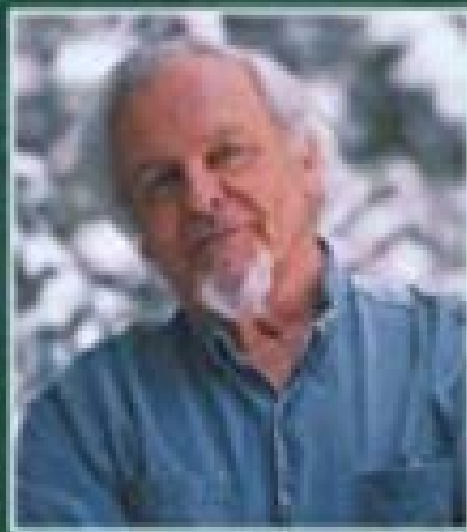


The Green Pharmacy

Herbs, Foods, and
Natural Formulas
to Keep You Young

anti-aging PRESCRIPTIONS



JAMES A. DUKE, PH.D.

Author of the Million-Copy Bestseller The Green Pharmacy

With Michael Castleman

James A. Duke

The Green Pharmacy Anti-Aging Prescriptions: Herbs, Foods, and Natural Formulas to Keep You Young



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. Instead, we pulled several lawn chairs past our gazebo in to the Garden of Youth to watch nature's own pyrotechnics, the cosmic dance of the night time primrose blossoms and the hawk moths..Using one recent Fourth of July, Peggy and I skipped the manmade fireworks..well, almost anything. We sensed alive. Rejuvenated. Adolescent. Duke is normally convinced that virtually all plants contain compounds that can slow maturing and minimize its effects on the body and mind.By firmly taking the proper herbs, eating the right foods, and building some minor lifestyle changes, you can stay healthy and keep maintaining your youthful zest forever. His passion for medicinal vegetation is normally understandable: They help him look and feel younger than his 72 years. That is why this book combines organic preventives and remedies with nutritional suggestions and life style strategies.--From chapter 1 For Dr. In The Green Pharmacy Anti-Ageing Prescriptions, he identifies the herbal products and foods that he believes deliver on the promise of lifelong youth.A few of these plant life are familiar, like ginkgo for a sharp storage and garlic for.. Duke focuses on medicinal vegetation, he firmly believes that a healthy diet and regular exercise must round out any anti-aging program. We felt calm and peaceful. Others are simply beginning to attract attention, like pigweed to strengthen bones and astragalus to boost the disease fighting capability.While Dr..Dr.But Dr. Duke isn't advocating a formal anti-aging "plan" or "regimen." He's providing you choices, so you can develop your personal anti-aging plan, based on your unique needs and issues. Jim Duke, even gazing at the blossoms of his preferred herb is definitely an anti-aging activity. Getting older has hardly ever felt so good!



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Then, if you are like me you'll consume better, be more suspicious of standard medical answers and even more available to trying herbal approaches that are often safer, and sometimes far better. But be prepared to give these trials a few months to see outcomes. Remember, a large part of "growing old" is the pains and aches and illnesses we associate with old age. If we discover ways to take much better care of ourselves, though, a lot of those complications won't arrive, or are only transient, and quickly vanquished. The writer discusses various illnesses, some of the points that cause them (and may be removed from your environment), and various plants that may help, in addition to a recipe or two in each section, incorporating the herbal remedies discussed. You won't become a superman or female, and your improvement will most likely not even show up overnight, but it will happen steadily and safely, in the event that you follow the guidelines in the book (actually too much drinking water intake can kill you!). The results? And something by one, Rx meds are being discontinued. I am a skeptic by profession mainly because is Dr. This book, and his others, ought to be considerably better-known and read. Not does does he provide sage advice (as they say) about herbals, he presents a great lifestyle and growing older. Read, consider his line of reasoning, and absorb the bigger text messages in the books. Using Plants to Help Obtain and Stay Healthy--And Slow Aging First, this book isn't just for individuals who "don't want to get old" (although, don't we all? He is a high quality ethnobotanist. So I have no opinion.), but gradually I've tried a lot of his suggestions. That is a good and instructive examine and if you are interested in having more control over your own health, at least look at the book and observe if it might help. In the last two years, as I applied his advice step-by-step, I came across my high blood circulation pressure dropping and needing fewer Rx medicines; my type II diabetes can be under truly superb control; Duke. Duke's publication. Oh yes - regular usage of turmeric and ginger have all but removed my discomfort from osteoarthritis, much better than glucosamine ever do.). Dr. Duke may be the "real thing" and a sensible counsel. Bravo, doctor, bravo! Never got to read this publication! and my bloodstream lipid levels have already been termed "all I could require" by my excellent family doctor. Modern medicine is still pretty primitive. James Duke is amazing! This reserve is targeted towards old folks (I . A VERY fine book As a specialist academic biologist with a background in nursing and biomedical study, I highly commend and much more highly recommend Dr. He's readable. He must of have been David Wolfe's dad in his last life. This reserve is targeted towards old folks (I am 38) but his helpful and thoughtful information was appreciated! I love his little tales about his own personal "elixir of youth". By mistake, my hubby donated it plus a large amount of other books. I am hoping to build my own one day. Five Stars He knows a lot. All in almost all, a wonderful book! Thanks a lot James Duke! Then read Dr. An excellent book for anyone seeking to slow down the physical signs of aging, along with many wonderful suggestions on eating properly and proper dosages of vitamins and minerals. It is old, but is a helpful resource. Best for herbal knowledge, however, many details has either meds or meals additives which are unhealthy choices. Expected it not to have harmful choices in meals or medicine, but general it is extremely helpful. I love this book a good deal I love this book a good deal.. It is created in a reader friendly way.. Sorry. Great Read. Today Get David Wolfe's books He is amazing.. Wow, James Duke is usually amazing! great book I am glad We purchased this book as it has additional information apart from James Dukes "The Green Pharmacy". Great purchase. Sorry...No Opinion. Never read. If you are still a doubter after reading these testimonials, read Medical Nemesis by Ivan Illich. I can simply picture him, strolling along, smiling and experiencing his beautiful lifestyle on the amazing farm/organic medicinal that him and his loving wife built from nothing. Duke! Duke can be both a critical logical thinker

and available to new ideas. I'm giving it 3 celebrities as a compromise. BETTER THAN EXPECTED! Lots of useful details by a person who really knows what he's discussing.



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