



The American Pharmaceutical Association Practical Guide to Natural Medicines

Andrea Peirce

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Echinacea, ephedra, evening primrose oil...garlic, ginger, ginseng...St. John's wort, selenium, shark cartilage -- these are just a few of the natural medicines that millions of people are using. But do they work? Medical authorities often argue against them; alternative medicine advocates tout them. What's a consumer to do, while waiting for modern science to catch up with often ancient practices?

Help is here, with *The American Pharmaceutical Association Practical Guide to Natural Medicines*. This unique book from a trusted name in medicine rates the effectiveness and safety of more than three hundred natural substances, based on a careful assessment of the scientific research available. The alphabetically arranged listings include every substance readers are likely to want to know about -- and some they may not be familiar with, but should be.

At a glance readers will learn the source of the substance, the forms in which it is commonly available, the claims made for it, and what scientific studies do (or don't) show about those claims. Known side effects and dangers are noted as well. A basic 1-to-5 rating scale ranks each substance. The highest rating is given to those substances with a great degree of safety and effectiveness based on "years of use and extensive, high-quality studies."

Readers also learn how natural medicines are regulated and tested here and abroad, and do's and don'ts when selecting natural medicines. Special indexes organize the medicines according to those commonly used for various symptoms.

Comprehensive and authoritative, featuring an introduction by best-selling medical authority Andrew T. Weil, M.D., *The American Pharmaceutical Association Practical Guide to Natural Medicines*. is the reference to trust for anyone interested in natural medicines -- from the skeptic to the curious to the dedicated -- and promises to be the touchstone for consumers for years to come.

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