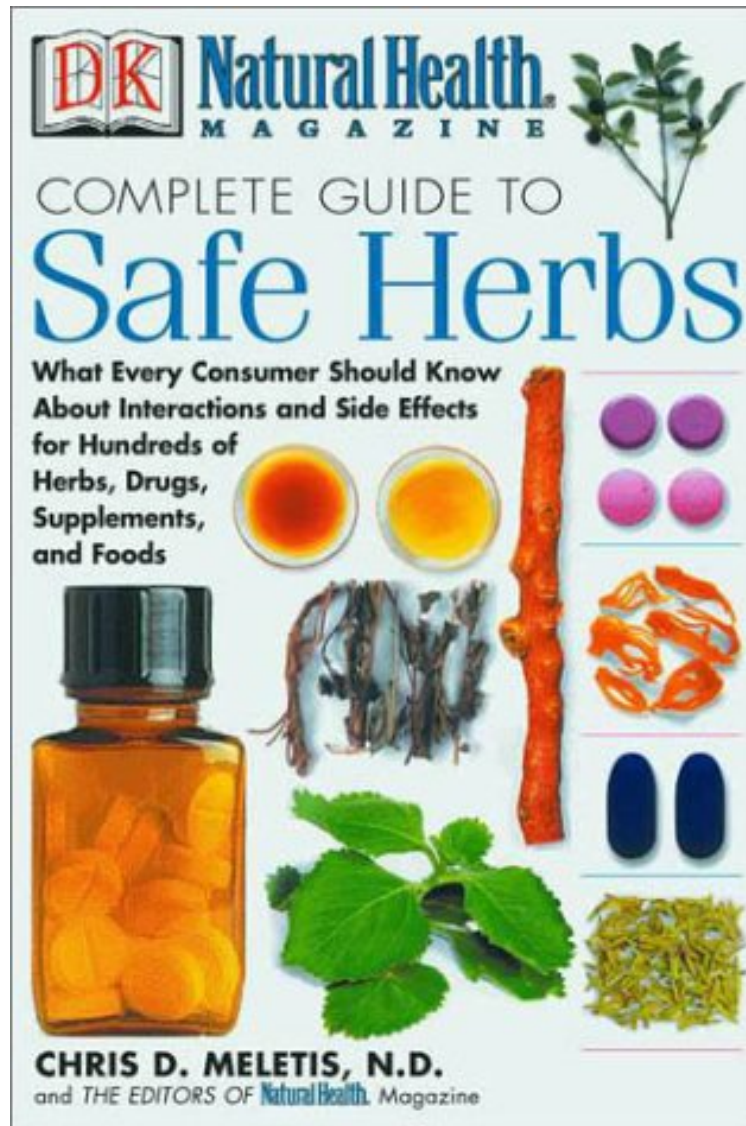


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## Natural Health Complete Guide to Safe Herbs: What Every Consumer Should Know About Interactions and Side Effects for Hundreds of Herbs, Drugs, Supplements, and Foods

*Chris D. Meletis, Rachel Streit*  
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## Guide to Safe Herbs: What Every Consumer Should Know About Interactions and Side Effects for Hundreds of Herbs, Drugs, Supplements, and Foods:

1 of 1 people found the following review helpful. excellent book!By justbooks!!!I bought this book when it was first released at a medical college bookstore and paid a lot for it. It's one of the best investments in a book that I ever made. This book gives an excellent view of herb to herb interactions; as well as drug to herb interactions. If you or someone you know is on prescriptive medication check this out before suggesting herbs or even other vitamins. It also includes info on herbs that you don't normally see. The authors don't downplay the importance of using herbs, but how to use them safely. It is well worth any money you pay for it and I really think you will like this book. I use this book constantly as I am an herbalist and don't want to give out wrong info to people.4 of 5 people found the following review helpful. Demystify the herb worldBy Gail A. RuffI'm so pleased to tell readers that this book was so pleasurable to read that I read it cover to cover the day it arrived. I started on an herb regimen four months ago (thanks to webmd.com), much to the dismay of my rheumatologist and cardiologist as I was already on fifteen prescription pills a day. With the help of the herbs I've been able to cut those pills in half. But I, too, was concerned about my ignorance as to the possible incompatibility of my newly found herbs with my doctor's advice and pills. Thanks to this book, we can all rest assured that I'm not messing with a dangerous mixture. Absolutely one hundred percent of my prescriptions were listed in the book and found to be safe with the herbs I'm now taking daily. The book is beautifully written with colorful pictures and easy-to cross-reference drugs, herbs, foods, etc. and their interactions with one another. At the end, a bonus that I had not expected: a long list of ailments offered to the reader who may have her or his own agenda for wanting to try an alternative path to wellness. The mystery of these age-old remedies, that our ancestors probably used, is quickly unraveled in a written format simple enough for a child to understand. And, if I'm not mistaken, the author never once promised to cure cancer, etc. That would have been a giant signal to me that I was dealing with a quack. It is what it is, a guide to herbal usage. It's my new favorite book! P.S. Thank you to the previous on-line critics who lead me through the maze of self-help books to this very special one.1 of 1 people found the following review helpful. Valuable Information about prescription drugs / Herb interactionsBy Sutherin ComfortThis is a very complete, easy to read reference book. Dr. Meletis provides safety information for herbal medicines, as well as information about interactions between herbs and pharmaceuticals.

Herbs can be a powerful path to healing if used in the right combinations with man-made medications, vitamins, and minerals, and with other herbs and healthy foods. But their potent ability to heal can become downright dangerous when used without care. The Complete Guide to Safe Herbs provides detailed information on the right way to take hundreds of herbs to improve health -- without worrying about unexpected side effects. Easily accessible designs illustrates seven chapters covering these key categories: 175 Best Bets for Safe and Effective Herbs; Important Herbal Combination Formulas for Common Ailments; All the Essential Details on Combining Herbs with Over-the-Counter and Prescription Drugs; Helpful -- and Dangerous -- Herb and Food Combinations; Herb, Vitamin, and Mineral Interactions -- What Works and What to Avoid; Buyer Beware; Clear and Concise Advice on Which Herbs to Watch Out For; Herbal Dos and Don'ts for Children, Pregnant and Nursing Women, and Older People.

About the AuthorChris D. Melitis, N.D., is the Dean of Clinical Affairs and Chief Medical Officer at The National College of Naturopathic Medicine, one of America's premier institutions, and the oldest in the country, for the teaching of naturopathic physicians. His previous books included Interactions Between Drugs and Natural Medicines, A Naturopathic Guide to Clinical Nutrition, and Better Sex Naturally. Rachel Streit is the editor-in-chief of Natural Health magazine, the longest running and most respected periodical in the field of natural self-care. Streit has edited three other titles in this series, including The Complete Guide to Medicinal Herbs, The Complete Guide to Homeopathy, and The Complete Guide to Integrative Medicine. Established in 1971, Natural Health is the longest running and most respected periodical in the field of natural self-care. Read by more than a million health-conscious readers each issue, Natural Health is a trusted leader, providing credible information, guidance, and inspiration to both core devotees of natural healing and to the growing legions of new natural health enthusiasts. Published by Weider Publications, Inc., Natural Health's Editorial Advisory Board includes such esteemed authorities as Dean Ornish, Carolyn Dean, and Andrew Weil.