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Includes a botanical guide for the 100 most-used healing herbs and recommended treatments for 400 conditions, including diet and nutrition, herbology, and aromatherapy.



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Review

"Hakim Chishti has distilled the essence of healing into this comprehensive text . . . this book is indispensable for anyone interested in traditional medicine." (*Lee Grotte, M.D., Professor of Clinical Medicine Case Western Reserve School of Medicine*)

"Chishti builds on Avicenna's approach, bringing extensive knowledge of the original Persian texts to his own experience in Unani natural medicine. Included is a wealth of information on the metabolic value of foods, the role of exercise and rest, the cycles of fevers, classification of pain and pulse diagnosis." (*Yoga Journal*)

"A serviceable history of classical herbal medicine . . . still used by over half the world's population . . . a practical manual." (*Los Angeles Times*)

About the Author

A Fulbright Research Scholar, Hakim G.M. Chishti, N.D. studied traditional healing in Afghanistan, Pakistan, and India, and has twenty years of practical experience in Unani natural medicine. He is the author of *The Book of Sufi Healing* (Healing Arts Press, 1991).

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