



## Bush Medicine in the Bahamas - A Modern Approach: Modern Phytotherapy Is Based on Traditional Bush Medicines and Plants Are the Foundation of Many Pharmaceuticals. the Use of Medicinal Plants Can Prevent and

By Renate Wilmanowicz MD

Createspace, United States, 2011. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Based on 30 years of research and interviews this book describes 70 plants, which are used by Bahamians to treat different health problems. Without prejudice this book gives structured information about different names, botany, habitat, preparation and uses of these plants as well as about possible side effects or toxicity. Besides that some history about The Bahamas, a short description of Bahamian vegetation, a list of toxic plants and some pests. A detailed glossary and indication list make it a nice reference for herbalists, (ethno-)botanists, students and interested families. The bibliography helps to find interesting books and links for further research. With this book the author hopes to help save valuable knowledge about medicinal plants, named Bush Medicine by the Bahamians. It has shown to be helpful since many generations and fortunately the Bahamians are already getting more aware of this field, starting to preserve and cultivate more plants for a better protection and use.



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