

A COMMON SENSE GUIDE
TO UNDERSTANDING &
USING ST. JOHN'S WORT

ST. JOHN'S WORT

Nature's Blues Buster

HYLA CASS, MD



St Johns Wort Natures Blues Buster

Ran Knishinsky



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St. John's Wort Hyla Cass,1997-11 Millions of Americans are taking prescription drugs to cope with depression If you or a loved one suffers from depression you will want to hear what Hyla Cass has to say After explaining what depression is Dr Cass shows how the mind and body are interconnected and how the way you feel is influenced by the biochemistry of your brain She then discusses how St John s Wort has been found to positively influence the brain s biochemistry in a gentle natural way with far fewer and much milder side effects than those encountered with synthetic antidepressants Provided here is detailed information on buying and using St John s Wort as well as other herbs that complement its effects Also included are case studies a depression self quiz and an extensive reading list Let this popular sourcebook help you take control of your mental health

St. John's Wort Hyla Cass,1998-12 Dr Hyla Cass a psychiatry professor at UCLA tells readers how this herb can ease depression and work as well as synthetic antidepressants *St. John's Wort and its Active Principles in Depression and Anxiety* Walter E. Müller,2006-03-30 Hypericum extract preparations are used extensively in many countries to treat mildly to moderately depressed patients While this was based previously on traditional experience extensive research over the last 10 years has given a broad preclinical and clinical basis to justify the use of Hypericum as an antidepressant This book reviews the available data related to the biochemical functional and behavioural pharmacology of Hypericum and its active constituents The clinical chapters overview the evidenced basis for its use as an antidepressant initial data in anxiety and somatoform disorders and the site effect profile of Hypericum and its possible relevant drug interactions The known pharmacokinetics of the relevant constituents and the biopharmaceutical quality of commercially available Hypericum preparations are also discussed

User's Guide to St. John's Wort Laurel Vukovic,2002 Building on the tremendous interest in health alternative medicine and nutritional supplementation the User s Guide to Nutritional Supplements Series is designed to answer the consumer s basic questions about diseases conventional and alternative therapies and individual dietary supplements Written by leading experts and science writers The User s Guide to Nutritional Supplements Series covers a range of popular alternative medicine and health issues including specific major diseases alternative therapies and vitamins minerals herbs and other nutritional supplements The User s Guide to St John s Wort describes the herb s traditional uses and the remarkable science demonstrating its benefits in treating depression

The Health Detective's 456 Most Powerful Healing Secrets (Volume 1 of 2) (EasyRead Large Bold Edition) , *Natural Hormone Balance for Women* Uzzi Reiss,Martin Zucker,2002 Dr Uzzi Reiss describes his program for restoring women s natural hormonal balance explaining the difference between chemical hormone prescriptions and natural hormone replacements offering advice on how to choose and use the best replacement and discussing the benefits of a natural hormone replacement regimen

The Prozac Alternative Ran Knishinsky,1998-09-01 A comprehensive guide to the use of St John s wort and other alternative therapies for treatment of depression anxiety and other mood disorders Offers a

comprehensive look at St John's wort the most significant natural remedy for depression including its history in herbalism current clinical uses safety and side effects Discusses other natural alternatives such as Kava Melatonin and 5 HTP as treatment options to depression In the early 1990s the sale of Prozac exceeded the sale of all other antidepressant drugs in both American and world markets But today St John's wort is recommended 3 to 1 over Prozac as a primary treatment for depression in European countries such as Germany and its sales continue to skyrocket in the United States Safe all natural and less expensive than synthetic drugs St John's wort is the ideal natural therapy for many people's depression anxiety and other related mood disorders The Prozac Alternative offers a comprehensive look at St John's wort including its history in herbalism current clinical uses and safety and side effects as well as how it compares with other natural alternatives such as Kava Melatonin and 5 HTP It also discusses other uses of these natural substances as treatment alternatives to Western medicine for a variety of medical conditions

The Health Detective's 456 Most Powerful Healing Secrets Nan Kathryn Fuchs, 2009-06-16 The Health Detective's 456 Most Powerful Healing Secrets There's a tug of war going on and your health is at risk Business interests are pulling on one end and science is tugging at the other Veteran nutritionist and health writer Nan Kathryn Fuchs knows how confusing and frustrating this is She knows that it takes time to sift through current information and separate hype from the real deal Aware that very few people actually have the time to read technical scientific studies and to question researchers and doctors to better understand the validity of their conclusions this health detective has done it for you There are truly miraculous substances and diagnostic tools out there that can help improve how you look how you feel and even how long and how well you live Dr Fuchs has uncovered hundreds of these health secrets over nearly a dozen years of writing for Women's Health Letter In The Health Detective's 456 Most Powerful Healing Secrets Dr Fuchs has gathered the most relevant healing secrets she's come across in her years of detective work From fighting diseases reversing chronic illness and ending stomach problems to losing weight looking younger relieving fatigue controlling pain and much more Dr Fuchs reveals the natural and safe ways to go about it This book makes these healing secrets easy to use and accessible to any woman in search of better or continued health

The People's Pharmacy Guide to Home and Herbal Remedies Joe Graedon, MS, Teresa Graedon, 2002-02-18 44% of adults take prescription medication 1 in 5 also take herbal supplements 15 million of these people are at risk for an adverse reaction Are you one of them Included in this powerful new book An A-Z handbook of common symptoms and ailments Time tested Graedon approved home and herbal remedies An overview of the most popular herbs in the US Europe and Australia Over fifty monographs that detail the active ingredients common uses proper dosages special precautions adverse effects and possible herb and drug interactions for each herb Resource listings of herbal web pages and products

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Secrets (Volume 2 of 3) (EasyRead Super Large 24pt Edition) , The Feel Good Factor Patrick Holford,2010-12-30
 Low mood motivation and depression are endemic and on the increase About 40% of all GP visits are for people feeling depressed In America recent figures show that one in ten have been prescribed anti depressants The recession has fuelled the need for the feel good factor This book written by leading nutrition expert and psychologist delivers highly effective ways nutritional and psychological with practical lifestyle and life management techniques that really make a difference to how you feel If you eat the right foods avoid the wrong ones your mood will improve dramatically and quickly Patrick Holford s approach is supported by substantial research and backed up by poignant and motivating case histories It also includes case histories of those at the suicidal end of depression who failed to get better with conventional approaches and recovered completely on Holford s regime The book would be supported by further in depth analysis relating to mood and diet taken from Holford s 100% Health survey which was completed by over 55 000 people Beyond the Trauma Vortex Gina Ross,2003 In Beyond the Trauma Vortex Gina Ross proposes a collaboration between the media trauma researchers and helping officials in order to break the vicious cycle of trauma and violence The media Ross suggests can use their tremendous influence to promote peace rather than violence and to heal wounded psyches communities and nations Delving first into the destructive nature of the trauma vortex through a variety of individual and historical examples Ross then offers her insight into an alternate restorative healing vortex By focusing on the interrelatedness of personal and collective healing the author makes a compelling case for why and how media professionals can play an influential role in effecting widespread healing for their viewers and for themselves American Druggist ,1998 **The Health Detective's 456 Most Powerful Healing Secrets (Volume 3 of 3) (EasyRead Super Large 24pt Edition) , Optimum Nutrition for the Mind (Volume 2 of 3) (EasyRead Super Large 24pt Edition) , The Health Detective's 456 Most Powerful Healing Secrets (Volume 3 of 3) (EasyRead Super Large 20pt Edition) , Natural Highs** Hyla Cass,Patrick Holford,2003-06-02 What does it take to make you feel high Do you routinely reach for caffeine alcohol cigarettes or sugary snacks to get you through the day Unfortunately the quick fixes we have become accustomed to don t work long term and often contribute further to the underlying problems of fatigue depression brain fog and anxiety In Natural Highs two leading authorities in psychology and nutrition present a prescriptive breakthrough program based on nutritional supplements herbs and simple mind body therapies that will help to increase energy sharpen the mind elevate mood relax the body and beat stress Their remarkable research shows how to formulate the perfect brainfood to improve how we think and feel resulting in a greater sense of connection and joy in everyday life the natural high **Baby Blues** Dr. Nancy Lins ND,2016-01-03 Giving birth can be one of the most amazing events of a womens life Unfortunately in our modern day there are many influences that can make the period after this beautiful time seem dark dull and depressing Dr Lins has carefully outlined the cause and the cure of troublesome postpartum times Baby Blues can help keep the joy going from the birth experience onward Dr Holly Lucille ND

RN author practitioner and TV host This book will teach you how to integrate naturopathic protocols into your life before during and after pregnancy By addressing these main areas you will create a healthier pregnancy and postpartum period hormonal balance with herbs and compounded bio identical medicines if needed nutritional guidance eating whole foods and mini meals according to blood type and drinking adequate amounts of pure water lifestyle changes that implement an exercise and stress reduction program getting adequate rest and down time emotional support from your partner friends family community and professionals supplementing with high quality nutrients to treat any deficiencies and proper laboratory testing with a trained professional for analysis of blood saliva urine stool or hair as needed Much more is included in finding the underlying cause of suboptimal health This book is a comprehensive approach to perinatal health

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