



# Super Boosters: Herb, Plant and Spice Extracts to Boost Health (Superfoods)

*Michael van Straten*

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A terrific resource for anyone interested in complementary medicine therapies, *Super Boosters* is yet another book in Michael van Straten's bestselling Superfoods Series. It explains the benefits of more than 50 herb, plant, and spice extracts such as garlic, passionflower, folic acid and ginseng. The book explains what each booster is, what it does, and how to use it, as well as information on availability, dosage, and precautions in an easy-to-use format. The book is divided into chapters on mood, vitality, activity, protection, cleansing, digestion, aphrodisiacs, and circulation. Special diets and recipes show how to get the most from boosters, and a healing chart provides remedies for common ailments such as headaches, colds, and anxiety.

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