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**Herbal Antivirals, 2nd Edition** Stephen Harrod Buhner, 2021-08-31 This updated and expanded best selling guide provides an in depth look to the most effective plant medicines for addressing COVID 19 and related co infections as well as strengthening the immune system to fight other emerging and resistant viral infections Viruses are smart mutating and becoming resistant to antiviral pharmaceuticals Global crises such as COVID 19 SARS and dengue fever spread more quickly than we can develop medicines to fight them Herbalist and best selling author Stephen Harrod Buhner has studied the antiviral properties of plants for many years In this comprehensive guide he profiles the plants that have proven most effective in fighting viral infections and provides in depth instructions for preparing and using formulations to address the most common infections and strengthen immunity safely and naturally The updated 2nd edition includes an expanded guide to COVID 19 including a review of the most up to date medical research and the plant medicines that have been found to be

most potent in preventing infection lessening the impact of the virus on the body and addressing longer term effects and co infections Neuroscience of Yoga Akshay Anand,2024-07-30 This book covers experimental theory and practice of yoga that have enhanced its neuroscientific understanding This is an excellent handbook for the researchers in the field of evidence based integrative health It encompasses traditional and modern tools used in neuroscience It also provides information for the modern biologists physicians and policymakers of how mind body complexities in neuroscience mental health and preventive healthcare can be useful for health and disease It serves as a guide for integrative health practitioners patients educationists philosophers graduate students and faculty pursuing research in the field of biology complimentary medicine and other alternative therapies The chapters in this book also serve as a comprehensive resource for clinical trials in Yoga In addition flow charts and illustrations have been provided to understand how healthy brain ageing can be achieved

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