



The Complete Herbs Sourcebook

David Hoffman

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In this comprehensive and authoritative guide to the use of herbal medicine in healing, David Hoffmann offers a unique, holistic approach to help you restore and maintain your well-being. Clear, step-by-step advice shows you how to diagnose and safely treat a wide range of complaints-from diabetes and depression to tinnitus and whooping cough- without any harmful side effects. The book includes: • A clear explanation of the body's systems • Advice on how to diagnose and treat your ailments • Simple ways to gather herbs and prepare remedies • An index for cross-referencing your ailments to find the herbs that are safe for treatment Not every ailment requires harsh medications, creams, or ointments. With The Complete Herbs Sourcebook, you can learn how to create your own herbal medicine chest for your family's wholeness and health.

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