
Preface

We have significantly expanded how herbs can be used effectively in common clinical conditions in this second edition of *Clinical Botanical Medicine*. Our objective in the second edition has been to refine and expand the presentation of clinically relevant information on the use of botanicals. Much of the material is entirely new. All material retained from the first edition has been updated, reviewed, and made current. In support of our decision to enhance the clinical relevance of this edition, we deleted all monographs on herbs and focus exclusively on health challenges. Although much can be learned by exploring the whole range of herbal actions that particular herbs possess, we are convinced that busy clinicians are better served if they can focus on herbs that are useful for specific clinical conditions in a way that makes it easier to apply the information provided. Our goal is to enable practitioners to quickly “get up to speed” on herbs that may serve them well in practice. We also include detailed information on the potential synergy that can be obtained by combining herbs with conventional medicines, as there are strong indications that herbs can help overcome drug resistance, an issue of great concern at this time. To strengthen the clinical relevance of this book, we have expanded examples of herbal formulas, dosing tables, and full references to underlying literature.

However, the objectives and philosophy set out in the Introduction, written for the first edition of *Clinical Botanical Medicine*, remain unchanged and are set out in full in this second edition in chapter 1. We are grateful to Mary Ann Liebert, Inc., for the opportunity to refine and update this reference book, and hope that it will serve clinicians well and encourage the incorporation of herbal remedies in everyday practice.

Eric Yarnell, N.D., R.H.
Kathy Abascal, B.S., J.D.
Robert Rountree, M.D.