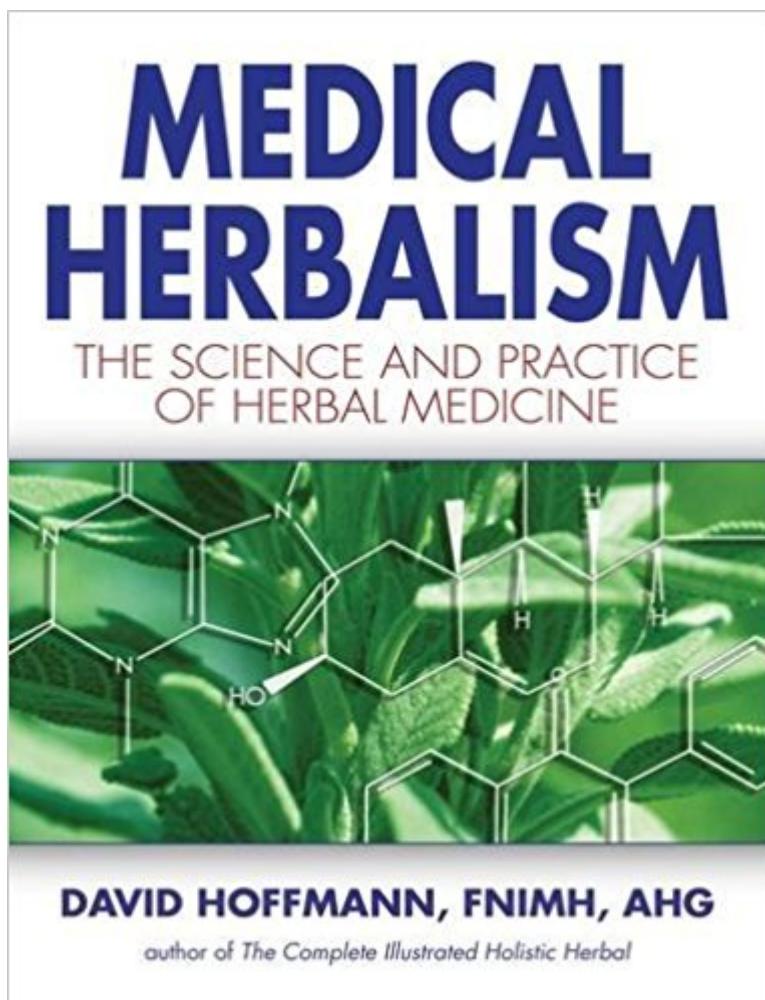


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# Medical Herbalism: The Science Principles And Practices Of Herbal Medicine



## Synopsis

A foundational textbook on the scientific principles of therapeutic herbalism and their application in medicine. A complete handbook for the medical practitioner. Includes the most up-to-date information on preparations, dosage, and contraindications. By the author of *The Complete Illustrated Holistic Herbal*. *Medical Herbalism* contains comprehensive information concerning the identification and use of medicinal plants by chemical structure and physiological effect, the art and science of making herbal medicine, the limitations and potential of viewing herbs chemically, and the challenge to current research paradigms posed by complex plant medicines. It also includes information on toxicology and contraindications, the issues involved in determining dosage and formulation types for an individual, guides to the different measurement systems and conversion tables, and the pros and cons of both industrial and traditional techniques. With additional sections devoted to the principles of green medicine, the history of Western Herbalism, the variety of other medical modalities using medicinal plants, an extensive resource directory, and a discussion of treatments organized by body system, *Medical Herbalism* is the comprehensive textbook all students and practitioners of clinical herbalism need to develop their healing practices.

## Book Information

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## Customer Reviews

"This is simply the most comprehensive reference work on holistic herbalism from a clinical perspective in existence. . . . This well-researched, incredibly knowledgeable textbook could be said to usher in a new, critical phase in the development of herbalism." (Georg Feuerstein, Traditional Yoga Studies, Sept 2007) . . . this manual gives the more serious herbalist a look at herbs with a

thorough and scientific approach without stripping that something unexplainable that happens when we use herbs as medicine. . . . Hoffmann's style is straightforward and informative containing a fascinating depth, making Medical Herbalism a reference tool any herbalist will reach for without hesitation." (dkMommySpot, March 2009) "David Hoffmann has produced an herbal reference masterpiece. This is one of the most comprehensive and detailed reference books to be produced in many years and will become one of the standard texts for professionals and researchers. I will place it next to my desk with my most often-used books." • (Mark Blumenthal, founder and executive director of the American Botanical Council, editor of HerbalG) "Hoffmann beautifully blends science with his very holistic approach to herbal healing, displaying a true gift for making chemistry and physiology easy to understand. He not only suggests herbs and dietary changes to treat many conditions but explains why they work. Such knowledge aids both practitioner and herb user in understanding how they can choose the most effective and safe herbs. I applaud this as an important book for herbalism in the modern world." • (Kathi Keville, director of the American Herb Association) "I consider David Hoffmann one of the most original and brilliant herbalists of our time, who dwells 'on the cutting edge' of thought and is often paving the way for others. The author of one of our finest herbal classics, *The Complete Illustrated Holistic Herbal*, David's ambitious undertaking of his brilliant new book provides us with yet another exceptional textbook on herbs that merges art, science, and conservation into a system of holistic herbalism for the future. This will be a valuable book for practitioners of herbal medicine as well as for other medical professionals." • (Rosemary Gladstar, president of United Plant Savers and author of *Rosemary Gladstar's Family Herbal*) "Medical Herbalism is an endeavor that will likely become a staple as an educational tool and indispensable reference for many." (Katherine Duff, Townsend Letter, Aug/Sept 2004) "A well-written compendium of herbal medicine that cannot be found elsewhere in a single book." (The Bloomsbury Review, May/June 2004, Vol 24 Issue 3) "Contains comprehensive information concerning the identification and use of medicinal plants both by chemical structure and physiological effect." (Share Guide, May/June 2004, Issue 73) ". . . Hoffman displays a true gift for making chemistry and physiology easy to understand." (American Herb Association, Vol. 20:2) "David Hoffmann has outdone himself. This text provides a depth of knowledge that is truly needed by the herbalist, the physician, and the pharmacist in order to understand how to use herbal medicine safely and effectively. Also an excellent resource to educate patients about the many herbal remedies possible." • (David Winston, AHG, dean of the Herbal Therapeutics School of Botanical Medicine and chair of the Ad) "Medical Herbalism provides a clinically oriented, systematic approach to Western herbal medicine missing from most texts. A great contribution to

the herbal literature. • (Roy Upton, herbalist and executive director of the American Herbal Pharmacopoeia)"For all students and practitioners of herbalism, this complete handbook details the chemistry of herbs and presents in-depth discussions of specific ailments and treatments." (Creations Magazine, Oct-Nov 2005)"For mid-level to advanced herbal students, or for any professional health care practitioner, this book represents an outstanding contribution. Kudos to both author David Hoffman and to Healing Arts Press for giving us this amazing volume." (Leah Samul, Pan Gaia, Jan-Mar 2006)

**MEDICINE / HOLISTIC HEALTH** Medical Herbalism is a foundational textbook on the scientific principles of therapeutic herbalism and their application in medicine. Based on the author's more than twenty-five years of herbal practice, it contains comprehensive information concerning the identification and use of medicinal plants both by chemical structure and physiological effect, the art and science of making herbal medicine, and the challenge to current research paradigms posed by complex plant medicines. The author details the intricate chemistry behind herbalism, providing for the first time important background and insights into how herbal remedies are able to achieve their results and the limitations and potential of viewing herbs chemically. He then presents in-depth discussions of specific ailments and treatments organized by each of the major body systems, as well as delving into the special needs of children and the elderly. He includes the most up-to-date information on preparations, dosage, and contraindications; information on toxicology and the issues involved in determining dosage and formulation types for an individual; and the pros and cons of both commercial and traditional techniques. His *materia medica* presents 150 of the most beneficial herbs used in treatment practices, identifying not only their present uses but also their historical derivations. With additional sections devoted to the principles of green medicine, the history of Western herbalism, the variety of other medical modalities using medicinal plants, and an extensive resource directory, Medical Herbalism is the comprehensive textbook all students and practitioners of clinical herbalism need to develop their healing practices. It is also a complete handbook for the medical practitioner looking to bring herbal treatments into his or her practice.

DAVID HOFFMANN, a Fellow of Britain's National Institute of Medical Herbalists, has been a clinical phytotherapist for more than twenty-five years. He started his herbal practice in Wales, continuing at the Findhorn community in Scotland, and has been practicing in California since 1986. A long time activist in the environmental and peace movements, he ran for parliament in Britain for the Green party in 1983. He is one of the founding members and a past president of the American Herbalists Guild and is on the advisory boards of the American Botanical Council and HerbalGram.

The author of seventeen books, including the highly regarded *The Complete Illustrated Holistic Herbal*, *An Eldersâ™ Herbal*, and *The Herbal Handbook*, Hoffmann teaches phytotherapy throughout the English-speaking world and is currently a faculty member of the California School of Herbal Studies. He is also a visiting faculty member at Bastyr University, the California Institute of Integral Studies, the National College of Phytotherapy, and the Rocky Mountain School of Botanical Studies.

This is full of useful information on medicinal plants. It is designed as a textbook. Covers chemistry and body systems very well. I bought as a reference book. It is an update to *Medical Botany* that I have in my library. Of course, you may want something specialized for your area of the world. I find Michael Moore's books great for the west.

Had to have it. Hoffmann has always been the king of sharing what really counts in herbalism. He turns it into a science and doesn't let the herbalist off the hook on healing--the right way--no games, no commercialism, no crap. The herbalist who knows this stuff is the real thing, which is why this is the start of the best possible road to herbalism. There are others, but it's a crap shoot. Hoffman is always for real.

This book has almost everything you'd want to know about herbs and how to use them medicinally. It has the chemical breakdown of all the herbs so you can really see what's going on, as well as listings for conditions and ways to treat them. I love this book, it's invaluable

This is an amazing book with lots of great information. I notice that the scientific names of plants correspond to garden plants I know under other common names. How wonderful to discover new uses for them!

Coming in at over 600 pgs., this text is a very workmanlike attempt to cover the field of medical herbalism. Every subarea is covered from classification to phytochemistry to pharmacology to preparation to treatment approaches. Hoffmann, too, is a died-in-the-wool herbalist who at every turn gives modern pharmacology its due but is also insistent that herbal medicine's complexity cannot be subsumed solely within the field of western medicine. His intellectual values are both traditional and progressive. Hoffmann also includes a detailed listing of references, a nice glossary, and numerous appendi of use to the budding medical herbalist.

Brilliant book with all the serious Latin names!

This book is much more than i expected. It is full of scientific information on all the plants that it covers- and it is clearly a research based book-not a "tell you what i think" book. It has drawings of the molecular chains of some of the compounds. I like how everything is well organized into classes/families. There is so much interesting information in this book if you're detail-oriented. For example- you'll wonder why it is that one or two small changes in a molecule can cause such different reactions in the human brain. The section on alkaloids was especially interesting in this sense. this book makes me want to learn more about the chemistry of these substances

I purchased this book for two reasons. The first being the author David Hoffmann is the author of a book I have called The New Holistic Herbal. I found this book to very thorough in his relating herbal medicine to the human body. I highly recommend it. The second reason is I am taking an online course in Herbal Medicine. This book is recommended reading and I can say it is as thorough and detailed as the book mentioned above. David Hoffmann has a way of relating the science to the human body in a precise, well thought out way. There is a wealth of information and detail about all functions of the human body. How each herb is broken down into its components and what their interaction is with our makeup. He also can tell of drug interactions which is important for anyone on medication and wanting to self medicate. I can only speak highly of this book and while perhaps a little clinical for some it is well worth the purchase.

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