

# Herbs & Natural Supplements

An evidence-based guide

LESLEY BRAUN  
MARC COHEN



*Herbs and Natural Supplements: An Evidence-based Guide* presents evidence-based information on the 100 most popular herbs, nutrients and food supplements used across

Australia and New Zealand. Organised alphabetically by common name, each herb or nutrient listed includes information such as recommended daily intake, main actions/indications, adverse reactions, contraindications and precautions, safety in pregnancy, and more.

The text also includes a comprehensive chapter on drug–herb interactions, which explores the fundamental principles involved and also provides the reader with a valuable system outlining how to use this information in practice. Additionally, there is a unique chapter on complementary medicine and perioperative care.

Designed as a concise user-friendly guide, *Herbs and Natural Supplements* will serve as an authoritative and reliable desk reference for students, health care practitioners and health professionals.

## FEATURES

- provides current, evidence-based information on herbal, nutritional and food supplements used in Australia and New Zealand
- user-friendly, comprehensively indexed, with herbal and natural supplement monographs organised A–Z, making information easy to find
- appendices offer important additional information for the safe use of herbal and nutritional supplements, including a list of poison centres, associations, manufacturers plus much more
- clear and comprehensive tables including Herb/Natural Supplement–Drug Interactions and Pharmacological Actions of all herbs and natural supplements listed
- a glossary of terms

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### SECTION 1: HERBAL AND NATURAL SUPPLEMENTS

Ch 1: Introduction to Complementary Medicine; Ch 2: Introduction to Herbal Medicine; Ch 3: Introduction to Clinical Nutrition; Ch 4: Interactions with Herbal and Natural Medicines; Ch 5: Preoperative Care – Considerations

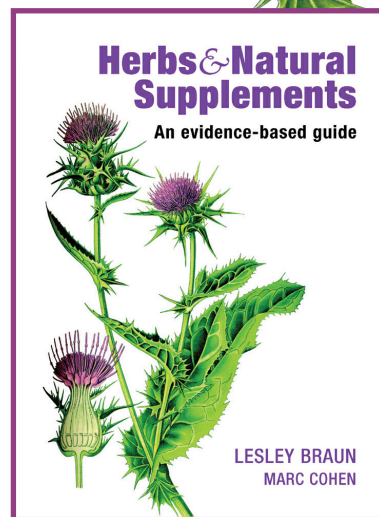
### SECTION 2: MONOGRAPHS A–Z

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AUSTRALIAN PUBLICATION



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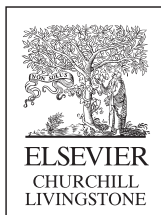
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