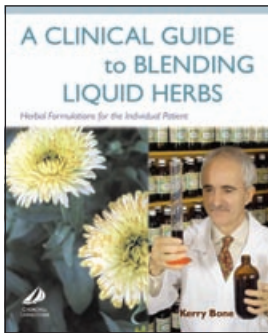


# Essential Titles IN Herbal Medicine

Written or selected by **Kerry Bone**

NOW AVAILABLE DIRECT FROM THE AUSTRALIAN COLLEGE OF PHYTOTHERAPY

## A Clinical Guide to Blending Liquid Herbs *Herbal Formulations for the Individual Patient*



**Kerry Bone** MCPP, FNHAA, FNIMH, DipPhyto, Bsc(Hons), Head of Research and Development, Medi-Herb (Pty) Ltd, Warwick, Queensland; Principal, Australian College of Phytotherapy, Australia, A Prof, Dept of Health, University of New England.

This clinical guide and practical reference is ideal for those who use and combine liquid herbal remedies for the individual needs of patients. With three introductory

chapters, 125 monographs, and various glossaries and appendices, it covers the fundamental concepts of using liquid herbals, including how the remedies are made, quality issues, and dosage guidelines. The monographs include full prescribing information that covers actions, indications, contraindications, warnings and precautions, interactions, side effects, dosage, traditional usage, pharmacological research, clinical studies, and full references.

### FEATURES

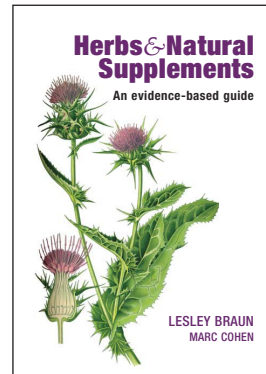
- A focus solely on liquid herbal preparations;
- The widest range of research-backed information currently available on herbs;
- Basic principles to give practitioners confidence in the accuracy of their prescriptions;
- Clinical relevance, including quick access to dosage information, contraindications, etc.

*"I can't recommend this book too highly. It is the kind of work that will become many a clinician's well thumbed personal talisman."*

David Kirk, ANPA Journal 2004.

ISBN: 0 443 06632 9 530 pp Churchill Livingstone

## Herbs and Natural Supplements *An Evidenced-based Guide*



**Lesley Braun** Pharmacist, Naturopath, Herbalist and Industry consultant & Senior Lecturer, Melbourne School of Natural Medicine, Victoria.

**Marc Cohen** Professor and Head of Department of Complementary Medicine, RMIT University, Melbourne, Victoria.

*Herbs and Natural Supplements* presents evidence-based information on the 100 most popular herbs, nutrients and food supplements used across Australia. Organised

alphabetically by common name, each herb or nutrient listed includes information such as daily intake, main actions/indications, adverse reactions, contraindications and precautions, safety in pregnancy, and more. The text also includes a comprehensive chapter on drug-herb interactions, which explores the fundamental principles involved and also provides the reader with a valuable system outlining how to use this information in practice. Additionally, there is a unique chapter on complementary medicine and perioperative care.

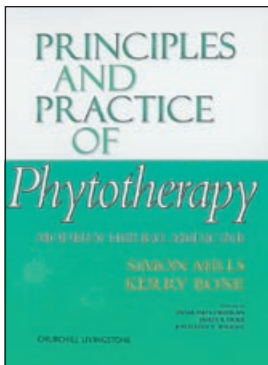
Designed as a concise user-friendly guide, *Herbs and Natural Supplements* will serve as an authoritative and reliable desk reference for students, health care practitioners and allied health professionals.

### FEATURES

- Appendices offering important additional information on the safe use of herbal and nutritional supplements;
- A list of poison centres, associations, manufacturers, etc;
- Clear and comprehensive tables including Herb/Natural Supplement-Drug Interactions and Pharmacological Actions of all Herbs and Natural Supplements listed;
- A glossary of terms.

ISBN: 0729536823 450pp Churchill Livingstone

## Principles and Practice of Phytotherapy Modern Herbal Medicine



**Simon Mills** MCPP, FNIMH, MA,  
Director, Centre for Complementary  
Health Studies, University of Exeter,  
Exeter; Chairman, British Herbal  
medicine Association; Secretary,  
European Scientific Cooperative on  
Phytotherapy (ESCOF).

**Kerry Bone** MCPP, FNHAA,  
FNIMH, DipPhyto, BSc(Hons), Head  
of Research and Development,  
MediHerb (Pty) Ltd, Warwick,  
Queensland; Principal, Australian  
College of Phytotherapy, Australia,

Assoc Prof, Dept of Health Science, University of New England.

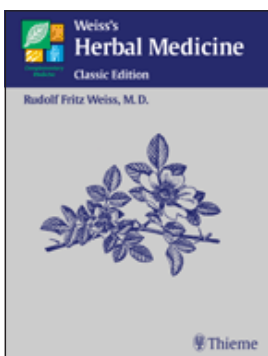
This book provides a detailed, practical and, where possible, research-based rationale for the use of herbal treatments in a wide variety of clinical conditions and problems. Through the filter of current scientific literature, the authors have re-evaluated traditional use of herbal remedies and present realistic guidelines for modern practice. The authors provide an authoritative guide to applying herbal medicines as serious options for the treatment of some of the most troublesome conditions seen today.

### FEATURES

- A clear description of the principles and foundations for the practice of phytotherapy;
- In-depth and detailed profiles of over 45 herbs, reviewing pharmacology, research, and traditional use;
- Therapeutics for actual disease states, supported by case histories;
- Coverage of challenging issues such as dosage, safety and drug-herb interactions.

ISBN: 0 443 06016 9 648 pp Churchill Livingstone

## Weiss's Herbal Medicine Classic Edition



**Rudolf Fritz Weiss** M.D.

First published in 1988, *Weiss's Herbal Medicine* is revered by herbalists and medical professionals alike as the seminal work in the field of phytotherapy. This book has established itself as an indispensable resource and is widely acknowledged as the key text in the field of medical herbalism.

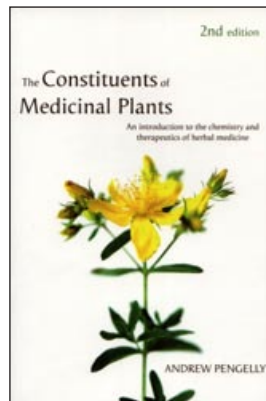
You will find clear, detailed information on treating conditions ranging

from colds and influenza to rheumatic problems, metabolic and endocrine disorders, cancer, and much more. Conveniently arranged by organ system, the text provides guidelines for prescribing herbal remedies, with sections on dosage, application, and precautionary measures.

Plus, for each plant discussed, you will find lists of their occurrence, botanical features, differentiation from related species, constituents, and medical benefits. Proprietary formulations, full references, and a comprehensive subject index of almost 2,000 entries round out the superb coverage!

ISBN: 1 58 89006 9 x/ 3 13 129381 0 372 Thieme

## The Constituents of Medicinal Plants An Introduction to the Chemistry and Therapeutics of Herbal Medicine 2nd edition



**Andrew Pengelly** BA ND DBM  
NHom, Lecturer in Herbal Therapies,  
School of Applied Sciences, University  
of Newcastle, New South Wales.

This unique book explains in simple terms the commonly occurring chemical constituents of medicinal plants. The major classes of plant constituents, such as phenols, terpenes and polysaccharides, are described both in terms of their chemical structures and their pharmacological activities. Identifying

specific chemical compounds provides insights into traditional and clinical uses of these herbs, as well as their potential for adverse reactions.

Features include:

- Over 100 diagrams of chemical structures;
- References to original research studies and clinical trials; and
- References to plants commonly used throughout Europe, North America and Australasia.

Written by an experienced herbal practitioner, *The Constituents of Medicinal Plants* seriously challenges any suggestion that herbal medicine remains untested and unproven, including as it does hundreds of references to original research studies and clinical trials.

Designed as an undergraduate text, the first edition of this book became an essential desktop reference for health practitioners, lecturers, researchers, producers and anyone with an interest in how medicinal herbs work. This edition has been extensively revised to incorporate up-to-date research and additional sections, including an expanded introduction to plant molecular structures, and is destined to become a classic in the literature of herbal medicine.

*"Pengelly's user friendly text will encourage educators in medical science to consider using this material in the complementary medicine/nutraceuticals areas ... May I Congratulate Andrew Pengelly for writing this text as it is going to be very popular with undergraduate students as well as more experienced readers."*

D. Green, London Metropolitan University, UK

ISBN: 1 74114 052 8 172 pp Allen & Unwin

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**AUSTRALIAN COLLEGE OF  
Phytotherapy**

P.O. Box 661 Warwick Qld 4370

Tel: 07 4661 9653 Fax: 07 4667 0107

email: [acop@gil.com.au](mailto:acop@gil.com.au) [www.herbaleducation.com.au](http://www.herbaleducation.com.au)