



# Natural Health Complete Guide to Safe Herbs: What Every Consumer Should Know About Interactions and Side Effects for Hundreds of Herbs, Drugs, Supplements, and Foods

*By Chris D. Meletis, Rachel Streit*

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Herbs can be a powerful path to healing if used in the right combinations with man-made medications, vitamins, and minerals, and with other herbs and healthy foods. But their potent ability to heal can become downright dangerous when used with out care. The Complete Guide to Safe Herbs provides detailed information on the right way to take hundreds of herbs to improve health -- without worrying about unexpected side effects. Easily accessible designs illustrates seven chapters covering these key categories: 175 Best Bets for Safe and Effective Herbs; Important Herbal Combination Formulas for Common Ailments; All the Essential Details on Combining Herbs with Over-the-Counter and Prescription Drugs; Helpful -- and Dangerous -- Herb and Food Combinations; Herb, Vitamin, and Mineral Interactions -- What Works and What to Avoid; Buyer Beware; Clear and Concise Advice on Which Herbs to Watch Out For; Herbal Dos and Don't for Children, Pregnant and Nursing Women, and Older People.

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### **Editorial Review**

#### **About the Author**

Chris D. Meletis, N.D., is the Dean of Clinical Affairs and Chief Medical Officer at The National College of Naturopathic Medicine, one of America's premier institutions, and the oldest in the country, for the teaching of naturopathic physicians. His previous books included *Interactions Between Drugs & Natural Medicines*, *A Naturopathic Guide to Clinical Nutrition*, and *Better Sex Naturally*. Rachel Streit is the editor-in-chief of *Natural Health* magazine, the longest running and most respected periodical in the field of natural self-care. Streit has edited three other titles in this series, including *The Complete Guide to Medicinal Herbs*, *The Complete Guide to Homeopathy*, and *The Complete Guide to Integrative Medicine*. Established in 1971, *Natural Health* is the longest running and most respected periodical in the field of natural self-care. Read by more than a million health-conscious readers each issue, *Natural Health* is a trusted leader, providing credible information, guidance, and inspiration to both core devotees of natural healing and to the growing legions of new natural health enthusiasts. Published by Weider Publications, Inc., *Natural Health's* Editorial Advisory Board includes such esteemed authorities as Dean Ornish, Carolyn Dean, and Andrew Weil.

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##### **Elisabeth McBee:**

Playing with family in the park, coming to see the ocean world or hanging out with good friends is thing that usually you might have done when you have spare time, in that case why you don't try thing that really opposite from that. One particular activity that make you not sense tired but still relaxing, trilling like on roller coaster you are ride on and with addition of information. Even you love *Natural Health Complete Guide to Safe Herbs: What Every Consumer Should Know About Interactions and Side Effects for Hundreds of Herbs, Drugs, Supplements, and Foods*, it is possible to enjoy both. It is great combination right, you still want to miss it? What kind of hang-out type is it? Oh can occur its mind hangout folks. What? Still don't get it, oh come on its identified as reading friends.

##### **Mary Moore:**

*Natural Health Complete Guide to Safe Herbs: What Every Consumer Should Know About Interactions and Side Effects for Hundreds of Herbs, Drugs, Supplements, and Foods* can be one of your beginning books that are good idea. Many of us recommend that straight away because this reserve has good vocabulary that could increase your knowledge in terminology, easy to understand, bit entertaining but still delivering the information. The article author giving his/her effort to get every word into satisfaction arrangement in writing *Natural Health Complete Guide to Safe Herbs: What Every Consumer Should Know About Interactions and Side Effects for Hundreds of Herbs, Drugs, Supplements, and Foods* but doesn't forget the main point, giving the reader the hottest in addition to based confirm resource info that maybe you can be among it. This great information may drawn you into brand-new stage of crucial imagining.

**Jose Enriquez:**

Is it you actually who having spare time after that spend it whole day by means of watching television programs or just telling lies on the bed? Do you need something totally new? This Natural Health Complete Guide to Safe Herbs: What Every Consumer Should Know About Interactions and Side Effects for Hundreds of Herbs, Drugs, Supplements, and Foods can be the answer, oh how comes? A book you know. You are so out of date, spending your spare time by reading in this brand new era is common not a geek activity. So what these textbooks have than the others?

**Nona Smith:**

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