



An Elders' Herbal: Natural Techniques for Health and Vitality (Healing Arts Press)

David Hoffmann FNIMH AHG

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Medical herbalist David Hoffmann addresses the unique health concerns of people in later life and presents a wide variety of herbal remedies for the prevention and treatment of problems associated with aging. A Materia Medica is also provided listing each herb by both common and Latin names and specifying which part of the plant to use, actions and indications, preparation methods, and recommended dosages. Offers specific remedies for conditions that include varicose veins, hypertension, gingivitis, cancer, and arthritis.

While herbal remedies are powerful healing agents, they are free of the side effects often brought on by stronger synthetic drugs.

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