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Abstract : This book is based on The complete German Commission E monographs - Therapeutic guide to herbal medicines (published in 1998). The original book detailed 380 monographs, but this book focuses on >100 of the herbs commonly sold in the USA

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Herbal monographs normally include nomenclature, part used, constituents, range of application, contraindications, side effects, incompatibilities with other medications, dosage, use, and action of the herb. To date, the American Botanical Council has published four books of monographs: The Complete German Commission E Monographs, Herbal Medicine: Expanded Commission E Monographs, The ABC Clinical Guide to Herbs, and The Identification of Medicinal Plants.

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Herbal Medicine: Expanded Commission E Monographs is an updated reference of 107 of the most popular herbs in the US based on the original Commission E translation. It includes expanded sections on chemistry and pharmacology, more information on dosage and administration, extensive references, and full color photos.

## **Herbal Library - American Botanical Council**

Blumenthal M, Goldberg A, Brinckmann J, eds. Herbal Medicine Expanded Commission E Monographs. Newton, MA: Integrative Medicine Communications, 2000. Yu Huiqing and Li Fei. The combination of ...

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Ginger root. In: Blumenthal M, Goldberg A, Brinckmann J, eds. Herbal Medicine: Expanded Commission E Monographs. Newton, MA: Integrative Medicine Communications; 2000:153-159.  
Heitmann K, Nordeng H, Holst L. Safety of ginger use in pregnancy: results from a large population-based cohort study.

### **Ginger | NCCIH**

Get this from a library! Herbal medicine : expanded Commission E monographs. [Alicia Goldberg; Josef Brinckmann; Mark Blumenthal;] -- Provides in-depth information based on the best clinical evidence and research to describe each herb's botany, history, composition, safety, and therapeutic use. Presents the quality and efficacy of ...

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Garlic. In: Blumenthal M, Goldberg A, Brinckmann J, eds. Herbal

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Medicine: Expanded Commission E Monographs. Newton, MA: Integrative Medicine Communications; 2000:139 ...

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Herbal Medicine--Expanded Commission E Monographs augments the "gold standard" of scientifically oriented herbal therapy, the Commission E Monographs, with histories, in-depth and comprehensive discussions of scientific research, color photos, and practical recommendations for the use of herbs in therapy, some of which are to be found in no other book.

### **Herbal Medicine: Expanded Commission E Monographs ...**

Speak with your provider before using peppermint or any other herbal products during pregnancy. Never apply peppermint oil to the face of an infant or small child, as it may cause spasms that inhibit breathing. ... Blumenthal M, Goldberg A, Brinckmann J.

Herbal Medicine: Expanded Commission E Monographs. Newton,



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## **ABC Library - Expanded Commission E Monographs: Herbal Medicine**

Ernst E. Herbal medicinal products during pregnancy: are they safe? BJOG . 2002;109(3):227-235.11950176 Flores-Soto ME, Bañuelos-Pineda J, Orozco-Suárez S, Schliebs R, Beas-Zárate C. Neuronal damage and changes in the expression of muscarinic acetylcholine receptor subtypes in the neonatal rat cerebral cortical upon exposure to sparteine, a ...

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The use of herbal medicine in Alzheimer's disease-a systematic review. Evid Based Complement Alternat Med. 2006 Dec;3(4):441-5. Ernst E. The Desktop Guide to Complementary and Alternative Medicine: An Evidence-Based Approach. Edinburgh: Mosby; 2001:169. Gaby AR. Natural remedies for Herpes simplex. Altern Med Rev. 2006;11(2):93-101.

## **Lemon balm Information | Mount Sinai - New York**

Ernst E. Herbal medicinal products during pregnancy: are they safe? BJOG . 2002;109(3):227-235.11950176 Gregersen NT, Belza A, Jensen MG, Ritz C, Bitz C, Hels O, Frandsen E, Mela DJ, Astrup A. Acute effects of mustard, horseradish, black pepper and ginger on energy expenditure, appetite, ad libitum energy intake and energy balance in human ...

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Germany's Commission E approved valerian as an effective mild sedative and the United States Food and Drug Administration listed valerian as "Generally Recognized As Safe" (GRAS). Scientists aren't sure how valerian works, but they believe it increases the amount of a chemical called gamma aminobutyric acid (GABA) in the brain.

## **Valerian Information | Mount Sinai - New York**

Blumenthal M, Goldberg A, Brinckmann J. Herbal Medicine, Expanded Commission E Monographs. Integrative Medicine Communications, Newton. First Edition, 2000. Grases F, Melero G, Costa-Bauza A et al. Urolithiasis and phytotherapy.

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