

# Book Review

by Julie Jurenka, MT (ASCP)

## *The Natural Pharmacist* series

various authors

**Prima Publishing**

800-632-8676; [www.thenaturalpharmacist.com](http://www.thenaturalpharmacist.com)

Paperbacks; \$6.99 (U.S.)/\$9.99 (Canada)

The Natural Pharmacist series is an excellent group of small, paperback books on various natural health topics. Each book in the series is written by a different author with particular expertise on the topic. The series was edited by Steven Bratman, MD and David Kroll, PhD (Pharmacy). The books are all titled, *The Natural Pharmacist: Everything You Need to Know About...* followed by the specific topic: Arthritis (Ron Hobbs, ND and Gloria Bucco), Diabetes (Kathi Head, ND), Echinacea and Immunity (Elizabeth Collins, ND and Nancy Berkoff, RD), Feverfew and Migraines (David Baranov, PhD), Garlic and Cholesterol (Darin Ingels), Ginkgo and Memory (Steven Dentali, PhD), Heart Disease Prevention (Richard Harkness, RPh), Your Complete Guide to Herbs (Steven Bratman, MD), Kava and Anxiety (Constance Grauds, RPh), Menopause (Joanne Marie Snow), Osteoporosis (Lyn Patrick, ND and Sheila Dunn-Merritt, ND, LAc), PMS (Helen J. Batchelder), Reducing Cancer Risk (Richard Harkness, RPh), Saw Palmetto and the Prostate (Anna M. Barton), St. John's Wort and Depression (Steven Bratman, MD), and Your Complete Guide to Vitamins and Supplements (Angelo DePalma, PhD).

To quote from the introduction, "The Natural Pharmacist series is designed to cut through the hype and tell you what we know and what we don't know about natural treatments." The books are research-based and well-balanced, with negative as well as positive research cited. Because the books touch on conventional approaches to particular conditions as well as providing an objective look at the most well-researched alternative approaches, they are excellent books for a patient to share with a skeptical doctor who may not be familiar with the research on natural approaches.

Following introductory chapters explaining the condition, causes, and conventional treatments, the remaining three quarters of each book focuses on alternative approaches. Natural approaches are supported by research citations and illustrated by case histories and other stories to liven up each book. Besides research citations, a discussion of the mechanisms of action (in lay terms), the recommended dosage, and safety of each herb or supplement is included. The series provides an excellent quick reference for doctors. In addition, because the books are so inexpensive, they provide the doctor with great patient-education material.