

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



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Duke turns to the broader and even more popular subject of food as medicine, drawing on a lot more than thirty years of analysis to identify probably the most effective healing foods on earth. In *The Green Pharmacy Guide to Recovery Foods*, Dr. A popular of laypeople and specialists alike, the book sold greater than a million copies and solidified the author's reputation among the world's foremost authorities on medicinal plant life. James Duke's *The Green Pharmacy* quickly set the standard for consumer herb references. Upon its publication more than a decade ago, Dr. Whether he's revealing how to beat raised chlesterol with blueberries, combat sizzling flashes with black coffee beans, bash blood sugar levels spikes with almonds, or help alleviate agonizing back pain with pineapple, Dr. Duke's food remedies help treat and prevent the complete gamut of health concerns, from minor (such as sunburn and the normal cold) to much more serious (like arthritis and diabetes). Dr. without the risk (and cost). Many of the healing foods recommended listed below are proving therefore effective that they could outperform popular pharmaceuticals— Duke provides assigned a ranking to each remedy, according to his evaluation of the obtainable scientific studies and anecdotal reports.



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Another great, informative book by Dr. Duke. Under no circumstances disappointed in the reading of them. If you care about your wellbeing and want to stay healthy and need an independent, honest opinion on what food to eat then understand this book and the rest of the books from Dr. Duke. I've given many of his books to my family and friends for birthday, Christmas and other gift over the years and I have nothing but many thanks. Dr. Duke's books are gift of life. The Green Pharmacy is a great read for everyone trying to lead a wholesome lifestyle. It is well written and switches into detail about herbs, plants, and other food stuffs.. I'm actually thinking about purchasing the hard duplicate to. Easy read, excellent info Very useful, well-organized information. But now they are my staple. Great resource! Five Stars Yes. This book will probably be worth the investment. Dr. Duke may be the leading authority on herbal products. . Informative We have enjoyed scanning this book. Herbs have already been around since the creation and were created for our well being. Dr. Five Stars Book in good condition. It had been hard convincing me the worthiness of the lowly herb (weed?). A recommended starter book for anyone interested in using natural treatments to cure all sorts of ailments. I make reference to this book weekly.. 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. An area herbalist has been in charge of the cure of virtually every disease there's, including rheumatoid arthritis. Surprising Benefits in a few Foods Have a number of Mr Duke's books. Duke. Five Stars Awesome book packed with great information! Therefore am satisfied with the info given here.. It offers references to foods we should be eating, and those we should avoid. We are retired, and attempting to become more healthy. That is a reserve that can help us. This book has really helped me better combat whatever ailment comes my way--I have especially benefited .. In addition, it covers plenty of remedies for health issues. They cannot be improved on. Great info, readable. Duke is the leading authority on natural herbs. Knocks it out each and every time! Fundamentally was after "what are some foods in fact comprised of". The author presents many different types of foods and which foods help specific ailments.



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