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# Heinerman's Encyclopedia Of Healing Herbs & Spices: From A Medical Anthropologist's Files, Here Are Nature's Own Healing Herbs And Spices For Hundreds Of Today's Most Common Health Problems





## Synopsis

Renowned medical expert John Heinerman, Ph.D. shows you how to harness the amazing healing power of common herbs and spices to reverse illness and restore vitality. From agave for stomach problems and allspice for toothaches, to yohimbine to rejuvenate your sex life and yucca for arthritis relief, you'll discover hundreds of all natural remedies for over 100 health conditions. Best of all, these herbs and spices are completely safe, effective, and readily available from your local grocer or health food store. In fact, you may find many of them in your kitchen cabinets right now. The Encyclopedia also includes scores of intriguing case histories that illustrate the many uses of these healers in a variety of cultures through the ages, listings of herbs and spices and the conditions they offer relief from, and step-by-step recommendations for using these natural remedies most effectively. "Anyone who understands nature need never be sick," says John Heinerman, and this book is living proof of it!

## Book Information

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## Customer Reviews

Heinerman's encyclopedia of 268 herbs and spices gives each one's medical, nutritional, and cooking uses. Included are such familiar herbs and spices as allspice, anise, basil, chicory, cinnamon, cloves, cumin, ginger, nutmeg, sage, tarragon, and thyme; and highlighted are some not usually thought of as herbs and spices, such as apple tree bark, azalea, blue spruce, cactus, celery, cotton, elephant grass, iris, lilac, lily, morning glory, onion, and yucca. The author cites remedies for such things as increasing the flow of milk in nursing mothers; calming epileptic seizures; and curing

shingles, heartburn, sciatica, migraines, nervous tension, and anxiety. Varicose veins can be reduced, memory loss restored, food flavor improved, physical strength increased, and sexual frigidity overcome, Heinnerman says. George Cohen --This text refers to an out of print or unavailable edition of this title.

In the tradition of his other bestselling health guides, Heinnerman's Encyclopedia of Healing Juices and Heinnerman's New Encyclopedia of Fruits and Vegetables, renowned medical expert John Heinnerman, Ph.D. now shows you how to harness the amazing healing power of common herbs and spices to reverse illness and restore vitality! From Agave for stomach problems and Allspice for toothaches to Yohimbine to rejuvenate your sex life and Yucca for arthritis relief, you'll discover hundreds of all-natural remedies for over 100 health conditions. Best of all, these herbs and spices are completely safe, effective, and readily available from your local grocer or health food store. In fact, you may find many of them in your kitchen cabinets right now. Plus, the Encyclopedia also includes scores of intriguing case histories that illustrate the many uses of these healers in a variety of cultures through the ages ... listings of herbs and spices and the conditions they offer relief from ... and step-by-step recommendations for using these natural remedies most effectively.

This is an easy to read and understand book with so much information on how herbs and spices can be used for healing. I am so impressed with books written by this author that I have purchased three already. If health is your goal, here is a good starting place. Not only knowing what foods to eat, but understanding why. I am trying to fine tune my diet so I get the very most from it. I have already lost over 100 pounds by changing what I eat. I eat what I want, but choose to eat the things that are good for me first, before I indulge in something I like, that may not be the best choice. This book helps me make good choices and shows me ways to spice things up when needed. I highly recommend this and his other books as well.

If you wanted to know something about what you thought was a "weed" or what you knew to be an herb then this is your book. You'll find much more than just info and it is organized like a pro has done it. All of Heinnerman's books are the greatest resource. If anyone says something has no cure that is just the sign that there IS!!!!!!!!! Cancer, AIDs, Herpes (all kinds), you go on, I don't have time. Genesis 1 and 2 prove it. Not illustrated though so get yourself a good book about the plants in your part of the country.

The author is an old-style gent and something of an oddball. I like that in a man! The information is well written and much of it is all but impossible to find elsewhere. In addition to telling you what various herbs are good for he tells you what parts of the plant to use, how to prepare and use it and any cautions you should know. Get this book if you're serious about moving away from the kinds of pharmaceutical poisons they're advertising on TV all the time (you know, it'll reduce wrinkles but your liver may shut down or your heart may stop!) This isn't the only reference you'll need, but it's one of the best.

Book is very informative with in-depth explanations of the herbs and spices and their usage in healing. I've already started drinking a brew, (tea) made with fresh Thyme that is beneficial for lung congestion. Have ordered Fenugreek seeds, when made into a tea is suppose to be beneficial for tinnitus. I use a lot of homeopathic herbs and spices, having so much of it consolidate in one book makes it a book one wants to keep at their fingertip!

Love this book! Pictures would be an exceptionally valuable and appreciated addition. The information contained within is priceless.

Super addition to my herbal remedy collection. Would recommend it to anyone who wants a complete herbal library.

good book

Great

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