



# Principles and Practice of Phytotherapy: Modern Herbal Medicine

*Kerry Bone, Simon Y. Mills*

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**Principles and Practice of Phytotherapy: Modern Herbal Medicine** Kerry Bone , Simon Y. Mills  
**The authoritative and comprehensive modern textbook on western herbal medicine - now in its second edition**

This long-awaited second edition of *Principles and Practice of Phytotherapy* covers all major aspects of herbal medicine from fundamental concepts, traditional use and scientific research through to safety, effective dosage and clinical applications. Written by herbal practitioners with active experience in clinical practice, education, manufacturing and research, the textbook is both practical and evidence based. The focus, always, is on the importance of tailoring the treatment to the individual case.

New insights are given into the herbal management of approximately 100 modern ailments, including some of the most challenging medical conditions, such as asthma, inflammatory bowel disease and other complex autoimmune and inflammatory conditions, and there is vibrant discussion around the contribution of phytotherapy in general to modern health issues, including health ageing.

Fully referenced throughout, with more than 10, 000 citations, the book is a core resource for students and practitioners of phytotherapy and naturopathy and will be of value to all healthcare professionals - pharmacists, doctors, nurses - with an interest in herbal therapeutics.

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### **Katie says**

Not very well-written; some entire paragraphs make one point and then repeat it in five ways. I bet this textbook could have been 50 pages shorter.

Good section on formulating and standardized dosages.

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### **Leabelle says**

Although getting a little dated, this book still provides a wealth of information on various plants used in Western Herbal Medicine. I'm looking forward to the next edition.

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### **Clare Zivanovic says**

I purchased this book more than a decade ago and still refer to it. The detail herbal information has been complied so carefully and is easy to follow. In a world where Google is most people's doctor, I'm still happy to return to my bookshelf to read this one. I found it invaluable in clinical practice.

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