

Sergeant Ergometrics Test Study

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the contents alternate monthly original articles in odd numbered months current literature in even numbered months

this book provides a detailed practical and where possible research based rationale for the use of herbal treatments in a wide variety of clinical conditions and problems through the filter of current scientific literature the authors have reevaluated

traditional use of herbal remedies and present realistic guidelines for modern practice a uniquely authoritative guide to applying herbal medicines as serious options for the treatment of some of the most troublesome conditions seen today in particular this book gives a clear description of the principles and foundations for the practice of phytotherapy in depth and detailed profiles of over 45 herbs reviewing pharmacology research and traditional use therapeutics for actual disease states supported by case histories coverage of challenging issues such as dosage safety and drug herb interactions

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