

CHRONIC FATIGUE, FIBROMYALGIA, and LYME DISEASE. By Burton Goldberg and Larry, Trivieri. Celestial Arts (TenSpeedPress), Berkeley, CA. 2004. 464 pp. Softcover \$18.95.

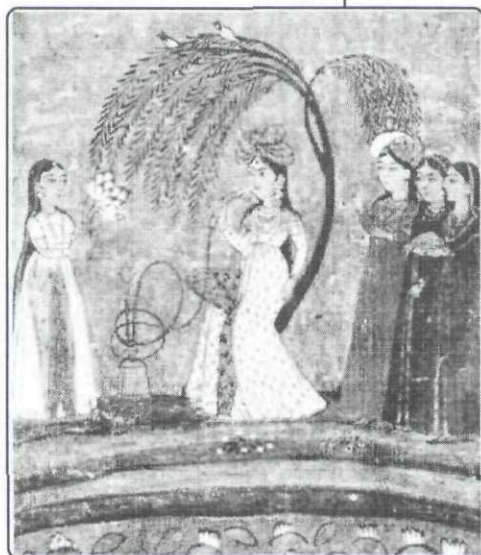
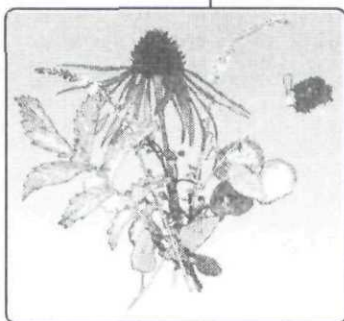
More than 30 leading physicians explain their holistic diagnostic and approach to treating these related conditions. This updated edition reflects the latest research and therapeutic approaches that use herbs, supplements, lifestyle changes, diet, and exercise. The quick-access format and use of numerous sidebars present facts, resources, and herb and supplement sources. Side margins also supply "Quick Definitions" of possibly unfamiliar terms, although in minuscule type! Goldberg publishes a 20 book series, *Alternative Medicine* [see AHA 14:1, 14:3, 15:3 for *Cancer, Woman's Health* and previous edition of *Chronic Fatigue, Fibromyalgia & Environmental Illness*.]

LIVING WELL with CHRONIC FATIGUE SYNDROME and FIBRO-MYALGIA: What Your Doctor Doesn't Tell You ...That You Need to Know. By Mary Shomo. HarperResource (HarperCollins), New York, NY. 2004. Softcover \$14.95.

In her trademark style, patient advocate Shomo has created an accessible and easy-to-follow guide for developing a recovery plan that reaches out to the six million people who suffer from fibromyalgia or chronic fatigue. She highlights the pros and cons of dozens of conventional and alternative approaches as she navigates the reader through science and fads so that they can make educated decisions.

PHYTOTHERAPY of CHRONIC FATIGUE SYNDROME: Evidence-Based and Potentially Useful Botanicals in the Treatment of CFS. By Roberto Patarca-Montero. 94 pp. Haworth Press, Binghamton, NY. 2000. Paperback \$24.95.

Here is detailed, research-based information on herbs to treat CFS. The book summarizes published case reports, controlled trials, and explores the herbs' effects on CFS-related allergy/immunology, cardiology, endocrinology, gastroenterology, infectious diseases, oncology, neurology, and psychiatry. Discussion touches on well-known botanicals such as ginseng and St. John's wort, as well as herbs that are lesser-known. The author, who teaches at the University of Miami School of Medicine, has written several CFS books.



PLANTS THAT FIGHT CANCER. By Spiridion Kintzios and Maria Barberaki. CRC Press, Boca Raton, FL. 2004. Photos, illus. 312 pp. Hardcover \$149.95.

This technical book from two Greek scientists surveys traditional complementary cancer treatments, comparing them to conventional medical ones. It discusses properties of herbs used to treat cancer and their compounds that target cancers, along with their chemical structures. The botany, active ingredients, toxicity, distribution, culture, product applications, potential risks, a summary of published research, and even folklore are given for 150 herbs and a few algae. There are lists of the genera, species, and plant compounds (or potentially-useful compounds) with anticancer or anti-leukemia properties. Protocols for testing new candidates are described.

TREATING CANCER WITH HERBS: An Integrative Approach. By Michael Tierra. Lotus Press, Twin Lakes, WI. 2003. 528 pp. Softcover \$27.95.

Tierra, an herbalist and acupuncturist, has written yet another excellent herbal that incorporates East Indian Ayurvedic, Chinese, Western, and American Indian healing traditions. This important reference deals with herbs, supplements, diet, exercise, and lifestyle. The basics of Chinese diagnosis are described to help the reader design formulas for individuals. The focus is on strengthening the body, especially the immune system, while restoring the cancer patient's vitality, spirit, and balance. Individual protocols are outlined for different cancers.

A *materia medica* provides cross-referencing details about the prescribed herbs.

CANNABIS THERAPEUTICS in HIV/AIDS. By Ethan Russo. Haworth Press, Binghamton, NY. 2001. 230 pp. \$39.95.

Contributors in medicine, microbiology, and law pool research information in this book on the use of marijuana (*Cannabis sativa*) for AIDS/HIV, such as relieving nausea and increasing appetite. The 1899 *Merck's Manual* recommended *Cannabis* to treat hysteria, insomnia, migraine, and pain, although large doses can increase heart rate, alter blood pressure, and promote panic attacks. In 1977, marijuana contained 4.2% of the active THC, now it is 10-20%, making a therapeutic dose about half a puff. Holding one's breath increases

absorption of toxins such as carbon monoxide, benzene, toluene, and naphthalene. Cleaned water pipes slightly reduce tar, but also diminish THC. Russo, who wrote *Handbook of Psychotropic Herbs* [see AHA 15:4], is a neurologist with Montana Neurobehavioral Specialists and Universities of Washington and Montana. This work was published in *Journal of Cannabis Therapeutics* 1(3/4).

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