



The People's Pharmacy Guide to Home and Herbal Remedies

Joe Graedon, Teresa Graedon

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The ultimate consumer's guide to self-care with herbs, vitamins, and other home remedies.

44 % of adults take prescription medication. 1 in 5 of them also take herbal supplements. 15 million of these people are at risk for an adverse reaction. Are you one of them?

The People's Pharmacy Guide to Home and Herbal Remedies

- * Provides an A-Z handbook of common ailments and symptoms
- * Describes safe, effective home and herbal remedies, vitamins, and dietary supplements for almost any problem
- * Supplies an overview of the fifty most popular herbs in the United States, Europe, and Australia
- * Lists herb/drug combinations to avoid
- * Details active ingredients, common uses, and proper dosages for each herb, as well as special precautions, adverse effects, and possible interactions
- * Resource listings of herbal Web pages and products

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