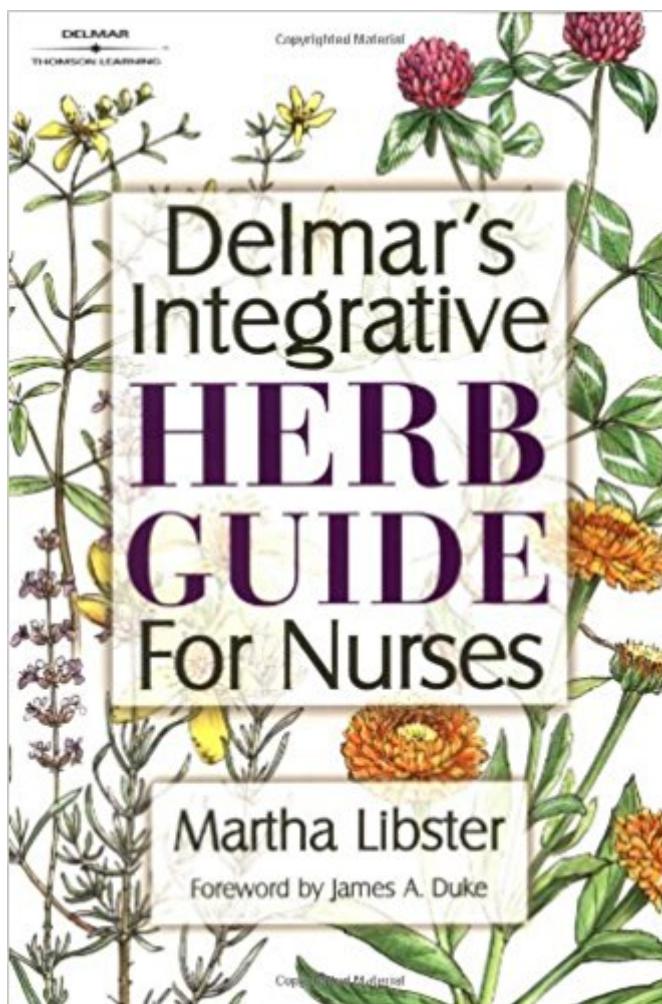


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# Delmarâ€™s Integrative Herb Guide For Nurses



## **Synopsis**

Delmar's Integrative Herb Guide for Nurses is the first book to present the ways nurses can successfully integrate herbs into a caring practice alongside more conventional biomedical therapies. Herbs were once a major source of the remedies used in healing. The development of synthetic drugs during the twentieth century largely replaced the use of herbal therapies in nursing practice. This trend is beginning to change again, however, as nurses now encounter patients turned health care consumers who actively seek alternatives to biomedicine, such as herbal therapies. Today's nurse is also becoming more aware of a larger demographic group of patients who continue to use generations-old, plant-based remedies. The guide begins with an introduction to medicinal plants and includes a brief overview of botany, safe use information, and suggestions on how to use the guide in practice. The main body of the guide includes twelve chapters profiling fifty-eight common herbs. Each chapter contains practical information on how to integrate plant-based therapies into patient care. The guide concludes by showing nurses ways they can learn more about the use of plant therapies in holistic practice and includes a sample curriculum for a thirty-two week introductory course on the integrative use of plant therapies.

## **Book Information**

Series: Integrative Herb Guide for Nurses

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Average Customer Review: 4.8 out of 5 stars 5 customer reviews

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## **Customer Reviews**

I purchased all four books. Libster has a balanced perspective between traditional herbal education and care and the Western philosophy. It is reasonable from my perspective and I believe that by

reading and employing the principals she presents it will provide me the language that I need to move my philosophy of caring forward. When one is trying to introduce a new concept to others the change agent must use language that others will understand. This author is skilled in speaking both languages the traditional herbalist and the modern nursing language.

Best book, I have every bought! I have sent one to my family members and friends; I have bought about 12 copies, a great book! This book has all kinds of holistic and natural treatments for healing yourself. It is a great alternative to prescription drugs. I would recommend it to anyone who has a family and needs natural treatments for cuts, colds/flu, pain, etc.

Here is a book that spells out the future and helps you right now to provide patient education on that tricky topic of herbs. Martha provides easy to remember guidelines for patient counselling on herb self-use. She provides information on the use of commonly available and popular herbs that are also generally recognized as safe, using the nursing model. Other herb books use herbalist and/or medical models. And she describes how nurses use herbs and herbal therapies in hospitals. She is a historian and informs us about those nurses who founded the profession and how they used herbs to help patients; Florence Nightengale is revealed as a master herbalist. Her position that many herb applications are and should remain nursing orders and not doctor's orders is thought-provoking, given that such matters are being decided now. But, will these matters be decided with herb-educated nurses or are we to wait passively for our orders?. This book is a unique and indispensable resource and education guide for nurses who know that herbs are not going away any time soon, and whose use in clinical practice will only become more common and integrated into daily clinical practice. How will herbal medicines integrate into nursing practice? Written by a nurse who has actually used herbs in acute care settings here in the USA. This book is FOR nurses.

With a bookshelf full of herb books and a 10yr student, this book was recommended to me by my herb teacher and she uses in her classes today. I love the detail and layout. Easy to use for a beginner, but a wealth of info for a novice.

Very detailed book. I am still looking through it and will refer to often during my herbal studies.

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