



Herbal Defense: Positioning Yourself to Triumph Over Illness and Aging

By Robyn Landis, Karta Purkh Singh Khalsa

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With Herbal Defense, bestselling fitness author Royn Landis teams up with master herbalist Karta Purkh Singh Khalsa, to offer a guide to herbal remedies for everyday ailments.

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Herbal Defense: Positioning Yourself to Triumph Over Illness and Aging By Robyn Landis, Karta Purkh Singh Khalsa Bibliography

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Editorial Review

From Library Journal

Landis, creator of the BodyFueling concept, here tackles herbal medicine. Written with herbalist and Ayurvedic practitioner Singh Khalsa, this work looks at wellness and healing from a natural perspective. At first glance, it shares many characteristics with other works in the herbal canon: it is informal, includes case studies and recipes, and is mildly anti-establishment. On second glance, two things set the book apart. First, the authors explain Ayurvedic principles in some detail and include charts describing the three doshas, or energy/body types; Ayurvedic principles also underline much of the herbal lore. The second difference is the book's consumer orientation; many natural healing guides assume that the reader is well versed in herbalism. Landis includes information on selecting a practitioner, preparations to buy or avoid, and dosage guidelines. An extensive bibliography encompasses popular herbal literature and papers from the Journal of Clinical Pharmacology Research, JAMA, and Carcinogenesis. Written by a recognized wellness author, with an accessible style and format, this book is sure to be in demand. Recommended for public libraries in particular and of interest to more specialized collections as well. —Elizabeth Braaksma, Brodie Resource Lib., Thunder Bay, Ontario

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From [Booklist](#)

Landis, a health writer, and coauthor Khalsa, a practicing herbalist who provided factual information, present a comprehensive approach to health through herbs and food. They draw from diverse traditions, including Ayurvedic, Chinese, and Native American, for preventive and therapeutic herbal options for numerous physical, emotional, and additive disorders. Landis excels at detailed explanations in lay terms of herbal research and empirical observation; extensive references and a bibliography provide documentation. Highlights are her discussions of the history of herbal medicine, herbs versus pharmaceuticals, the immune system and how to support it, and recent myths and controversies about herbs. She ably counters criticism of herbal medicine from the medical community. Information on preparation and dosage and a few healthful recipes round out this handbook. *Penny Spokes*

Users Review

From reader reviews:

James Matter:

Information is provisions for individuals to get better life, information nowadays can get by anyone with everywhere. The information can be a expertise or any news even restricted. What people must be consider any time those information which is inside the former life are challenging be find than now's taking seriously which one is acceptable to believe or which one often the resource are convinced. If you find the unstable resource then you have it as your main information you will see huge disadvantage for you. All those possibilities will not happen inside you if you take Herbal Defense: Positioning Yourself to Triumph Over Illness and Aging as your daily resource information.

Susan Padgett:

Spent a free time and energy to be fun activity to do! A lot of people spent their down time with their family, or their very own friends. Usually they performing activity like watching television, gonna beach, or picnic inside the park. They actually doing ditto every week. Do you feel it? Do you want to something different to fill your own personal free time/ holiday? Could be reading a book is usually option to fill your free time/ holiday. The first thing you will ask may be what kinds of book that you should read. If you want to try look for book, may be the publication untitled Herbal Defense: Positioning Yourself to Triumph Over Illness and Aging can be good book to read. May be it is usually best activity to you.

Sidney Robertson:

A lot of people always spent their free time to vacation as well as go to the outside with them loved ones or their friend. Did you know? Many a lot of people spent these people free time just watching TV, or even playing video games all day long. If you wish to try to find a new activity this is look different you can read some sort of book. It is really fun for yourself. If you enjoy the book that you read you can spent the entire day to reading a guide. The book Herbal Defense: Positioning Yourself to Triumph Over Illness and Aging it is rather good to read. There are a lot of those who recommended this book. These people were enjoying reading this book. Should you did not have enough space to develop this book you can buy often the e-book. You can m0ore quickly to read this book from the smart phone. The price is not too expensive but this book possesses high quality.

Chris Walker:

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