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This book is a QUICK reference and answers most common herb questions. Further, it gives excellent herbal combinations for common problems like sinuses, Pms, pain relief, cold/flu/fever, female problems, etc. This book is an wonderful resource on how herbal nutrition can enhance your health. One person found this helpful

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However, the test has little or no value in diagnosing such conditions. John N. Ritchason, N.D., wrote The Vitamin and Health Encyclopedia (1986) and The Little Herb Encyclopedia (1982), both of which recommend vitamins, minerals and/or herbs for more than 150 health problems. The books state that Ritchason had a Ph.D. from Donsbach University ...

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