



St. John's Wort: The Miracle Medicine

Dr. Alan Pressman

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In *St. John's Wort: The Miracle Medicine*, Dr. Pressman describes the many uses of this multi-purpose herb, from its use in the Middle Ages to treat a variety of ailments to its widespread acceptance today as an effective, proven, and safe anti-depressant and weight loss aid. The herbal cure is widely popular in Europe and it is fast gaining acceptance here in the United States.

Along with recommendations for dosages and how to best obtain its maximum benefits, this book will include specific chapters on how St. John's Wort can be used to:

- achieve weight loss
- treat depression
- strengthen your immune system
- relieve PMS
- end insomnia

Dr. Pressman also presents the latest information on the herb's lesser known possibilities. Believed to contain at least 50 active ingredients, St. John's Wort is being carefully analyzed for other potential applications such as in the treatment of AIDS and cancer. Offered throughout is scientific data from clinical trials that provide evidence of St. John's Wort's significant--and successful--results.

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