



# Milk Thistle

**Richard Folkard**



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**Herb, Nutrient, and Drug Interactions** Mitchell Bebel Stargrove, Jonathan Treasure, Dwight L. McKee, 2007-12-06 Presenting detailed evidence based coverage of the most commonly encountered therapeutic agents in modern clinical practice this resource is designed to help you safely and effectively integrate herbal nutrient and drug therapy for your patients or clients Combining pharmaceuticals with herbs or supplements may complement or interfere with a drug s therapeutic action or may increase adverse effects Additionally drug induced depletion of nutrients can occur Comprehensive clinical data quick reference features and the insight and expertise of trusted authorities help you gain a confident understanding of how herbal remedies and nutritional supplements interact with pharmaceuticals and develop safe individualized treatment strategies for your patients More than 60 comprehensive monographs of herb drug and nutrient drug interactions cover the most commonly used herbs and nutrients in health related practice and help you coordinate safe reliable therapy Each herb and nutrient monograph features summary tables and concise practical suggestions that provide quick and easy reference and complement the systematic review and in depth analysis Unique icons throughout the text differentiate interactions evidence and clinical significance Up to date information keeps you current with the latest developments in pharmacology nutrition phytotherapy biochemistry genomics oncology hematology naturopathic medicine Chinese medicine and other fields A diverse team of authoritative experts lends valuable trans disciplinary insight

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names but is also a popular herbal remedy claimed to treat a diverse range of ailments and conditions These include principally liver problems cirrhosis hepatitis and liver inflammation but also kidney and gall bladder problems mushroom cap poisoning diabetes and even cancer Milk Thistle is both the name of the herbal remedy and also the plant The active biochemical is called silymarin and is extracted from the ripe milk thistle seeds The two terms milk thistle and silymarin are often used interchangeably in literature and will be used as such in this book Milk thistle *Silybum marianum* is an aromatic plant that is broadly used in Europe for the management of liver and biliary disorders Although milk thistle is the most commonly used name for the herb there are a number of other names for it The plant is native to Europe but can be found in the western and southwestern United States In ancient times milk thistle leaves were used as part of the European diet The medicinal elements of the herb can be found in its seeds The primary active constituent silymarin is a powerful antioxidant mixture composed of several related flavonolignans

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