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He is a past president of the National Institute of Medicinal Herbalists, and author of several other books on herbal medicine, including Hypericum: The Natural Antidepressant and More and Flaxseed. Established in 1971, Natural Health is the longest running and most respected periodical in the field of natural self-care.

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herbal medicine, use of natural plant substances (botanicals) to treat and prevent illness. The practice has existed since prehistoric times and flourishes today as the primary form of medicine for perhaps as much as 80% of the world's population. Over 80,000 species of plants are in use throughout the world.

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