



# **Herbs for the Mind: What Science Tells Us about Nature's Remedies for Depression, Stress, Memory Loss, and Insomnia**

*Jonathan R. T. Davidson MD, Kathryn M. Connor*

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In the last five years, herbal remedies have led the charge of natural products into the health care market--despite conflicting reports on their effectiveness and safety. But now consumers are stepping back and asking the tough questions: Do these herbs actually work? Does "natural" mean "safe"? What about side effects? From leading researchers and Duke University psychiatrists, this book translates hard data into the accessible answers you need to make informed decisions on taking St. John's wort for depression, kava for stress or anxiety, valerian for insomnia, or ginkgo for memory loss. You will learn:

- \*Which treatments, traditional and alternative, have proven most effective for common psychological ills--and where herbs fall in the list
- \*How to judge when you're getting maximum benefits, when to switch brands or products, and when to stop taking herbs
- \*When you may need more than herbs, and how to enlist your doctor's support with your herbal self-help program
- \*What science still does not know about herbs.

SHORT PROFESSIONAL COPY (revised 12/17/99)

More and more health care consumers are taking or considering herbal remedies to soothe their psychological aches and pains, from depression, stress, and anxiety, to insomnia and memory loss. Now mental health professionals have a reliable scientific source for answers to frequently asked questions about herbs. This book offers an authoritative guide to the most popular "herbs for the mind": St. John's wort, kava, valerian, and ginkgo. From leading researchers and Duke University psychiatrists Jonathan R. T. Davidson and Kathryn M. Connor, the book is appropriate for a broad audience of professionals and consumers. Clear guidelines are provided for developing an herbal self-help regimen and recognizing when professional intervention may be necessary. Written in accessible, nontechnical language, the book features a wealth of case examples, clear information on product selection and dosages, and helpful checklists, tables, and charts. Also included are a handy glossary of terms and consumer resource listings on psychological and herb-related topics.

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