



## Ginseng: Eleutherococcus Senticosus (Hardback)

By Jill Davies

HarperCollins Publishers, United Kingdom, 1999. Hardback. Book Condition: New. illustrated edition. 174 x 128 mm. Language: English . Brand New Book. Siberian ginseng helps people to cope with stressful situations, boosting immunity and acting as a general tonic on the entire body system. This guide explores the balancing and energising assets of this herb, common ailments which respond to Ginseng and recommended herbal combinations. Exploring Siberian ginseng; a history of healing; anatomy of Siberian ginseng; Siberian ginseng in action; energy and emotion; growing, harvesting and processing; preparations for internal use; preparations for external use; herbal combinationa; conditions chart; how Siberian ginseng works.



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