

(Ebook free) The Energetics of Western Herbs: A Materia Medica Integrating Western and Oriental Herbal Medicine Traditions

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Peter Holmes

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Peter Holmes : The Energetics of Western Herbs: A Materia Medica Integrating Western and Oriental Herbal Medicine Traditions before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Energetics of Western Herbs: A Materia Medica Integrating Western and Oriental Herbal Medicine Traditions:

This newly-updated text presents the comprehensive principles of natural herbal therapy. Finding the right remedies is made easy with this reliable and important information. The Energetics of Western Herbs: Describes in full detail over 200 botanical remedies currently used in herbal medicine according to their nature, functions and uses in biochemical and energetic terms. Provides the practical aspects of preparing herbal remedies for internal and external use, including the most useful preparation forms, dosages and cautions. Explores the historical origins and philosophical basis of Oriental and Western medical systems, and the herbalism and therapeutics that give rise to it. Draws on both traditional Chinese and Greek herbal medicine to integrate herbal energetics with modern pharmacology. Includes a repertory for quick reference, listing over 200 common conditions, along with the most important herbal and essential oil remedies presently used... FROM THE FOREWORD: It is the original work that is sorely needed in the Western herbal tradition, and perhaps we didn't know how much we missed it until it arrived... I hope it becomes a landmark, an historical breakthrough, on the way to an authentic modern herbal medical system. Peter Holmes' work is not

merely one of refined scholarship. It is also full of insight and practical application. The result is a fundamental classification that is a foundation upon which can be built a much more solid and self-consistent structure of herbal theory and practice. - Stephen Fulder, Ph.D., author of *The Tao of Medicine*-- Peter Holmes, L.Ac, M.H., is a doctor of Oriental Medicine and practitioner of botanical therapy. He has researched and written extensively in the field of herbal medicine and aromatherapy. Peter specializes in ethnopharmacology and the history of medicine.