

Nutritional Herbology A Reference Guide To Herbs

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Mark Pedersen's Nutritional Herbology is a one-of-a-kind resource book giving you a comprehensive summary of what nutrients are in herbal supplements and how they work! You will find detailed nutritional analysis for hundreds of herbs, including Chinese constitutional combinations.

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Nutritional Herbology : A Reference... book by Mark Pedersen

He is the author of Nutritional Herbology (1987) and Nutritional Herbology Vol. II (1990). Both are cornerstones of the modern herbalist's reference library. These two works have been revised and condensed into Nutritional Herbology, A Reference Guide to Herbs. Mark is married to Kellie Ann Magnum. They live with their three children in Utah.

Bing: Nutritional Herbology A Reference Guide

Nice book for herbalists, with some valuable information well organized and specific with nutrient values of individual herbs. This is used as a textbook in a Holistic Health Practitioner class, which covers nutrition, weight loss management, and Western herbal medicine, so it is of value for those interested in nutrition as well.

Nutritional Herbology : A Reference Guide to Herbs ...

Description: A one of a kind resource course in giving complete and comprehensive

summary of what nutrients are in herbs and how they work. Nutritional analysis for hundreds of herbs, including Chinese constitutional combinations. Includes each herbs nutritional profile, historical use, medicinal properties, and folk remedies.

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Nutritional Herbology is an indispensable reference for both the modern herbalist and for those interested in natural remedies. Free Joint to access PDF files and Read this Nutritional Herbology : A Reference Guide to Herbs ☐ books every where. Over 10 million ePub/PDF/Audible/Kindle books covering all genres in our book directory.

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An appendix and an extensive index and glossary for easy reference are also

included. Nutritional Herbology (Wendell W. Whitman Company ISBN 1-885653-07-7) is a welcome edition to any herbal collection. It's thorough, well researched and does a good job of filling in the gaps.

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Nutritional Herbology : A Reference Guide to Herbs by Mark Pedersen (1998, Trade Paperback, Revised edition) The lowest-priced brand-new, unused, unopened, undamaged item in its original packaging (where packaging is applicable). Packaging should be the same as what is found in a retail store, unless the item is handmade or was packaged by the manufacturer in non-retail packaging, such as an unprinted box or plastic bag.

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Nutritional Herbology is an indispensable reference for both the modern herbalist and for those interested in natural remedies. Over four years of extensive research and lab work has gone into bringing you this landmark work!

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