



# A Modern Horse Herbal

*Hilary Page Self*

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## **A Modern Horse Herbal** Hilary Page Self

This is a detailed guide to medicinal herbs for horses and how they can help in the treatment of a wide range of common ailments. The guide provides an A to Z of common ailments - from allergies to wounds - which can be effectively and safely treated using herbal medicine. It draws on research in herbal medicine as well as in traditional plant-based remedies. Throughout, the author underlines the importance of veterinary consultation, explaining how herbs can be used to complement conventional methods. To provide background information, a materia medica lists the properties of 50 readily obtainable herbs, giving details on habitat, collection, actions and uses, along with folklore and case histories. The author also discusses several non-herbal products, such as vinegar and yoghurt. There are guidelines on how to make herbal preparations, and how to use herbs in compresses and poultices. Advice is given on how remedies are selected and dosages determined, bearing in mind that most herbs take time to bring about a healing reaction. In the final part of the handbook the author describes a range of alternative therapies which can be used alongside conventional or herbal medicine.



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