



Herbal Prescriptions after 50: Everything You Need to Know to Maintain Vibrant Health

David Hoffmann FNIMH AHG

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A guide to herbal remedies that promote longevity and address the health concerns of the baby boom generation

- Offers herbal remedies for minor and more serious conditions associated with aging
- Proposes health-promoting remedies for each of the body's major systems
- Includes more than 150 herbs and their actions and indications, preparation methods, and recommended dosages

In this complete and natural-approach guide to healthy aging, medical herbalist David Hoffmann addresses the unique concerns of people approaching age fifty and older. He examines each of the body's major systems--from the muscles and bones and the digestive system to the pulmonary, cardiovascular, and reproductive organs--discussing not only how to maintain each system's natural functioning but also the specific health concerns brought about by aging.

Hoffmann's herbal treatments focus on prevention and promoting longevity, but he also offers herbal remedies for specific ailments such as hypertension, insomnia, bronchitis, varicose veins, and arthritis. The book's Materia Medica includes more than 150 herbs, by both common and Latin names, and specifies which part of the plant to use, the actions and indications, preparation methods, and recommended dosages.

The natural healing properties of herbs provide a welcome alternative to the unpleasant and sometimes dangerous side effects that can be brought on by synthetic drugs, and they minimize the dependence on conventional medical treatments that can have conflicting protocols and results. The remedies offered in *Herbal Prescriptions after 50* are designed to promote robust, lasting health and provide a way to age with grace.

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