

The Green Pharmacy.

GUIDE TO

HEALING FOODS



Proven Natural Remedies to Treat and Prevent
More Than 80 Common Health Concerns

James A. Duke, PhD

Author of the Million-Copy Bestseller *The Green Pharmacy*

James A. Duke

**The Green Pharmacy Guide to Healing Foods: Proven Natural Remedies to
Treat and Prevent More Than 80 Common Health Concerns**



[continue reading](#)

Duke has assigned a ranking to each remedy, according to his evaluation of the obtainable scientific studies and anecdotal reports.minus the risk (and cost). A popular of laypeople and professionals alike, the book sold more than a million copies and solidified the author's reputation among the world's foremost authorities on medicinal vegetation. In The Green Pharmacy Information to Recovery Foods, Dr. Duke turns to the broader and even more popular subject of food as medication, drawing on a lot more than thirty years of study to identify the most effective healing foods on the planet. Many of the curing foods recommended listed below are proving so effective that they could outperform popular pharmaceuticals— Duke's meals remedies help deal with and prevent the whole gamut of health issues, from minor (such as sunburn and the normal cold) to more serious (like arthritis and diabetes). Dr.Upon its publication greater than a decade ago, Dr. Whether he's revealing how to beat high cholesterol with blueberries, combat popular flashes with black beans, bash blood sugar spikes with almonds, or help alleviate agonizing back pain with pineapple, Dr. James Duke's The Green Pharmacy quickly established the standard for customer herb references.



[continue reading](#)

Another great, informative book by Dr. Duke. In the event that you care about your wellbeing and want to remain healthy and want an independent, honest opinion on what meals to eat then understand this book and the rest of the books from Dr. Duke. I have given many of his books to my children and close friends for birthday, Christmas and other gift through the years and I have only thank you. A local herbalist has been responsible for the cure of virtually every disease there's, including rheumatoid arthritis. So am satisfied with the info given here. The Green Pharmacy The Green Pharmacy is an excellent read for everyone trying to lead a wholesome lifestyle. It is well crafted and goes into detail about herbs, plants, and other food stuffs. It also covers plenty of remedies for health issues. I'm actually thinking about purchasing the hard copy to. Easy read, excellent info Very useful, well-organized details. A recommended starter reserve for anyone interested in using natural treatments to cure all sorts of ailments. Great resource! I make reference to this book weekly. This book is worth the purchase. Duke. Duke is the leading authority on herbs. . Five Stars Yes.. Dr. Duke may be the leading authority on natural herbs. It had been hard convincing me the worthiness of the lowly herb (weed?). It has references to foods we ought to be eating, and those we should avoid. The author presents many different types of foods and which foods help particular ailments. Herbs have been around because the creation and were created for our well becoming. They cannot be improved on. Dr. This is a book that will help us. This book has really helped me better combat whatever ailment comes my way--I have especially benefited . Basically was after "what are some foods in fact comprised of". Duke's books are gift of existence. It is very informative and I have enjoyed getting information from it. However now they're my staple. good advice good book lots of good advice Very Informative. Surprising Benefits in a few Foods Have several Mr Duke's books. By no means disappointed in the reading of them... This book has really helped me better combat whatever ailment comes my way--I have especially benefited from his sore throat tea recipe using honey, lemon, garlic, and ginger. Knocks it out every time! Five Stars Book in good condition. Great info, easy to read. Five Stars Awesome book packed with great information!. Five Stars :) Five Stars Okay. We are retired, and attempting to become more healthy. I've not read this all the way through. I look things up that I am thinking about. Informative We have enjoyed reading this book.



[continue reading](#)

download The Green Pharmacy Guide to Healing Foods: Proven Natural Remedies to Treat and Prevent More Than 80 Common Health Concerns djvu

download The Green Pharmacy Guide to Healing Foods: Proven Natural Remedies to Treat and Prevent More Than 80 Common Health Concerns e-book

[download free Core Performance Essentials: The Revolutionary Nutrition and Exercise Plan Adapted for Everyday Use fb2](#)

[download The Doctors Book of Food Remedies: The Latest Findings on the Power of Food to Treat and Prevent Health Problems--From Aging and Diabetes to Ulcers and Yeast Infections e-book](#)

[download The Ethics of What We Eat: Why Our Food Choices Matter fb2](#)