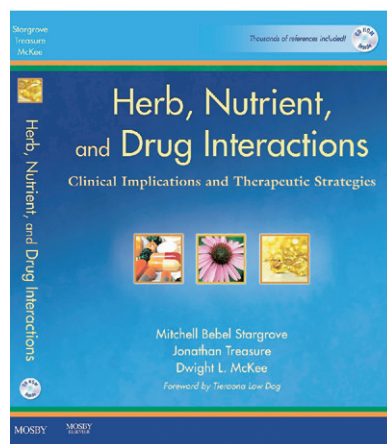


ities such as Milton Erickson, Andrew Weil, Jane Fonda, or John Travis, who have influenced and inspired narratives like “self-hypnosis,” “self-healing,” “fitness,” or “wellness.” Harrington’s view seems a little too East Coast-bound and probably undervalues some important West Coast impulses for mind-body medicine, like the Esalen Institute, the New Age movement, and/or humanistic psychology. A mentioning of major international policy initiatives such as WHO’s new public health strategy, formulated in the 1986 Ottawa Charter for Health Promotion, would have added an important policy dimension, which builds intersectorial responsibility for health policy. By hinting at the latest narrative of “the power of the brain” and the extensive media attention to the results of recent brain imaging technologies, she could have provided a glimpse into the future of mind-body medicine narratives.

Regardless, *The Cure Within* is an excellent work, and there are limits to what can be realistically covered in a single book. It deserves the attention of all of those whose goal it is to reduce the detrimental sides of the ongoing struggles between the different “cultures of medicine” and better focus on the common narrative of mind-body medicine and traditional medicine: “improving human health by using all available proven care strategies, empower self-healing potentials and mutual social support.”

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***Herb, Nutrient, and Drug Interactions:  
Clinical Implications and  
Therapeutic Strategies***

**By Mitchell Bebel Stargrove, Jonathan  
Treasure, and Dwight L. McKee Mosby, 2008  
ISBN: 978-0-323-02964-3.**

**H**erb, Nutrient, and Drug Interactions: Clinical Implications and Therapeutic Strategies is an essential reference for all physicians, nurses, and health practitioners, especially those involved in integrative medicine. It is also an excellent reference for pharmacists, nutritionists, students, and medical libraries. It would be extremely useful for practicing orthodox physicians who are oriented to drug-centered therapy, although it is uncertain how much penetration this important book will have in standard medical practice. I say it is uncertain because although many patients use herbs and micronutrients, 70% of them do not tell their physician, who has little or no knowledge of their use or of their interactions. If the doctor becomes aware of the situation, it can all too often evoke a knee-jerk response of halting intake of the herb or micronutrient, even it may augment drug therapy and enhance outcomes. This book is not drug-centered; it is patient-

centered in that the health practitioner and patient are made aware of the negative or sometimes positive benefits and interactions between the drugs they are prescribed and the micronutrients and herbs they are taking sub rosa.

This book is dynamic, interactive, and patient-oriented. Health practitioners are invited to communicate with the authors and establish references and experiences that may not already be in the voluminous reference resource. These references are so extensive that they are on a separate CD at the end of the book. Further, an online forum offers emerging news on interaction topics to make the reference pool a growing and living fund of knowledge rather than a static resource. It is dynamic because it not only relates the positive and negative interactions of supplements with drugs, but also drugs with supplements, and where there are clear indications of supplement superiority over the drug therapy, critical evaluation is provided by the authors. The authors not only quantitatively measure the benefits or detriments of the supplement/drug interactions, but also qualitatively evaluate the validity of the references based on consensus opinion, scarcity of data, and probability. They also clearly define the situation: when the two are contraindicated in use because of incompatibility or when used under close observation or ad libitum. The information is extremely well written, well referenced, and is an outstanding source of background information, not only of the drugs and their efficacy but the micronutrients and herbs in their own right. I can recommend this book unhesitatingly for all practitioners who are committed to and interested in patient care and who have a true concern for detailed fact gathering and efficacy in optimizing medical therapy and quality of life.

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