plants and their close relatives.
- A quick guide and checklist of 900 of the most important and well known medicinal plants of the world, listed according to botanical name but giving the common names, family name, region of origin, therapeutic category and plant parts uses.

ISBN 1875093443 480 pages Briza Publications



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