

**Submitted to the Journal of the Society for Integrative Oncology (Jan 2009)**

**REVIEW:**

**Herb, Nutrient, and Drug Interactions - Clinical Implications and Therapeutic Strategies.**

**Stargrove MB, Treasure, J, McKee, D.**

**Mosby/Elsevier, 2008.**

I reviewed this massive 932 page reference tome that is the current Bible of references for most natural health products and many drugs you are likely to encounter in a Western health care practice. The accompanying CD helps to document the many references to original publications. It comprehensively covers most common drugs and their potential for interactions with herbs and nutrients. It contains useful symbols that reflect the potential seriousness of adverse interactions and the strength of evidence that make it more user friendly. It has a comprehensive index at the end of book.

However, the book reminded me of those up-market camera lenses. The quality is superb, but they are impossible to take on a photographic expedition because of weight restrictions. This is not a portable resource for the mobile practitioner, but is a very useful desk top reference. I am looking forward to a computer program (perhaps web-based) where I can rapidly plug in my patient's medications, drugs, herbs, and all, and get a rapid answer of relative risks, based on the evidence methodically recorded in this vast book.

I highly recommend this book, but also look forward to it being linked to a web-based program from which I can get some rapid results when reviewing my patients in the clinic. In the mean time, it provides good exercise when foraging for the best data on potential drug-herb interactions, and provides comprehensive information on safety, adverse effects, and interactions. An essential resource for physicians, naturopaths, herbalists, and other health care practitioners.

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