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Essential Herbal Titles

Written or selected by Kerry Bone

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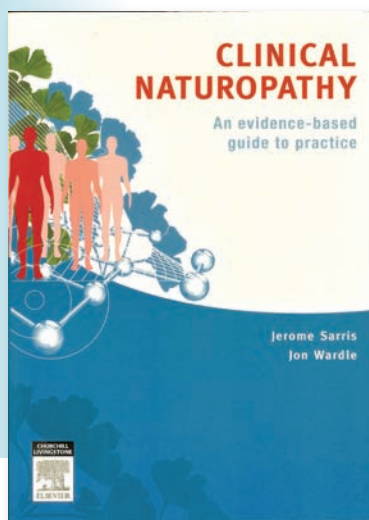
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Clinical Naturopathy – An evidence-based guide to practice

The ideal patient-centred companion to Braun and Cohen

Jerome Sarris PhD (UQ), MHSoc HMed (UNE), BHSc WHMed (ACNM) Adv Dip Acu (ACNM), MNHAA. Researcher, UQ, NHMRC Clinical Research Fellow, Melbourne University and Swinburne University of Technology Brain Sciences Institute, Vic, Australia

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This excellent new text details key treatment protocols and evidence-based complementary medicine interventions for use in naturopathic practice. Written by experienced practitioners, it presents naturopathic treatments (herbal, nutritional, dietary, lifestyle) for a range of medical conditions commonly encountered in modern practice.

Clinical Naturopathy begins with an introduction to case taking methodology and diagnostic techniques used by naturopaths then outlines treatment protocols and prescriptions for major health conditions within individual body systems. Separate sections on naturopathic treatment at various stages of the life cycle (paediatrics, pregnancy, aging), as well as complex health conditions (e.g. HIV, cancer, pain management) are a useful feature. Comprehensive appendices provide additional clinically important material, including reference levels for laboratory medical tests, nutrient food values, traditional Chinese medical diagnosis, and drug-CAM and chemotherapeutic and drug-CAM interaction tables.

FEATURES

- Rigorously researched with over 4000 references.
- Focuses on major medical conditions, and outlines naturopathic and integrative medical treatments.
- Case study examples at the end of each chapter.
- User-friendly clinical decision trees, tables, figures and case studies.
- The most up-to-date guide to current naturopathic practice in Australasia.

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Part A: Naturopathic clinical skills

1. Naturopathic case taking; 2. Naturopathic diagnostic techniques

Part B: Common clinical conditions

- **Section 1: Gastrointestinal system;** 3. Irritable bowel syndrome: constipation-predominant (C-IBS); 4. Gastro-oesophageal reflux disease; 5. Food allergy/intolerance;
- **Section 2: Respiratory system;** 6. Respiratory infections and immune insufficiency;
- 7. Asthma; 8. Congestive respiratory disorders; **Section 3: Cardiovascular system;**
- 9. Atherosclerosis and dyslipidaemia; 10. Hypertension and stroke; 11. Chronic venous insufficiency; **Section 4: Nervous system;** 12. Clinical depression; 13. Chronic generalised anxiety; 14. Insomnia; **Section 5: Endocrine system;** 15. Adrenal exhaustion; 16. Diabetes type 2; 17. Thyroid abnormalities; **Section 6: Female reproductive system;**
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28. Autoimmunity; 29. Cancer

Part D: Clinical naturopathy across the life cycle

30. Paediatrics; 31. Fertility, preconception care and pregnancy; 32. Ageing and cognition

Part E: Integrative naturopathic practice

33. Bipolar disorder with psychotic symptoms; 34. Attention deficit hyperactivity disorder (ADHD); 35. Chronic fatigue syndrome; 36. Human immunodeficiency virus; 37. Polypharmacy and pain management

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1. Drug-herb interaction chart; 2. Chemotherapy drugs and concurrent complementary therapy; 3. Food sources of nutrients; 4. Laboratory reference values; 5. Factors affecting nutritional status; 6. Taxonomic cross-reference of major herbs; 7. Traditional Chinese medicine: the six evils; 8. Traditional Chinese medicine: tongue diagnosis; 9. Traditional Chinese medicine: pulse diagnosis; 10. Systematic review of herbal immunomodulators

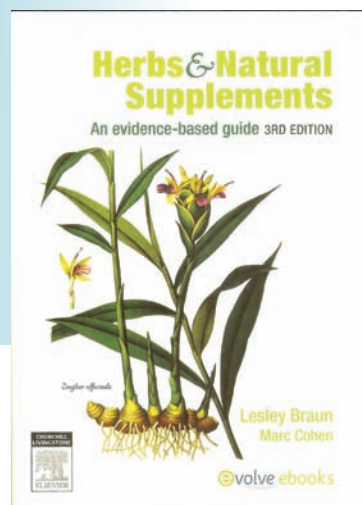
ISBN 978 0 7295 3926 5

850 pages

Churchill Livingstone

Clinical Naturopathy and Herbs and Natural Supplements make an essential companion set for the modern clinician. While Clinical Naturopathy gives detailed, in-depth naturopathic protocols for common health issues, Herbs and Natural Supplements provides extensive information about the various treatment choices by way of an impressive array of comprehensive monographs and safety information.

Herbs and Natural Supplements – An evidence-based guide



Third Edition: Now also available as an e-book

Lesley Braun, PhD, BPharm, DipAppSci Nat; Research Fellow, Department of Surgery, Cardiothoracic Research Unit, Monash University; Research Pharmacist, Alfred Hospital; Vice President NHAA

Marc Cohen, MBBS, PhD (TCM), PhD(Elec Eng), BmedSc(Hons), FAMAC, FICAE; Professor of Complementary Medicine and Program Leader, School of Health Sciences, RMIT

This very popular text now in its third edition presents current, evidence-based information on the 130 most popular herbs,

nutrients and food supplements used across Australia and New Zealand. Organised alphabetically by common name, each herb or nutrient listed includes information such as daily intake, main actions/indications, adverse reactions, contraindications and precautions and safety in pregnancy. New features include chapters on pregnancy and wellness and 10 additional monographs (Arginine, Dunaliella, Elde, Goji, Pelargonium, Prebiotics, Red Yeast Rice, Rhodiola, Shatavari and Taurine).

FEATURES

- All chapters updated and expanded.
- User-friendly and organised by monographs, making information easy to find.
- Appendices offer important additional information for the safe use of herbal and nutritional supplements, including a list of poison centres, associations, manufacturers.
- Clear and comprehensive tables including herb/natural supplement – drug interactions and pharmacological actions of all herbs and natural supplements listed.
- *Now also available as an e-book* – a code inside the text enables a full text download so you can browse and search electronically, make notes and bookmarks in the electronic files, and highlight material. Code and full installation notes inside.

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Section 3: Monographs Herb Name, Common Name, Latin binomial/class, Other names, Plant part used, Key chemical components, Main actions, Other actions, Main indications and evidence, Other uses, Dosage range, Adverse reactions, Significant interactions, contraindications and precautions, Pregnancy use, Practice points, Common questions, References, Nutrient Name, Background and relevant pharmacokinetics, Key chemical compounds (where applicable), Food sources (where applicable), Deficiency signs and symptoms (where applicable), Main actions, Other actions, Main indications and evidence, Other indications, Dosage range, Toxicity (if known), Adverse reactions, Significant interactions, Contraindications and precautions, Pregnancy use, Practice points, Common questions, References

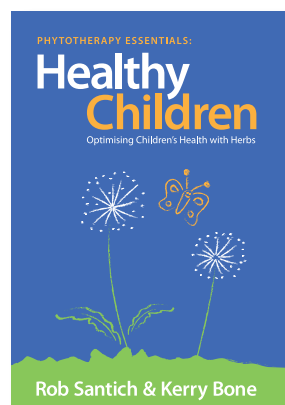
Section 4: Appendices Appendix 1 - Glossary; Appendix 2 - Herb/nutrient - drug interactions; Appendix 3 - Poisons information centres; Appendix 4 - Teaching institutes, manufacturers and on-line resources; Appendix 5 - Guide to safe use of complementary medicine during preoperative period

ISBN 978 0 7295 3910 4

900 pages

Churchill Livingstone

Healthy Children: Optimising Children's Health with Herbs



The first of the new "Phytotherapy Essentials" series

Rob Santich, BHSc, Dip Med Herb, Dip Rem Massage, NHAA, Adjunct lecturer, School of Health, University of New England, Armidale, Australia

Kerry Bone BSc (Hons), Dip Phyto, FNIMH, FNHAA

Healthy Children has been written with the special needs of children in mind. A well-researched text, written by Rob Santich and Kerry Bone who together have almost 50 years of clinical practice, this book

provides a comprehensive treatise on the common health problems encountered by children. Sound, practical information based on clinical experience as well as evidence-based research, provides a balanced and authoritative approach to children's health.

FEATURES

- The first comprehensive text on children's health for the natural therapist.
- Contains up-to-date medical and herbal information on all of the major childhood disorders.
- A detailed examination of around 40 common children's health conditions.
- Tablet and liquid protocols are provided together with relevant case histories.

ISBN 978 0 646 48616 1

218 pages

Phytotherapy Press

The Ultimate Herbal Compendium: A Desktop Guide for Herbal Practitioners



The most comprehensive, accurate and up-to-date desktop herbal prescribing reference

Kerry Bone BSc(Hons), Dip Phyto, FNIMH, FNHAA, MCPP

The Ultimate Herbal Compendium is a reliable ready reference designed for the busy health

practitioner. It contains up-to-date, easily-found information on a wide range of herbs and conditions, including doses for herbs in tablet form as well as liquids. Careful research of all the available herbal information, combined with Kerry Bone's many years of clinical practice, ensures that all valid herbal treatment options can be considered.

FEATURES

- Compact, user-friendly desktop style; durable ring-bound format.
- Over 400 medical conditions and 190 herbs covered.
- Detailed example protocols for 50 major conditions listed.
- A full bibliography outlines all sources used.
- Provides the most current and accurate information on herbal remedies, their actions, indications, dosage, contra-indications and herb-drug interactions.

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157 pages

Phytotherapy Press



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Phytotherapy**