

The Male Herbal

By James Green

Genre : Fitness

Release Date : 1991-04-01

The Male Herbal by James Green is Fitness In this long-awaited second edition of THE MALE HERBAL, James Green gives men and boys the tools they need to create or maintain physical and emotional health through a customized herbal program. By following Green's newly developed constitutional model and referencing the comprehensive alphabetical herbal listings, men can create an herbal program attuned to their unique body type, lifestyle, and health needs. Featuring life-changing information about common plants, herbal alternatives to Viagra, medicinal uses of herbs for male-specific issues, and nearly thirty recipes for teas, tinctures, salves, and tonics, this updated guide emphasizes prevention and health with sensitivity and wisdom. From the Trade Paperback edition. **Top Books, Featured Books, Top Textbooks, Top Free Books, Top Audiobooks, Audiobooks, Arts and Entertainment Books, Biographies and Memoir Books, Business and Finance Books, Children and Teens Books, Comics and Graphic Novels Books, Computers and Internet Books, Cookbooks Food and Wine Books, Fiction and Literature Books, Health, Mind and Body Books, History Books, Humor Books, Lifestyle and Home Books, Mysteries and Thrillers Books, Nonfiction Books, Parenting Books, Politics and Current Events Books, Professional and Technical Books, Reference Books, Religion and Spirituality Books, Romance Books, Sci-Fi and Fantasy Books, Science and Nature Books, Sports and Outdoors Books, Travel and Adventure Books**

More Recommended Books

[The Concise Book of Trigger Points, Third Edition](#)

By : **Simeon Niel-Asher**

Most muscular aches and pains are caused or affected by untreated "trigger points," localized tender spots in muscles. Understanding and treating these points can lead to rapid and lasting pain relief. Trigger point therapy is a powerful tool in the management of both acute and chronic pain, including such common problems as headaches, TMJ syndrome, and back pain. The Concise Book of Trigger Points has set the gold standard for providing a clear understanding of the treatment of trigger points. Designed for the student and practitioner of massage/bodywork, physical therapy, physiotherapy, osteopathy, sports therapy, and any other health-related field, it functions both as an entry-level textbook and an authoritative reference for even the most experienced therapist. This updated third edition includes new self-help and practitioner treatment guidelines for each muscle discussed, covering cutting-edge trigger point theory and practice. The opening chapters describe the basics of trigger points and include detailed therapeutic protocols. Chapters seven through twelve are organized by muscle groups, with detailed color illustrations of each major skeletal muscle. In addition, respected osteopath Simeon Niel-Asher discusses the physiological implications of the trigger points in each muscle—and techniques for treatment—and addresses the most common pain complaints, including headache, neck pain, shoulder pain, lower back pain, and TMJ syndrome. This is a must-have manual for students, professional hands-on therapists, and those who wish to gain a greater knowledge of trigger point therapy. "This book wonderfully describes the syndromes of myofascial pain that affect the skeletal muscles. The text is clear, with detailed information about the presentation of syndromes in each body region, and the illustrations show the

referred pain patterns clearly. Individuals suffering from myofascial pain will find it useful in understanding and managing their symptoms." -- Dr. Bob Gerwin , MD, FAAN, Medical Director and President, Johns Hopkins University School of Medicine, Baltimore, Maryland "Simeon Niel-Asher has improved on an already wonderfully descriptive book on myofascial pain, trigger points, and syndromes. The text is clear, the diagrams excellent and the overall result is an excellent resource." -- Dr. Simon Vulfsons , MD, Board Certified in Internal Medicine and Pain Management Director, the Institute for Pain Medicine, Rambam Health Care Campus, Haifa, Israel "This book is a must-have for manual therapists serious about their craft, as well as for serious self-treaters who want to take their level of understanding and treatment independence to a higher level. The book is extremely well organized, well written, and concise. The illustrations are beautiful and accurate." --Jonathan Reynolds , Director, TOLA systems.

Spinal Manipulation Made Simple

By : **Jeffrey Maitland & Kelley Kirkpatrick**

Written by an expert on alternative bodywork, this book presents techniques for manipulating the soft tissues of the back in a safe, simple manner. The method avoids the high velocity, low amplitude thrusting techniques employed by chiropractors. Instead, it utilizes the intuitive sense of somatic bodyworkers combined with the proven theory and technique of Roling to provide safe and effective treatment. Maitland shows how to elegantly release joint fixations in the spine, sacrum, pelvis, and ribcage by using subtle soft tissue techniques, rather than the thrusting techniques that "pop" the joints. This gentler kind of individualized Roling work is thoroughly described within an explanation of biomechanics, aided by drawings and photographs which depict techniques and anatomy.

How To Succeed As A Webcam Model

By : **Melissa Harding**

This book will take you from not knowing the first thing about being a webcam model right through to making a real success of the business. Melissa, in her own inimitable style, will tell you about getting the room ready, sorting out publicity material, planning a performance, what props are needed, getting the most cash out of your clients, building up a clientbase of regulars and even dealing with weirdos and their requests. While Melissa is deadly serious about making the maximum amount of cash from your webcam model appearances, she also has a real sense of humour so you should be prepared to laugh as you learn! Sample text Men are like kids. They want to be told that their chosen 'hot date' is a sensuous and appealing creature who would make other men stop and rub their eyes. As a consequence, if all they see is someone in a tee-shirt and jeans (for example), it's hardly going to entice them into parting with cash - not when there are other girls wearing leopard-skin bikinis, super-tight thongs, outfits with plunging necklines, stockings and suspenders, schoolgirl or nurse uniforms and so on. These other girls are offering chilled champagne in fluted glasses and you're providing orange squash in a chipped mug. There's no competition, is there? This is your first (and possibly your last) contact with a client therefore your photographs need to flatter and tempt. As a result, some of the factors which need to be taken into consideration include: Lighting - not too harsh, and natural light is always better. Setting - mustn't distract by being 'busy'. Use sheets to mask off such areas. Make-up - you need to look your 'wedding day' best. Composition - understand how 'action' photos work, where the eyes should be looking, what props you should have with you etc. Resolution - photographs should be of the highest resolution (e.g. 10 Megapixel plus).

Meridian-Yoga

By : **Wolfgang Stemer & Joachim Wolf**

Dieses eBook ist kein Yoga Buch im klassischen Sinne. Es ist KEIN umfassendes Yoga Lehrwerk, sondern ein genialer Leitfaden. Er zeigt Ihnen, wie Sie mit nur 15 Minuten täglichem Training mehr

Energie und Lebensfreude in Ihren Alltag bringen. Und wie funktioniert das? In kurzen Trainingseinheiten werden 14 Yoga-Übungen vermittelt, mit denen Sie die Meridiane (Energiebahnen des menschlichen Körpers) auf effektive Weise aktivieren und stimulieren. Das Lernen der einzelnen Übungen wird dadurch erleichtert, dass jede Position nicht nur durch Worte und Bilder beschrieben, sondern auch durch ein Video vorgezeigt wird. Das Beste an den Übungen ist, dass wirklich jeder diese Positionen schnell und einfach erlernen kann. Haben Sie 15 Minuten pro Tag Zeit für sich und Ihren Körper? Dann viel Spaß beim Lesen und Lernen des Meridian-Yogas.

Confident Birth

By : **Susanna Heli**

Women have an innate ability to give birth, a knowledge that has been acquired through thousands of years of evolution. Yet all too often fear and stress can get in the way and block the natural process of childbirth. In this inspiring new book, Susanna Heli, an experienced doula and physiotherapist, shows how childbirth can be transformed by understanding how fear can affect birth and how it is possible to overcome it by using four simple, dynamic and effective tools to rediscover the inner power to give birth. The tools are equally effective whichever type of birth you choose, and whether or not you have given birth before. A birth partner can play a key role in preventing worry and fear during birth. The book offers practical advice to help the birth partner support the labouring woman. *Confident Birth* will give you and your birth partner all the tools you need to cope with the challenges of childbirth, and make it an empowering and positive experience.

Managing Type 2 Diabetes For Dummies

By : **American Diabetes Association**

Discover how to manage diabetes for a healthier and happier life! Written for anyone diagnosed with type 2 diabetes (and for anyone who loves someone with diabetes), *Managing Type 2 Diabetes For Dummies* is an essential guide to understanding the effects of diabetes and knowing what steps to take to successfully manage this chronic illness. Diabetes can lead to serious complications but people with diabetes can control the condition and lower the risk of its many complications. This is your easy-to-understand guide that shows you how. Under the direction of The American Diabetes Association, *Managing Type 2 Diabetes For Dummies* gives hope to the one in 11 people in the United States who are affected by the disease. Written in simple-to-understand terms, *Managing Type 2 Diabetes For Dummies* is filled with a wealth of expert advice and includes the most current information on recent medical advances for treatment. Improperly managed diabetes and consistently high blood glucose levels can lead to serious diseases affecting the heart and blood vessels, eyes, kidneys, nerves, and teeth. With the authorities at the American Diabetes Association on your side, you will have a practical handbook for preventing complications and managing diabetes with confidence! Prevent and manage the complications of the disease Combat diabetes-related anxiety and depression Lead a healthy life with type 2 diabetes Tap into the better living "rules of the road" with *Managing Type 2 Diabetes For Dummies*. By modifying your diet, consulting with your doctors, staying active, and understanding what medications are right for you, you will be on the path to a happier and healthier lifestyle.

La bible des remèdes naturels

By : **Sandrine Coucke-Haddad & Alix Lefie**

Découvrez dans cet ouvrage les remèdes naturels pour rester en bonne santé. Nous avons sélectionné le meilleur de l'homéopathie, des huiles essentielles et des médecines asiatiques pour vous garantir des solutions simples et efficaces. Des fiches pratiques vous permettent de trouver rapidement comment guérir les petits maux du quotidien. Et parce que la santé passe aussi par la nourriture, redécouvrez les grands principes d'une alimentation saine, anti-cancer et

anti-cholestérol.

The Neurogenesis Diet and Lifestyle

By : **Brant Cortright**

" #1 International Bestseller, The Neurogenesis Diet and Lifestyle has quickly become an international sensation. The book brings together the latest in neuroscience research to present a new and proven approach to brain health and aging." "The most important book you'll read this year." The Neurogenesis Diet and Lifestyle brings together the latest in neuroscience research to present a new and proven view of brain health and aging. Only recently has it been discovered that the brain produces new brain cells throughout our entire lives, a process called neurogenesis. The rate at which we form new brain cells has a profound influence upon every aspect of our life . When the rate of neurogenesis is low, we see cognitive deficits and memory problems, anxiety and stress, depression, and lowered immunity. Life is difficult. With high rates of neurogenesis we see the opposite: enhanced cognitive abilities, rapid learning, emotional resilience, protection from anxiety, stress and depression, heightened immunity and robust health . We flourish. Life is wonderful. Given the neurotoxic norms of society, it's almost universally true that your brain is working far below its capacity . It is deteriorating much faster than it needs to. What good is living longer if your brain can't go the distance? Recent discoveries in the emerging field of neurogenesis reveal the secrets to radically improve your brain's health. You can operate at a higher level than you ever dreamed possible - at any age! "A revolutionary paradigm shift in brain health and brain aging." This scientifically validated, 4-point program of diet and lifestyle will:

- Improve your memory and brain power
- Inoculate you against stress and depression
- Prevent or delay cognitive decline, dementia and Alzheimer's
- Enrich your relationships and sex life
- Help you connect with your loving center of peace

This book presents the latest neuroscience discoveries to increase brain power, enhance memory, increase brain fitness by seeing what kinds of brain exercises actually work, and build a better brain. It contains dietary recommendations for brain food, brain vitamins, brain supplements, memory vitamins and memory supplements. "This is the best book to give anyone over 50!" This book also spells out the symptoms of dementia, the stages of dementia, signs of cognitive decline and stages of Alzheimer's. The plan presented in The Neurogenesis Diet and Lifestyle will help to ward off cognitive decline and avoid dementia stages. This lifestyle is the only lifestyle for which there is scientific evidence supporting it, based on a late 2014 research study by the Buck Foundation. The Neurogenesis Diet and Lifestyle is aimed at improving how your brain functions. Your rate of neurogenesis may be the most important factor in your brain health. And increasing your rate of neurogenesis by three to five times can result in powerfully improved memory, learning, cognitive enhancement, as well as improved immunity and protection against stress and depression. You can live and perform well beyond where you are now. For more information, please visit: NeurogenesisDiet.com

Estrogen: The Natural Way

By : **Nina Shandler**

Women need estrogen, but estrogen levels diminish with age. In the short term, estrogen's departure leaves most women in a frequently overheated, uncomfortable state. In the long term, its exodus places their hearts, bones, and brains in harm's way. And conventional hormone replacement therapy, with its potentially distressing side effects and increased risk of breast cancer, doesn't provide a reassuring rescue. Faced with every menopausal woman's frightening estrogen dilemma, Nina Shandler discovered exciting news: Some foods contain estrogen. She headed straight for the kitchen and created this easy-to-swallow alternative. Part eating program, part cookbook, Estrogen: The Natural Way shows women how to make fast, fun food using nature's estrogenic ingredients. From breakfast bars to soups, from main courses to desserts, Estrogen: The Natural Way provides a gentle yet effective version of estrogen replacement therapy.

Staying On Top

By : **Anastasia Sladojevic**

This book is designed for teenagers. Throughout this booklet consists of six different strategies into becoming a more optimistic person.

And whether male herbal is capsules, oral liquid, or medicinal tea. There are 7,079 male herbal suppliers, mainly located in Asia. The top supplying countries are China (Mainland), Taiwan, and India, which supply 79%, 11%, and 4% of male herbal respectively. Male herbal products are most popular in North America, Southeast Asia, and Mid East. You can ensure product safety by selecting from certified suppliers, including 4,850 with Other, 2,170 with GMP, and 1,003 with ISO9001 certification.