



# The People's Pharmacy Guide to Home and Herbal Remedies

*Joe Graedon, Teresa Graedon*

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The ultimate consumer's guide to self-care with herbs, vitamins, and other home remedies.

44 % of adults take prescription medication. 1 in 5 of them also take herbal supplements. 15 million of these people are at risk for an adverse reaction. Are you one of them?

*The People's Pharmacy Guide to Home and Herbal Remedies*

- \* Provides an A-Z handbook of common ailments and symptoms
- \* Describes safe, effective home and herbal remedies, vitamins, and dietary supplements for almost any problem
- \* Supplies an overview of the fifty most popular herbs in the United States, Europe, and Australia
- \* Lists herb/drug combinations to avoid
- \* Details active ingredients, common uses, and proper dosages for each herb, as well as special precautions, adverse effects, and possible interactions
- \* Resource listings of herbal Web pages and products

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