



of how to use, how much to take, when to take it, and some cautions that you need to be aware of when they apply. Also gives you information on how long some stuff can be stored, which can benefit first aid kits, or someone ordering herbs and storing them for future use. This book was published in 1996. I didn't realize that until after I made the purchase, but I am still very pleased with it :) The book is rather large, but the size, layout, and colours, make it very easy for my eyes to read, and few books are easy on my eyes. Makes a nice addition to the home library. 1 of 1 people found the following review helpful. Love this book and would not be without it By Julie M. Love this book and would not be without it. Has so much information to help heal with all kinds of herbs and plants. Also teaches how to make your own oils, creams, etc. to use from the plants. 1 of 1 people found the following review helpful. Five Stars By Danae Lots of herbal info and how to make herbal products!

The essential encyclopedic guide to modern complementary medicine, featuring more than 550 key herbs and their healing properties.

From Library Journal An illustrated edition of Hoffmann's earlier *The New Holistic Herbal* (Element, 1992), *The Complete Illustrated Holistic Herbal* offers a listing of over 200 herbs and detailed sections on their use in treating ailments associated with each major body system (circulatory, respiratory, digestive, nervous, reproductive, glandular, and urinary) as well as the major organs such as skin, ears, nose, and throat. In addition, an introduction to holistic medicine, instructions for making preparations, and a glossary are included. Hoffmann's effort is devoted almost solely to herbs found in North America (although this is not stated anywhere), with little information on habitat, growth, and gathering and no cautions on usage. For this latter type of information, one needs to consult *The Encyclopedia of Medicinal Plants*, which covers herbs from all over the world, giving their location and cultivation. The encyclopedia begins with a history of herbal medicine and the herbal traditions of different cultures. Following is a visual guide to 100 key herbs from around the world, with details of their habitat, actions, traditional and current uses, latest research, preparations, cautions about usage, and useful cross references to particular ailments. In addition, there are shorter descriptions of 450 other herbs, with their history, habitat, therapeutic properties, and medicinal uses. The final section covers growing, harvesting, and processing herbs; making remedies; dealing with common ailments; and a glossary. Both books are well indexed, profusely illustrated, and authored by established authorities in the field of herbal medicine. (Hoffman, incidentally, served as the American consultant for Chevallier's book.) *The Encyclopedia of Medicinal Plants* is a better choice as a reference manual, due to its comprehensiveness, habitat information, cautions, and cross references, while *The Complete Illustrated Holistic Herbal* is stronger on explaining the physiology and the role of herbs in general holistic health. Valerie Vaughan, Hatfield P.L., Mass. Copyright 1996 Reed Business Information, Inc. From Booklist This lavish book, with color illustrations on every page, focuses on the traditional and folkloric use of 550 plants and on their pharmacology. Chevallier has selected herbs that are commonly used and are considered to have particular health benefits. A small number are included because they are of historical interest. The presentation of "key" medicinal plants features 100 of the best known, including aloe, cayenne, cinnamon, lemon, clove, sage, and ginger, for example. The other 450 herbs include such familiar plants as oats, horseradish, tarragon, heather, and hemlock, and such exotic herbs as ylang-ylang, Iceland moss, and scurvy grass. Each of the 550 profiles includes details of the plant's history, cultivation, key constituents, therapeutic properties, and traditional and current uses. Herbal preparations for self-treatment are explained. George Cohen Over five hundred key medicinal plants from around the world are detailed in a color-packed volume which includes photos of plants, pills, and tinctures and infusions. From plant cultivation to making and using the remedies and understanding herbal interactions and substitute plants, this packs in valuable information. -- Midwest Book