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KEY=GUIDE - MARQUES HALEY

User's Guide Natural Remedies for Depression

Basic Health Publications, Inc. Simple, self-help advice for the millions of people who suffer from chronic depression, and the millions more who have to cope with "down days". In this "User's guide", easy steps are outlined that can improve mood and well-being, including diet, natural light and many different supplements.

User's Guide to Herbal Remedies

Basic Health Publications, Inc. In this overview of the most popular herbs, Hyla Cass describes the top ten herbal supplements. Among them are echinacea to boost the immune system during cold and flu season, ginseng to increase energy levels, St. Johns wort to elevate mood, and saw palmetto to prevent prostate disease. Dr. Cass also provides clear guidelines for how to safely use herbal remedies.

Dr. Kuhn's Quick Reference Guide (Everyday Remedies and Their Characteristics)

Bradley Kuhns,Ph.D.,O.M.D. A reference guide to Homeopathic Medicine.

User's Guide to Natural & Safe Pain Relief

Basic Health Publications, Inc. This User's Guide advises readers on the many beneficial supplements for reducing pain. These pain-relieving supplements include fish oils, B vitamins, glucosamine, MSM and more traditional homeopathic remedies. The authors also describe how life's stresses can exacerbate pain, and offer simple pain-reducing exercises and stretches.

A User's Guide to the Meade LXD55 and LXD75 Telescopes

Springer Science & Business Media This book offers a comprehensive introductory guide to "choosing and using" a series LXD55 or LXD75 computer-controlled ("goto") telescope, containing a wealth of useful information for both beginners and more advanced practical amateur astronomers. The manufacturer's manuals are not nearly detailed enough to be of real help to beginners. No other book offers advanced techniques for more experienced LXD series users.

Victims' Rights: A Documentary and Reference Guide

A Documentary and Reference Guide

ABC-CLIO This invaluable one-stop reference source supplies students and general readers with historical and current information on the victims' rights revolution in the United States, providing analysis on everything from human rights reports to Supreme Court cases that allows the reader to fully understand these documents. • Many primary source documents, such as the President's Task Force on Victims of Crime • A focused bibliography follows each chapter • An index offers easy access to documents and analysis

User's Guide to Ginkgo Biloba

Basic Health Publications, Inc. In the months following the September 11 attacks, world leaders began a flurry of attempts to muzzle the press. Some governments prevented journalists from covering anti-US demonstrations or criticizing US policies. Others opportunistically adopted the rhetoric of the war on terrorism to justify repressive measures against the media. Still other leaders took a cue from the tactics used by the US military in Afghanistan to keep the press away from the battlefield.

Intellectual Property in New Zealand

A User's Guide to Copyright, Patents, Trade Marks and More

Auckland University Press From small businesses filing patents to designers protecting their copyright, from a gas station seeing its logo ripped off by a competitor to a blogger posting photographs, New Zealanders encounter intellectual property every day. Sometimes they need to call a lawyer. But at other times, they just need to get a clear understanding of what they can and can't do in order to go about their business. This handy little book, written by one of the country's leading intellectual property lawyers and author of the major texts on the subject, is an accessible introduction to patents, trademarks, copyright and other key elements of IP. Aimed at non-lawyers looking to understand basic concepts and key issues, the book will be a guiding light through the often murky waters of intellectual property law. What can be patented? Do you have to register a trademark? How does copyright work on the internet? Tackling common questions in concise and accessible prose, Intellectual Property in New Zealand: A User's Guide should sit on the desk of entrepreneurs and designers, journalists, inventors and many more across New Zealand. Costing about three minutes of a lawyer's time, it's a book worth owning.

Constitutional Remedies

A Reference Guide to the United States Constitution

Greenwood Publishing Group Examines the origins of the constitutional tort and discusses its theoretical implications and practical issues confronting lawyers.

A Reference Guide to Medicinal Plants

Herbal Medicine Past and Present

Duke University Press Volume 2.

The Veterinarians' Guide to Natural Remedies for Cats

Safe and Effective Alternative Treatments and Healing Techniques from the Nations Top Holistic Veterinarians

Crown You probably feel like you know everything about your cat and his needs, but chances are there's a lot you aren't aware of. For example, did you know that the food you feed him every day has nowhere near enough nutritional value, or that he may have chronic tooth decay? Have you ever been told that the essence of the flower holly can help him be less jealous, or that a massage can lessen his arthritis pains? The Veterinarians' Guide to Natural Remedies for Cats is an introduction and a guide to the vast world of natural methods, treatments, and foods that are now available for cats. Veterinarians from around the country offer information and opinions to help you determine what's best for your cat. In addition to showing you how to develop a healthy diet for your pet, these doctors will tell you about alternative treatments such as homeopathy, acupuncture, chiropractic care, massage, and herbal medicine.

The Complete Idiot's Guide to Natural Remedies

Research-Based Remedies for More than 50 Medical Conditions

Penguin It's amazing what a little peppermint and a couple of walnuts can do. The health conditions? Everything from heart disease, cancer, and migraines to insomnia, PMS, and allergies. The remedies? Fish oils, peppermint, lavender, blueberry yogurt, and old-fashioned vitamin C. This is a complete reference book for readers who want scientifically researched recommendations for the best all-natural treatments for specific conditions presented in an easy-to-follow format. - Covers complaints and ailments from high blood pressure to bug bites - Each treatment based on the latest scientific research - Includes natural remedies from herbs and supplements to traditional Chinese Medicine - Arranged by specific ailment or disorder

User's Guide to Thyroid Disorders

Natural Ways to Keep Your Body from Dragging You Down

Basic Health Publications, Inc. This User's Guide describes the nature of thyroid disorders, natural thyroid-replacement hormones, and the important role of supplemental vitamins and minerals for thyroid function.

FIDIC User's Guide

A Practical Guide to the 1999 Red Book

Thomas Telford Guides to the FIDIC contract traditionally have been geared towards highlighting the legal aspects of claims arising from the contract. This text focuses on the practical administration of the contract recognizing the growing tendency for projects to be administered by local employers, consultants and contractors, rather than by international organizations.

User's Guide to Preventing and Treating Headaches Naturally

Basic Health Publications, Inc. Covering a wide range of popular alternative medicine and health issues, User's Guides are written by leading experts and science writers and are designed to answer the consumer's basic questions about disease, conventional and alternative therapies, and individual dietary supplements.

The MEND Clinic Guide to Natural Medicine for Menopause and Beyond

Dell A guide to traditional and alternative treatments for the symptoms of menopause

User's Guide to the Contract Laboratory Program

The Pharmacy Guide to Herbal Remedies

Random House The Pharmacy Guide to Herbal Remedies is the first in a series of books by Jan de Vries. It is written with a common sense approach and explains how herbal remedies can complement today's lifestyle by combining natural cures with pharmaceutical and orthodox medicines. The book demonstrates that, despite an age and society blighted by modern day diseases, it is possible for every person to maintain and obtain optimum health by combining complementary and orthodox healthcare methods. This book should be in every household as a quick and easy reference guide.

The Everything Guide to Herbal Remedies

An easy-to-use reference for natural health care

Simon and Schuster Beat the blues with St. JohnÆs Wort. Improve your memory with ginseng. Calm down with chamomile. People have used herbs and other plants for thousands of years to improve health and vitality. This practical guide reveals the timeless healing power of the best herbs and natural remedies available today. You learn how to strengthen immunity, ease hormonal mood swings, and treat such common ailments and conditions as: Aches and Pains Allergies Psychological and emotional issues Digestion problems With this guide, you have the information you need to enjoy a happier, healthier life!

The Veterinarians' Guide to Natural Remedies for Dogs

Safe and Effective Alternative Treatments and Healing Techniques from the Nations

Top Holistic Veterinarians

Crown The world of veterinary medicine is changing. People are realizing that if alternative medicine is better for them, it's better for their pets, too. Dogs are visiting acupuncturists, chiropractic doctors, and homeopaths. Still, many dog owners are unaware that such simple measures as changing their pet's diet and using vitamins, herbs, and other natural cures can help prevent or heal ailments ranging from excessive scratching to depression to a host of serious diseases. The Veterinarians' Guide to Natural Remedies for Dogs is both an introduction and a guide to the vast world of natural healing methods, treatments, and foods now available for dogs. Author Martin Zucker offers advice from dozens of holistic practitioners and licensed veterinarians, who share their recipes, insights, and "prescriptions." Here dog owners will find information on everything from nutritional supplements to massage therapy, as well as how these treatments can be used alone or in conjunction with traditional medications and surgical techniques.

The Christian's Guide to Natural Products & Remedies 1100 Herbs, Vitamins, Minerals, Supplements and More

B&H Publishing Group Yet the marketplace of natural healing can be a highly unregulated one full of hearsay, trends, and half truths. Too much misinformation! Few trusted sources are available to clearly explain both the good and bad sides of the herb and supplement story. The Christian's Guide to Natural Products & Remedies offers the respected integrity of Dr. Frank Minirth and collective wisdom of his associates for a thorough, Bible-informed approach to mind and body health. Dynamic commentary and Q & A chapters address natural healing from every direction, followed by invaluable sections on herb and supplement profiles, drug and herb interaction studies, and much more. Book jacket.

Internet Guide to Herbal Remedies

CRC Press "The next best thing to knowing something is knowing where to find it." — Samuel Johnson The Internet Guide to Herbal Remedies helps you find reliable online resources for the information you need about herbs used to treat a variety of medical conditions, including cancer, heart disease, depression, and AIDS. This easy-to-use consumer guide will help you steer clear of misleading—and potentially harmful—information that often amounts to nothing more than a thinly veiled product advertisement, as you search for the accurate and up-to-date news, facts, and advice that are out there—if you know where to look. Author David J. Owen, whose previous book, The Herbal Internet Companion: Herbs and Herbal Medicine Online (Haworth) won the 2002 International Herb Association Book Award, guides you through Web sites, mailing lists, listservs, newsgroups, and databases to uncover safe and sound health information that's aimed at specific conditions and specific populations; there's even a chapter on herbs for pets! You'll find the information you need on the safety and effectiveness of herbal remedies, current laws and regulations governing their use, and the basics of botany, including how herbs are named and what parts of the plants are used. Internet Guide to Herbal Remedies provides the information you need on: decoding herbal product labels general and CAM Web sites PubMed (MEDLINE) Google versus PubMed Web sites that discuss side effects and herb-drug interactions consumer awareness Web sites Web sites for specific diseases and conditions Web sites for specific populations Web addresses, browsers, and navigating Web sites and much more! Internet Guide to Herbal Remedies also includes helpful tables, figures, and screen captures from Web sites. This book is essential for anyone looking for safe and reliable information online.

The Complete Reference Guide to United Nations Sales Publications, 1946–1978 Volume I: The Catalogue, Volume II: Indexes

Walter de Gruyter GmbH & Co KG

ABC's of Bumps & Bruises, a Guide to Home & Herbal Remedies for Children

Lulu.com Includes valuable information about topics that concern lead poisoning, immunizations, autism, asthma, ADD/ADHD, lice, warts, colds, immune system, and many other topics that concern your child in one easy to read book.

Good Remedies, Out of Fashion

Using Natural Remedies Safely in Pregnancy and Childbirth

A Reference Guide for Maternity and Healthcare Professionals

Singing Dragon Providing in-depth information on natural remedies that midwives, doulas, GPs and other health professionals can use to advise and inform their clients, this reference guide focuses on safety in their application. The book brings together herbal medicine, homeopathy, essential oils, flower remedies and traditional remedies from other cultures, and applies them directly to pregnancy, childbirth and the postnatal period. Containing an alphabetical listing of 220 remedies covering common uses, contraindications and precautions, adverse effects and interactions, Using Natural Remedies Safely in Pregnancy and Childbirth is a vital resource for healthcare professionals working in conventional maternity care who wish to learn about the safe application of natural remedies.

Understanding Remedies

LexisNexis This comprehensive Understanding treatise provides an introduction to the basic legal rules and principles that constitute the law of remedies as applied by United States courts. The Second Edition of Understanding Remedies represents a major reworking of the original work. The chapters have been reorganized so that the materials follow the customary approach of teaching remedies: (1) General principles applicable to damages, injunctions, and restitution; (2) Remedy defenses; (3) Applications, e.g., bodily injury remedies, breach of contract remedies; (4) Special problems, e.g., punitive damages, attorneys' fees. The materials are comprehensive and respect the nuance and subtlety of the subject. Understanding Remedies presents the richness of the topic to students who wish to gain both a fundamental appreciation of the subject and an insight into the myriad ways remedies influence the shape and dimension of modern American law.

The People's Pharmacy Guide to Home and Herbal Remedies

Macmillan A comprehensive guide to herbal remedies by two of the most trusted authorities on the subject includes information about the most popular herbs, an A-to-Z handbook of common symptoms and ailments, dosage tips and precautions, and a variety of home andA comprehensive guide to herbal remedies by two of the most trusted authorities on the subject includes information about the most popular herbs, an A-to-Z handbook of common symptoms and ailments, dosage tips and precautions, and a variety of home and herbal remedies, vitamin therapies, and dietary supplements. Reprint.

EPA National Publications Catalog

American Observer Medical Monthly

The Herbal Handbook

A User's Guide to Medical Herbalism

Inner Traditions / Bear & Co In this comprehensive guide, Hoffmann explains specific actions individual herbs have on the body and suggests herbal prescriptions for a variety of conditions. It includes a practical reference section listing the effects of various herbs, with prescriptions on how to use them for a wide range of illnesses.

Catalog of Copyright Entries. Third Series

1975: January-June

Copyright Office, Library of Congress

American Literary Gazette and Publishers' Circular

Monthly Catalog of United States Government Publications

Medicine Moms

Reclaiming Our Children's Health Through Homeopathy and Common Sense

Kensington Books WHY ARE SO MANY MOMS (AND DADS) USING HOMEOPATHY TO KEEP THEIR KIDS HEALTHY? BECAUSE IT WORKS! Arlene Uhl is not a doctor or a New Ager. She's just an ordinary mom who became frustrated after conventional treatments failed to help her child's chronic colds and earaches. When a friend recommended homeopathy, the 200-year-old system of natural remedies, Arlene was skeptical -- until she discovered just how truly safe and effective it is. In MEDICINE MOMS "TM", Arlene shares her experiences and those of other parents who've seen remarkable results from integrating homeopathy with traditional medicine. And she shows you how to use its gentle methods, so your child can feel better quickly -- without the side effects of prescription medicines. Now you too can: -- Put an end to earaches and allergies -- Avoid the dangers of over-using antibiotics, steroid inhalants, and those "tubes in the ear" -- Prevent the colds and flu kids suffer each school year -- Stop teething pain in seconds Plus, you'll get help for: *Colic *Rashes and bruises *Bedwetting *Sunburn *Sore throats *Diarrhea *Coughs *Motion sickness *and more

Reference Sources for Small and Medium-Sized Libraries

Eighth Edition

American Library Association Focusing on new reference sources published since 2008 and reference titles that have retained their relevance, this new edition brings O'Gorman's complete and authoritative guide to the best reference sources for small and medium-sized academic and public libraries fully up to date.

Freshwater and Marine Aquarium

Research Handbook on Remedies in Private Law

Edward Elgar Publishing p.p1 {margin: 0.0px 0.0px 0.0px 0.0px; font: 10.0px Arial} This Research Handbook comprehensively and authoritatively reviews the contemporary challenges in research regarding remedies in private law. The Research Handbook on Remedies in Private Law focuses on the most important issues throughout contract, equity, restitution and tort law as they have arisen in the major common law jurisdictions, touching upon those of other jurisdictions where pertinent.

Monthly Catalogue, United States Public Documents
Quick Reference Guide to Organic Gardening Magazine
10 Year

Covers 1972-1981.