



Tyler's Tips: The Shopper's Guide for Herbal Remedies

Virginia M Tyler, George H. Constantine

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A comprehensive and easy-to-use reference to the most popular and effective herbal products on the market! Tyler's Tips: The Shopper's Guide for Herbal Remedies offers consumers valuable information about the uses, benefits, origins, precautions, dosage forms, and price ranges of herbal products in a clear and concise manner. Arranged by therapeutic uses in order to give you a variety of options for various ailments, this accessible guide only lists herbs that have shown effectiveness in scientific trials. Tyler's Tips contains information that will help you decide what herbal products are reliable, safe, and appropriate for your needs. Designed to be taken with you when buying herbs, this book lists one herb on each page, making it easier for you to look up a particular entry. Offering herbs that will aid several ailments, such as headaches, liver dysfunction, ulcers, menopause, skin problems, and bladder problems, Tyler's Tips provides you with information on over 35 herbs, including:

- St. John's wort
- kava
- gingko
- ginseng
- soy
- black cohosh
- aloe
- rhubarb
- goldenrod
- licorice
- tea tree
- eleuthero
- red clover

Comprehensive and current, this book also informs you about well-known herbs that are widely used, but have not yet been proven to be successful. Full of practical facts, Tyler's Tips will assist you in choosing herbs that can improve your health and fit your budget.

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