



Pau d'Arco: Immune Power from the Rain Forest

Kenneth Jones

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Pau d'Arco: Immune Power from the Rain Forest Kenneth Jones

As the most complete chronicle of the science and folklore of pau d'arco, this book will serve as an invaluable resource for herbalists, scientists, and anyone interested in medicines from the rain forests of South America. Kenneth Jones describes the different varieties of pau d'arco and their applications in South American folk medicine, as well as giving clear directions for the herb's preparation and dosage in the form of a tea and as an extract. Reviewing the wide-ranging scientific literature concerning pau d'arco, he also summarizes the results of the most up-to-date research on its medical benefits. Moreover, he points out the ecological dangers facing this and other valuable rain forest plants, stressing our need to ensure the sustainability of the tropical rain forests and the life giving herbs they contain.



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