



Herbal Medicinals: A Clinician's Guide

Lucinda Miller

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The use of alternative medicines, including herbal medicine and nutritional supplements, is on the rise. The usage of such alternative medications is usually in conjunction with conventional medicine. Now, with Herbal Medicinals as your guide, you can gain an understanding of herbal remedies and how they interact, favorably or unfavorably, with conventional medicines. This new understanding will allow you to give your patients proven advice that keeps them safe while they strive for improved health. The case-based approach in Herbal Medicinals leads you through clinical considerations within the disease state of specific conditions and shows when to address your patients concerning the use or potential use of alternative medicines. You'll find this approach provides an unprecedented combination of clinicians and basic scientists integrating their knowledge for the betterment of patient care. Specifically, you'll learn about:

- renal implications of herbal remedies
- hepatic effects of herbal remedies
- herbs used for fever, influenza, and the common cold
- use of herbs for gastrointestinal disorders, diabetes mellitus, osteoarthritis/rheumatoid arthritis, asthma, oncology, and dermatology
- beneficial and adverse effects of herbs on hypertension and hyperlipidemia
- psychiatric considerations of herb use (e.g., in depression, anxiety)

In addition, you'll learn about herb use among substance abusers, the toxicologic considerations of herb use, and regulatory issues concerning herb use. Each chapter in Herbal Medicinals immerses you in cases that illustrate how the presented information can be used in the clinical setting. Summary “pearls” at the end of each chapter allow you quick and easy reference that saves you time. You'll turn to your copy of Herbal Medicinals time and again to find the information you need to meet your patients' many medicinal preferences and needs.

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