



# Hawaiian Herbal Medicine

*June Gutmanis*

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## **Hawaiian Herbal Medicine** June Gutmanis

Hawaiian Herbal Medicine stands alone as a landmark book. Never out of print, it uses extensive research, historical documents, and interviews with Native Hawaiians who were experts in their field. The knowledge of many of these kahuna reaches back to ancient times when Hawaiian medical practices were based on rigorous training. This included mental and physical diagnosis, and the complex use of medicinal plants.

Today interest in herbal healing continues to increase among physicians and the general public. At the core of this book is world view which combines the spirit and the body. Hawaiian Herbal Medicine has both a practical approach, and shows readers the traditional importance of unseen things that must be resolved to achieve health and happiness.

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