

Vitamins That Heal By Bakhru Dr H K Author Mar 2005 Paperback

Foods That Heal Herbs That Heal Homoeopathic Cure for Common Diseases A Happy Body Is a Healthy Body Nature Cure Herbal Cure For Common Diseases Diabetes: Causes, Prevention And Treatment Vitamins for natural healing Gorkha and Other Ethnic Herbal Medicines Holistic Health Healing & Astrosciences - Vol. II Medicinal Herbalism: Healing Properties in Medicine How the Banana Goes to Heaven: And Other Secrets of Health from the Indian Kitchen Little Book of Good Health Modern Cancer Therapies and Traditional Medicine: An Integrative Approach to Combat Cancers Phytopharmaceuticals in Cancer Chemoprevention Medicinal Plants Of India Home Remedies Dead Wrong The Handbook of Health Behavior Change The Heart and Its Healing Plants H K Bakhru H K Bakhru Yudhvir Singh Mahendri Arundale RAJENDRA MENEN Acharya Vipul Rao Ada P Kahn G. C. Goyal H. K. Pradhan Wayne Bottiger Ratna Rajaiah Dr. Sonia Kakar Shashank K. Singh Debasis Bagchi Preeti Dhar T V Sairam Geeta Nayyar Angie L. Cradock Wolf-Dieter Storl

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several hundreds of years back hippocrates the father of medicine said your food shall be your medicine this maxim holds true even today there are several disorders that can be prevented and treated by selecting natural foods rich in minerals vitamins trace elements vital nutrients and other substances that have positive medicinal and curative values this is a no nonsense a z guide to the care and feeding of your body going to the bottom of everything you need to know about diet health and food the listings in this clearly written book span general categories of illnesses food groups and each entry recommends helpful foods followed by those that should be avoided the format allows easy access to information with entries offering straightforward advice explanations and answers in short the book is an invaluable guide for better understanding of health food and natural

remedies

herbs act in almost magical and astonishing ways since early neanderthal man plants and herbs have been used for healing purposes and maintaining good health even as medical science has progressed methods and ideas based on herbal healing have sustained and grown in different countries across different cultures often being used in exactly the same way the book covers more than one hundred herbs most of which are readily available some even in your kitchen or easily obtainable and describes their specific healing properties how the herb is useful in alleviating or preventing specific ailments in most cases the method of making and using herbal preparations is also explained herbs have been arranged alphabetically according to their english names in most cases and by trade name in a few cases where they are more popular by trade names than their english names index of ailments which can be treated by herbs makes the book specially useful his books are read all world over his forte is nature cure a much sought after alternative to allopathic medicine he is acknowledged as an expert on the topic times of india

homoeopathy is fast gaining recognition and popularity as a safe convenient and inexpensive system for curing a large number of diseases this book organised for quick and handy reference provides homoeopathic cures and prevention for nearly all common diseases as also many chronic ones it includes a list of 100 most commonly required medicines for your family and a homoeopathic first aid guide this book is based on the vast experience over 50 years of the author of curing thousands of patients through this system the present book is already a bestseller in its hindi edition having been published in hardcover as well as paperback

the people of ancient india turned to their physicians vaidyas and wise seers to make their bodies minds and spirits happy with a system of diet healing and health maintenance called ayurveda knowledge of life which is based on nature and its healing power food was analyzed based on taste digestion and gastric fire agni or the ability to digest and assimilate food this time tested system of healing is based on what when and how we eat and is documented in the vedas books of ancient knowledge a happy body is a healthy body reveals that most diseases can be traced to an improper diet fortunately nature s gift to us is food herbs and spices to promote healing as long as we know how to use them drawing on three decades of research mahendri arundale provides more than a plant based cookbook of recipes and instructions which would be valuable in itself she also reveals priceless vedic knowledge that has endured for thousands of years the book also includes a self assessment to help you discover your body s energy type so you take full advantage of rejuvenating recipes and find simple ways to relax when stressed

this book will help understand the methods used by naturopathy which was given a new definition in india by dr jussawalla several decades ago there are valuable tips on how to lead a healthy life you can see why mahatma gandhi jawaharlal nehru morarji desai meena kumari and several other well known personalities resorted to nature cure the book may help you decide whether you need allopathy for immediate relief or if it is a

better bet to change your lifestyle completely and remove the cause of the disease from the root you will get to know the therapeutic uses of water sunlight air massage other naturopathic methods the right diet the benefits of fasting the virtues of vegetarianism the importance of regular exercise the value of sleep the need for fellowship and a mind at peace with itself the effects of colours herbs minerals vitamins even the zodiac the harm from genetically modified foods and so on you can also decide if you need to be vaccinated as the dangers of vaccination are being hotly discussed all over the world now this book will open a window to the latest research on health nutrition and fitness sourced from the most authentic and sometimes even irreverent health gurus who oppose mainstream beliefs with sound empirical knowledge

herbal treatment herbal beauty care herbal hair dye herbal massage herbal oils herbal tea etc are some of the oft heard terms it is a clear and welcome sign pointing out to the acceptance adherence and usage of herbs on one form or the other

diabetes is not a disease of blood sugar alone like no other disease it involves the entire body and all its systems therefore controlling not only the blood sugar but also the factors controlling blood sugar is important this book not only provides up to date information on diabetes but also explains how it can be controlled with greater attention to an individual's diet changes in smoking and drinking habits weight control more exercise and a healthier lifestyle it explains how to monitor the condition at home and gives practical guidelines and helpful advices for everyday problems of living with diabetes and leading a normal healthy and active life

gorkhas are inhabitants of the southern foothills of the eastern himalayas and the adjoining plains using their own ethnic medicines they survived thousands of years in the chilly hills and sultry mosquito and fly infested regions below h k pradhan belongs to this community noticing miraculous effects of some such medicines yet in early teens he started garnering their secret tips about 45 years ago these tips medicines had gradually evolved at the least since as far back as 6 millennia he came across medicines possibly learnt by chance by trial and error by observing animals using herbs as medicines and some of them believed as learnt in dreams or even with the help of occult rituals he was curious as to how such communities could know innumerable medicines even before modern science evolved according to a hint in the atharvaveda the precursor of the ayurveda and the ayurvedic nomenclature of the herb a subgroup among the ethnic gorkha community known as kiratas most of who worshiped spirits had discovered the medicinal use of the swertia chirata herb about six millennia ago his association with the practice of the medicines made him wonder about the discovery of so many medicines without any scientific basis ultimately he stumbled on some powerful category of shamans who are believed kidnapped in their childhood taken possibly to the nether world and trained in shamanism and herbal medicines by some mysterious spirit and not by human gurus he now feels that this mysterious phenomenon also if true at all could be behind the huge collection of herbal medicinal tips among such tribes this book contains over 500 detailed herbal formulations and an exclusive essay bunjhankri on the claim in

first person of one such shaman on how he was kidnapped at the age of six taken to the nether world trained for 86 days and left back at the very spot where from he was abducted besides many hitherto unknown aspects of herbs and herbal medicines

medicinal herbalism has been practiced for thousands of years the book outlines some of the significant features of medicinal pharmacopeia it includes a number of references to some of the most commonly used medicinal plants and herbs used to treat illness and disease it is a must for students of natural medicine as well as those interested in the subject of medicinal herbalism

about the book a book about the hidden benefits of ingredients commonly found in most indian kitchens did you know that a couple of bananas a day can lower your blood pressure that nineteenth century sailors used to eat potatoes to fight scurvy that ayurveda considers rice the perfect healing food that george bernard shaw was a brinjal loving vegetarian that turmeric could be anti carcinogenic that urad dal is an aphrodisiac ratna rajaiah takes a walk down memory lane only to find it redolent with the aromas of her mother's and grandmother's kitchens and lined with the spices and condiments of her youth pausing often she meets old culinary friends coconuts and chillies mangoes and jackfruit ragi and channa dal ghee and jaggery mustard seeds and curry leaves and introduces us to almost forgotten joys like the sight of steaming kanji or the scent of freshly cut ginger taking detours she shares recipes for old favourites often with a surprising twist and reveals delightful slivers of trivia and fascinating nuggets of gastronomic history delving deep she discovers that traditional fare is much more than comfort food many local ingredients are health giving and healing too and that much of what the west is discovering about herbs and spices has been known to our ancestors for centuries an unabashed and wonderful ode to the blessings of simple traditional vegetarian food

true health is as much a matter of mind as it is a matter of body it is about total wellness the author has meticulously sifted through thousands of international studies on all aspects of health and medicine both modern and alternative and wellness philosophies and reduced them to 180 short crisp fact based and helpful explanations you can incorporate in your daily routine like all good things in life the secret of good health lies in concepts that are simple practical easy to follow and inexpensive ideas that may seem small or insignificant but are the way to a fitter healthier and a happier life get smart about your health 180 ideas to make you feel better healthier and stronger a man too busy to take care of his health is like a mechanic too busy to take care of his tools spanish proverb

the advancements in molecular marker discovery genomics transcriptomics and proteomics in recent years have enabled researchers to develop targeted therapies against cancers cancer research and management is multi disciplinary and multimodal in addition to conventional chemotherapy and radiotherapy targeted immunotherapy has also provided considerable success in the clinic there is also scientific evidence on the impact of alternative therapies on cancer patients modern cancer therapies and

traditional medicine an integrative approach to combat cancers summarizes the general aspects of cancer therapy and management chapters cover cancer medicine in two broad sections the book presents comprehensive information on a diverse range of cancer treatments the first section covers conventional molecular oncology and therapy including targeted therapies immunotherapies cancer signaling pathways and the use of computational techniques the second section focuses on traditional methods of treatment including the role of nutrition traditional medicine yoga and ayurveda in cancer prevention and management the book is an accessible update of the state of the art in cancer diagnostics and therapy for students and academicians at all levels

during the past decade a significant amount of research has been conducted on phytopharmaceuticals today a growing body of evidence demonstrates the efficacy of a wide variety of natural products and affirms their potential in the treatment of cancer phytopharmaceuticals in cancer chemoprevention focuses on the role of natural supplemen

this book can be used as a general guide in the use of natural products to manage common health ailments and by potential researchers in natural products medicinal chemistry pharmacognosy phytomedicine and or phytochemistry for an overview of the biological properties of natural products the book describes widely used medicinal plants and essential oils it tabulates 55 biological properties of 171 medicinal plants indigenous to india with an emphasis on indian medicinal plants that have a long tradition of medicinal use in ayurveda the resulting table is color coded providing a quick overview of different medicinal plants exhibiting similar biological activities

the final volume in the best selling series on herbal cures for common ailments the use of herbs from kitchens fields and forests to alleviate pain and cure sickness has been known in india for centuries researched over three decades the volumes in this series meticulously document many parallel and ancient traditions and systems bringing together medicinal and cosmetic recipes and the uses of individual plants to cure and comfort each herb is described in meticulous detail through its botanical profile uses in particular ailments and notes on the preparation and dosage of each remedy forty common plants such as tea amalatas periwinkle aparajita coffee custard apple ash gourd lemon grass cotton water lily and ashoka along with the not so familiar jamaican thyme indian sorrel ponnanganni and jujube are included in this book a comprehensive bibliography of scientific articles separate glossaries for english and non english technical terms and detailed illustrations make it an easy to use reference guide for cures to common ailments the final volume in the best selling series a compendium of the common sense of our people and distillation of our age old scientific knowledge home remedies are extremely useful volumes k r narayanan president of india the book is an exhaustive and scholarly work which provides the reader a thesaurus of information in an attractive handbook deccan herald

save lives and improve public health by countering misinformation in dead wrong

diagnosing and treating healthcare's misinformation illness a team of health misinformation experts delivers a first hand account of the dangers posed by false narratives and snake oil in the face of deadly healthcare crises like the covid 19 pandemic in the book you'll explore the challenges facing those who fight to restore truth to a place of primacy in the united states healthcare system the strategies they use and the lessons you can draw from their real world stories through interviews with healthcare leaders on the frontlines of the covid 19 pandemic and an intuitive discussion of contemporary academic research the authors highlight issues of critical importance in the quest to bring accurate information to the american public you'll also find an exhortation to healthcare professionals to take up the cause of countering misinformation as if their lives and livelihoods depend on it a compelling portrait of the seriousness of the information predicament in which we currently find ourselves actionable practical strategies for countering misinformation in today's information ecosystem perfect for clinicians public health leaders health tech leaders and health marketers dead wrong will also earn a place in the libraries of media professionals and community leaders with an interest in keeping the american public healthy and vibrant

now in its 6th edition the handbook of health behavior change continues to serve as the premier practical textbook for students researchers and health professionals in public health health promotion preventive and behavioral medicine nursing health communication population health and the behavioral sciences it presents a foundational review of key theories methods and intervention strategies they will need to be both thoughtful and effective in promoting positive health behavior change the book examines the complex challenges of improving health behavior in society including the upstream systems economic environmental social cultural and policy factors at play as well as the interpersonal and intrapersonal behaviors that lead to disparate health outcomes among individuals and populations integrated throughout are applied case studies and real world examples focusing on the importance of health equity considerations for health behavior change and how to apply an equity lens to conducting research designing and implementing programs the 6th edition has been fully updated reorganized and revised to address the behaviors and health topics related to the leading causes of death and morbidity among adults and children in the united states using a multidisciplinary approach the handbook of health behavior change prepares the next generation of health professionals to face future challenges in the health behavior sphere through its discussions on equity theoretical advances primary and secondary prevention and application of effective strategies for implementing interventions across levels of society provides the gold standard review of behavior change interventions new additions highlight the most recent evidence on timely topics such as vaccine uptake reproductive and sexual health workplace safety injury prevention and mental and behavioral health features authors with deep expertise in behavior change research clinical applications and population health interventions focuses on practical learning objectives that relate to core public health competencies summarizes important concepts and information with new and updated illustrations key points and discussion questions includes engaging case studies in every chapter qualified instructors have access to this edition's expanded

instructor resources including learning activities comprehensive powerpoint slides and additional resources to supplement students dynamic learning and interaction with the text

an ethnobotanical look at ancient heart beliefs heart strengthening herbs and folk remedies for cardiovascular diseases discusses traditional understandings of the heart from early european cultures and indigenous peoples of the americas asia and africa examines the heart as the home of the soul and an organ of perception and looks at traditional beliefs on what makes the heart sick presents a materia medica of plants used for millennia to treat heart related conditions as well as plants in use by modern herbalists and cardiologists in the traditional worldview the heart was considered the home of the soul and the source of love and vitality as such heart sickness was not seen as a result of poor nutrition too much stress or lack of exercise but reflected an imbalance of the heart s emotional and spiritual energies plants and folk remedies used as traditional heart medicine worked on the mental and spiritual level to help make the heart happy again renowned ethnobotanist wolf d storl ph d examines traditional understandings of the heart from early european cultures and indigenous peoples as well as a wealth of plants used in both ancient and contemporary times to treat heart conditions and ailments he examines what makes the heart sick including different healing paradigms used to address the causes he also looks at how time is perceived by the heart and how the modern epidemic of heart disease can be linked to our culture s pervasive disconnection from nature s rhythms presenting a materia medica of heart strengthening herbs and folk remedies for cardiovascular diseases the author offers in depth descriptions of plants used for millennia to treat heart related conditions as well as plants in use by modern herbalists and cardiologists sharing a holistic view of the heart and heart disease based on traditional perspectives ethnomedical research and herbal wisdom this book reveals new ways to heal the heart by recognizing its integrated role in our physical emotional and spiritual wellness

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