



The Book of Ginseng: And Other Chinese Herbs for Vitality

Stephen Fulder

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A doctor of pharmacology examines the healing properties of vitalizing plant substances known in China as the "kingly remedies." Chief among these is the ginseng root, esteemed by the Chinese for almost seven thousand years as the most omnipotent of medicinal herbs. Fulder discusses the other kingly remedies, or harmony plants, which--like ginseng--act safely and with no debilitating side effects to revitalize the body's immune system.

More than 50,000 copies sold in previous editions (previous title: *The Tao of Medicine*).

Ginseng is well-known for its ability to:

- Regulate blood pressure
- Preserve sexual potency in older men
- Assist women through menopause
- Help with anemia, insomnia, depression, nervousness, appetite, stress and shock.

A widely recognized authority on ginseng, author Stephen Fulder was interviewed for an article on ginseng that appeared in the Wall Street Journal in November, 1992.

Confronted with the astronomical costs of medical care and the limitations of conventional medicine in treating immune deficiency diseases, Westerners are discovering the efficacy of plant medicines.

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