



# The Herbal Drugstore: The Best Natural Alternatives to Over-The-Counter and Prescription Medicines!

*Linda B. White, Steven Foster*

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By one estimate, Americans are spending upward of \$3 billion a year on herbs and herb products. More and more people are turning to herbal medicine for solutions to their health concerns because they believe that herbs are gentler, safer, and more affordable than pharmaceuticals.

Yet how can they be sure of what really works and what is right for them? Despite the glut of information on herbs, these remedies have rarely been compared objectively with drugs. That's just what consumers need, so they can rest assured that the decisions they make will help them get well-- not harm them.

"The Herbal Drugstore" sifts through all the studies, facts, and opinions to provide objective, concise profiles of more than 280 drugs and drug categories, along with their herbal alternatives. For each health problem, you can weigh the functions and side effects of the most common pharmaceutical treatments against the benefits and cautions of the best-known herbal remedies. You also get:

- \* Accurate dosage instructions for using herbs safely and effectively
- \* Essential information about potential herb-drug and herb-herb interactions
- \* A comprehensive chart that lists drugs and their herbal alternatives side by side for easy reference
- \* In-depth profiles of nearly 60 herbs, with explanations of herb sources, uses, and safety issues
- \* A shopper's guide for choosing among various herb forms and brands
- \* Detailed instructions-- for making your own herbal remedies
- \* A resource directory-- of herbal products, practitioners, and publications

Whether you're a newcomer to herbal medicine or you've been using herbs for years, "The Herbal Drugstore" arms you with clear, concise, impartial information that puts you in control of your health. Now you can feel confident that when choosing between herbal and pharmaceutical therapies, you have the power of "The Herbal Drugstore" behind you.

## **The Herbal Drugstore: The Best Natural Alternatives to Over-The-Counter and Prescription Medicines! Details**

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## **From Reader Review The Herbal Drugstore: The Best Natural Alternatives to Over-The-Counter and Prescription Medicines! for online ebook**

### **Denise Messenger says**

If you are looking to switch from over the counter and prescription medicines to natural alternatives this book covers it all! It involves the use of herbal medicines and if used should be supervised under the care of a physician.

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### **Nichole says**

Obviously I didn't read this whole book. It's a reference book and has been helpful many times since I bought it. I would highly recommend it as it has conventional prescriptions, what they are used for, and their herbal/natural alternatives. It also gives warnings that are clear, not just for the prescriptions, but for the herbs as well.

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### **Bethany says**

This is a great all-purpose desk reference to herbs.

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### **Ashley says**

THis is good stuff.

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### **Angela Coulter says**

Great resource for plant-based medicine for the most common ailments.

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### **Lynette says**

This is my herbal encyclopedia. When I want to know how to naturally heal what ails me, this is the first place I look.

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### **Sarah says**

This book is great at helping you find safe and natural cures for just about any ailment. I have found it most useful in treating those pesky colds!

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### **Crystal says**

Wow, this was amazing. There was a lot of great information with regard to herbs, uses, pharmaceutical drugs that perform similar actions, as well as any side effects for both the herbs and pharmaceutical drugs. This book was very thorough and the organization was perfectly laid out. This is a definite must-have for any herb enthusiast.

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### **Sabrina Rainey says**

A must have for herbal references.

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### **Paige says**

A valuable resource for utilizing natural cures. It's like the dictionary to me.

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### **Nicole says**

Very thorough. Some entries do not give the reader confidence that the therapy actually has any health benefits, but I suppose that is better than not mentioning them at all. I plan to use this in concert with working with a homeopathic doc. I'm still concerned about just using this tool by itself.

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### **Erin \*Proud Book Hoarder\* says**

(Also posted on my site The Paperback Stash)

I had a bit of trouble rating this one; I was tempted to give it a three but ultimately was forced to decide on a 2. Damn, I really need to track down that half star graphic...

Don't get me wrong - I didn't dislike this book. It had its good points but the negatives couldn't allow me to give it a 3 as an average rating. For the positive side of things, this book is massive, pretty, well organized, and written in a simple to understand manner.

It's from the staff of Herbs for health, which includes many herbalists that are recommendable such as Christopher Hobbs. The main author of this book is Linda B. White, M.D., followed by Steven Foster. While

I commend Ms. White for writing herbals and having an M.D. at the same time - we need more physicians taking alternate healing seriously - I felt the book was a bit too cautious and at time allopathic orientated.

Within every condition, there lay herbal recommendations....with prescription drug names and uses. In fact, drug names are listed first :( If this is a book on healing and herbs and natural remedies, why does it have to again share its pedestal? And even worse, be placed second when the book is supposed to be about it in the first place? If this Herbal Drugstore is supposed to be the options to prescriptions and over the counter drugs, then why list them so often in every section with details? At least their side effects are listed, which makes them appear a bit frightening in comparison. For those who really do want to know the name of each prescription drug used to treat asthma, angina, or any other condition, then here you'll find it.

Steven Foster was the co-writer for Tyler's honest herbal, which is an oxymoron if I ever heard one. Tyler's honest herbal remains one of the most hated books of the herbal profession, and for good reason. Fosters contribution there may also have been too cautious, although one isn't sure how much he really had to do with it. I am surprised someone who devotes so much time to herbs and even a magazine about them is so overly cautious, but that seems to be the current trend.

I did greatly appreciate some sections such as "How Herbs are Regulated" and common herb/drug interactions. The former is an interesting addition that's not seen enough, and was told honestly. There is a great simple reference guide at the beginning in a table where a condition is named, then commonly used drugs, then the herbal alternatives beside them.

The section on conditions is extensive enough and does offer more recommendations than herbs, as well as the occassional cool remedy/formula. Many of these seem like decent to good blends, particularly blister balm, Endometriosis Tea, and Swimmer's Ear Drops. Typical dosage is given for each herb, including teas or pills or tinctures, which is welcome.

The final half wraps up with very short comments on herbs, basically stating uses without complete sentences as a quick reference to herbs already covered elsewhere in the book. After these are the typical references and resources.

Overall this book is not bad but it's just so plain in terms of natural therapy. It's for the basic, basic lay person who only has a passing interest in herbal therapies. Here they're treated almost like little drugs beside other drugs, as alternatives, and no mention really on other herbal uses, as in holistic healing, etc. Diet is mentioned at times, and this is appreciated, but everything is so cautionary as seems to be found with these kinds of books lately.

Because of this, it can only be granted a low score. Not enough information per condition, with drugs listed FIRST, then herbs, and not much info on the herbs either. Too cautionary and medical minded to be a highly recommended herbal, but alright for the passerby who just wants to take a look.

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### **Mo says**

I refer to this book many many times to find a homeopathic alternative to any affliction.

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