



Prickly Pear Cactus Medicine: Treatments for Diabetes, Cholesterol, and the Immune System

By Ran Knishinsky

Inner Traditions Bear and Company. Paperback. Book Condition: new. BRAND NEW, Prickly Pear Cactus Medicine: Treatments for Diabetes, Cholesterol, and the Immune System, Ran Knishinsky, The prickly pear cactus - a plant that has the distinction of being a vegetable, fruit and flower all in one - is destined to be the next big herbal superstar, following in the footsteps of St. John's Wort and Echinacea, according to author Ran Knishinsky. One of the driving forces behind its popularity is that each part of the plant functions as both food and medicine. It has been a staple in the diets of people of the south-western portion of the United States and those in Central and South America for hundreds of years and is, also, featured prominently in the legends of the Aztec and Mayans. Traditionally, the prickly pear cactus has been used as a panacea for over 100 different ailments. More recently, it was recognised by the International Diabetes Centre as one of five herbs with the greatest promise for the alternative treatment of diabetes and has been the subject of blood cholesterol research trials sponsored by the American Heart Association. In addition to the results of this research, Knishinsky...



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