It is easy to use with ailments in alphabetical order and multiple herbal remedies listed for each one. Each list of herbal remedies explains how each herb works and under what conditions not to use those herbs. Following the lists is an explanation of when, where, and how to use the herbs. When my husband's doctor refused to work with us on finding more natural remedies to alleviate the diarrhea his multiple medications were causing as side effects, we resorted to this book and have successfully eased the problem. I use it now to find healthful, natural, organic ways to find resolutions... Â If you like to read about healing herbs and their uses this is the book for you. Read more. 10 people found this helpful.

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