



Herbs for Healthy Aging: Natural Prescriptions for Vibrant Health

David Hoffmann FNIMH AHG

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A guide to herbal remedies that promote longevity, restore the body's systems, treat chronic conditions, and maintain natural health

- Offers herbal remedies for many conditions associated with aging, such as prostate enlargement, hot flashes, hypertension, insomnia, and arthritis
- Provides herbal treatments to restore and maintain function in each of the body's major systems
- Explores more than 150 herbs and their actions on the body and mind, preparation methods, and recommended dosages

In this herbal guide to healthy aging, medical herbalist David Hoffmann discusses how to maintain the body's vitality as we age and how to treat and prevent the health concerns brought about by aging. He provides herbal treatments to restore and protect each of the body's major systems--from the muscles, bones, and digestive system to the pulmonary, cardiovascular, and reproductive organs--as well as herbal remedies for specific ailments such as prostate enlargement, hot flashes, hypertension, insomnia, bronchitis, varicose veins, and arthritis. He shows how herbs can help minimize dependence on conventional medical treatments and provide a safe and welcome alternative to the unpleasant and sometimes dangerous side effects of synthetic drugs.

In the materia medica, Hoffmann details more than 150 health-promoting herbs and their actions on the body and mind, preparation methods, and recommended dosages. This authoritative guide to herbal preventive medicine offers holistic treatments designed not only to promote vibrant health but also to provide a way to age with grace.

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