



Handbook of Medicinal Mints (Aromathematics): Phytochemicals and Biological Activities

Stephen M Beckstrom-Sternberg, James A. Duke

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Interest in herbal medicines, aromatherapy, and other traditional applications of aromatic plants has increased tremendously over the last few years. However, very little "hard data" on the properties and uses of these plants has been available until now. This handbook provides the most complete collection of chemical data available on aromatic mints (Lamiaceae). The authors introduce the new field of study, aromathematics, which involves aromatic compounds and their biological activities. This book contains a wealth of quantitative data, including more than 500 references on 10,839 chemicals from 251 assays of 205 unique taxa, combined with 3,324 biological activities and 256 recommended daily allowances and lethal doses. An exhaustive guide, the handbook is the ultimate resource for assessing the potential medicinal value of a particular species.

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