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Handbook of Medicinal Mints

Aromathematics: Phytochemicals and
Biological Activities

Stephen M. Beckstrom-Sternberg,
James A. Duke



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Kathi Keville



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Handbook of Medicinal Mints (Aromathematics) James A. Duke, Stephen M Beckstrom-Sternberg, 2022-09-16 This handbook provides the most complete collection of chemical data available on aromatic mints Lamiaceae The authors thoroughly introduce the field of aromathematics Handbook of Medicinal Mints Aromatics Phytochemicals and Biological Activities contains a wealth of quantitative data including more than 500 references on 10 839 chemicals from 251 assays of 205 unique taxa combined with 3 324 biological activities and 256 recommended daily allowances and lethal doses An exhaustive guide the handbook is the ultimate resource for assessing the potential medicinal value of a particular species

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The Aromatherapy Garden Kathi Keville,2025-04-08 Kathi guides you to all the joys of an aromatic garden with wonderful tips fascinating facts and sumptuous photos Mandy Aftel author of *Essence and Alchemy* and *Fragrant* Fragrant plants can be as therapeutic as they are intoxicating and it is easy to add them to gardens large and small The Aromatherapy Garden reveals the scents secrets and science behind fragrant plants and shows you how to successfully create your own plant filled sanctuary of health and happiness Detailed plant profiles provide guidance on the full benefits of a range of plants and include comprehensive details on how to grow and care for them in a home garden Also included are recipes for restorative aromas oils sachets teas and more *Biology of Floral Scent* Natalia Dudareva,Eran Pichersky,2006-03-27 As with nearly all living creatures humans have always been attracted and intrigued by floral scents Yet while we have been manufacturing perfumes for at least 5000 years to serve a myriad of religious sexual and medicinal purposes until very recently the limitation of our olfactory faculty has greatly hindered our capacity to clearly and ob **The Complete Book of Essential Oils and Aromatherapy, Revised and Expanded** Valerie Ann Worwood,2016-10-14 Completely updated the best book on the topic available anywhere has just gotten better A necessary resource for anyone interested in alternative approaches to healing and lifestyle this new edition contains more than 800 easy to follow recipes for essential oil treatments No one has provided more thorough and accurate guidance to the home practitioner or professional aromatherapist than Valerie Ann Worwood In her clear and positive voice Worwood provides tools to address a huge variety of health issues including specific advice for children women men and seniors Other sections cover self defense against microbes and contaminants emotional

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