

repeatedly documented over centuries starting at about 1100 BC [29, 30]. Egyptians have been found to have documented uses of various herbs in 1500 BC [29, 30, 72]. The best known of these documents is the Ebers Papyrus, which documents nearly 1000 different substances and formulations, most of which are plant-based medicines [115, 116]. Asclepius (in 1500 BC) was a physician in ancient Greece who achieved fame in part because of his use of plants in medicine [72]. A collection of Ayurvedic hymns in India from 1000 BC and earlier describes the uses of over 1000 different herbs. This work served as the basis for *Tibetan Medicine* translated from Sanskrit during the eighth century [29, 30]. Theophrastus, a philosopher and natural scientist in approximately 300 BC, wrote a *History of Plants* in which he addressed the medicinal qualities of herbs and the ability to cultivate them. The Greek botanist Pedanius Dioscorides in approximately AD 100 produced a work entitled *De Materia Medica*, which today is still a very well-known European document on the use of herbs in medicine. Galen (AD 130–200), practiced and taught pharmacy and medicine in Rome and published over two dozen books on his areas of interest. Galen was well-known for his complex formulations containing numerous and multiple ingredients. Monks in monasteries in the Middle Ages (fifth to the twelfth centuries) copied manuscripts about herbs and their uses [29, 30, 72]. However, it should not go unrecognized that it was the Arabs who were responsible for maintaining the documentation of much of the Greek and Roman knowledge of herbs and natural products and expanding that information with their own knowledge of Chinese and Indian herbal medicine [29, 30]. The Persian philosopher and physician Avicenna produced a work entitled *Canon Medicinæ*, which is considered to be the definitive summarization of Greek and Roman medicine. Li Shih-Chen produced a Chinese drug encyclopedia during the Ming Dynasty entitled *Pen-ts'as kang mu* in AD 1596, which records 1898 herbal drugs and 8160 prescriptions [115, 116]. John Wesley, the founder of Methodism, had a profoundly negative view on the status of physicians within society and in 1747 wrote a book entitled *Primitive Physic*, which was a popular reference book of the time detailing numerous natural cures [72]. When the colonists originally came to America, they lacked trained physicians and so turned to the Native Americans for advice in healing practices. Such a lack of conventional medicine and physicians in early America spawned the production of various types of almanacs and other publications that contained various natural product-based recipes and assorted tidbits of medical information. Indeed, in an effort to curry favor with commoners, physicians themselves turned to the production of self-treatment guides for the general public. Various types of societies and botanical clubs held meetings and published different types of communiqués to educate the public with regard to the availability of natural products and how they could be helpful to an individual's health. Samuel Thompson's *Thompson's New Guide to Health* was one very popular publication. For a variety of different reasons, the interest in natural products continues to this very day [6, 8, 17, 39, 72, 81, 88, 90, 104]. The first commercial pure natural product introduced for therapeutic use is gen-