

The use of medicinal plants to treat everyday complaints and illnesses is becoming ever more popular. This pocket guide is aimed not only at doctors and members of the various healing professions interested in phytotherapy, but also in particular at interested lay people, for whom this book is intended as a practical guide in the often confusing self-treatment market. This pocket guide is based on experiences and prescriptions that have been used in Germany for many years or even decades. If necessary, they have been supplemented by US-American remedies and suggestions for use. Where possible, available scientific literature has also been taken into account. The book includes the medicinal plants most widely used in Germany, almost all of which are also used in the US, as well as their use in the treatment of major syndromes. A general section in which production processes, quality characteristics, and legal backgrounds are explained is followed by portraits of the most important medicinal plants with references to more recent scientific literature. Illnesses and possibilities of treating them with medicinal plant preparations as well as a critical evaluation of the significance of this therapy make up the next section. A specialty of this checklist is the section "Care Involving Medicinal Plants." Here special value was attached to practicability. A tabular section divided up into medicinal plants with brief summaries of remedies and references follows. Contact addresses and lists of manufacturers as well as a comprehensive table of contents round off the guide.

Ms Angelika-M. Findgott from Thieme International has done a first-class job of coordinating the work of both authors and editing the manuscripts. We, the authors, know that we echo her sentiments in wishing that this pocket guide will be a practical aid to all those who are interested in using medicinal plants and will contribute to the alleviation and curing of illnesses and complaints.

Rostock in Spring 2004

Karin Kraft

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