



The Complete Herbal Tutor: The ideal companion for study and practice

Anne McIntyre

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The Complete Herbal Tutor: The ideal companion for study and practice Anne McIntyre Herbal medicines have been used for many centuries to treat illnesses and restore health, and today herbalism still remains the most widely-practiced form of medicine around the world.

Written by a leading Medical Herbalist, *The Complete Herbal Tutor* provides in-depth knowledge of the practice and theory of herbal medicine, including everything you need to know about its history, how it works, how to grow, gather and prepare herbs, and how to use them to create a herbal prescription.

The rigorously-researched and illustrated materia medica contains over 150 herbs, with clear explanations of their properties, active ingredients and the latest scientific developments on their uses.

There is also a clear explanation of how herbs can be used to treat each of the body's systems, with advice on using remedies for healing a range of specific conditions.



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