



# Herbal Vade Mecum: 800 Herbs, Spices, Essential Oils, Lipids, Etc.-Constituents, Properties, Uses, and Caution

By Gazmend Skenderi

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From Acerola used as a supplement of vitamin C and minerals to Zedoary used as a spice and for digestive problems; from herbs used for anxiety and restlessness to those used as insect repellent

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### **Editorial Review**

#### **About the Author**

Gazmend Skenderi is a consultant in Natural Products. He graduated from the Tirana University with a degree in Pharmacy and soon after became qualified in Pharmacognosy and Phytopharmacy. His career of more than 30 years includes collecting and cataloging Medicinal and Aromatic Plants; teaching and research in Pharmacognosy and Phytopharmacy; and sourcing, QA/QC and Marketing of Natural Products. He has written three other books and a number of scientific and popular articles on Natural Products.

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