



# Elk Antler Velvet: A Scientific Guide to the History and Health Benefits

*Mary Agatha Aviso*

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This book was born out of a need of a solid, collated but easy to understand reference matter about elk velvet antler. During the duration of the research and data collection, the author noticed that though there are so many scientific studies proving some of the claims of elk velvet antler, there isn't a comprehensive, easily understandable reference about it. This book discusses the uses of elk antler velvet in traditional Chinese medicine and in modern (western) medicine. It also delves into the therapeutic claims and tries to give an explanation based on scientific studies and research. This book aims to provide reference for future studies and research on elk velvet antler. Mary Agatha Aviso

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