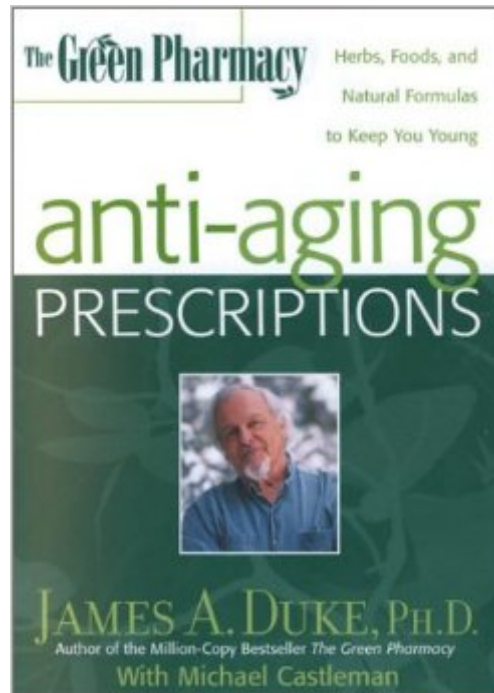


The book was found

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



Synopsis

On one recent Fourth of July, Peggy and I skipped the manmade fireworks. Instead, we pulled a few lawn chairs past our gazebo into the Garden of Youth to watch nature's own pyrotechnics, the cosmic dance of the evening primrose blossoms and the hawk moths.... We felt calm and peaceful. We felt alive. Rejuvenated. Young.--From chapter 1

For Dr. Jim Duke, even gazing at the blossoms of his favorite herb can be an anti-aging activity. His passion for medicinal plants is understandable: They help him feel and look younger than his 72 years. Dr. Duke is convinced that almost all plants contain compounds that can slow aging and minimize its effects on the body and mind. In *The Green Pharmacy Anti-Aging Prescriptions*, he identifies the herbs and foods that he believes deliver on the promise of lifelong youth. Some of these plants are familiar, like ginkgo for a sharp memory and garlic for...well, just about anything. Others are just beginning to attract attention, like pigweed to strengthen bones and astragalus to boost the immune system. While Dr. Duke specializes in medicinal plants, he firmly believes that a healthy diet and regular exercise must round out any anti-aging plan. That's why this book combines herbal preventives and treatments with nutritional recommendations and lifestyle strategies. But Dr. Duke isn't advocating a formal anti-aging "program" or "regimen." He's giving you choices, so you can develop your own anti-aging plan, based on your unique needs and concerns. By taking the right herbs, eating the right foods, and making some minor lifestyle adjustments, you can stay healthy and maintain your youthful zest for life. Getting older has never felt so good!

Book Information

Hardcover: 546 pages

Publisher: Rodale Books; First Edition edition (May 15, 2001)

Language: English

ISBN-10: 1579541984

ISBN-13: 978-1579541989

Product Dimensions: 6.7 x 1.5 x 9.5 inches

Shipping Weight: 2 pounds

Average Customer Review: 4.5 out of 5 stars Â Â See all reviews Â (16 customer reviews)

Best Sellers Rank: #424,402 in Books (See Top 100 in Books) #47 in Â Books > Health, Fitness &

Dieting > Aging > Beauty, Grooming & Style #843 in Â Books > Health, Fitness & Dieting >

Alternative Medicine > Herbal Remedies #1242 in Â Books > Health, Fitness & Dieting > Beauty, Grooming, & Style

Customer Reviews

I thought I would be the 50th person to write a "testimonial" for THE GREEN PHARMACY -- ANTI-AGING PRESCRIPTIONS by James Duke, but it turns out no one has written a review to date. This is a big surprise for me because Dr. Duke's book is wonderful. Dr. Duke (he has a Ph.D.) retired from the USDA where he worked as Chief of the Medicinal Plant Resources Laboratory for years. In retirement (he's age 72), he remains active in ReNuPeru, a medicinal herb garden in the Peruvian maintained by the Center for Environmental Education and Research. In other words, he has credentials in plant pharmacology recognized by the U.S. Government. Dr. Duke owns a six-acre farmette in Fulton Maryland where he raises medicinal/food plants. I discovered Duke in a book on herbalist gardens entitled, THE HERBALIST'S GARDEN, by Shatoya and Richard de la Tour. Both books (Duke and de la Tour) were reviewed by a local garden expert in the Washington Post. The Post article and the de la Tour book contain beautiful photographs of Duke's garden but alas he has included no photographs in his own book (why I gave it 4 stars). I've been growing and using herbs for over forty years (I drank Camomile tea and ate bean and barley soup in the 1960s), and I own a number of books on this subject. Dr. Duke's book on "anti-aging prescriptions" appeals to me because 1) I am older and the book meets my immediate needs, 2) the book is laid out by ailment or "challenge" not by herb. In other words, I don't have to hunt for salient information. For example, if you're worried about cracking and peeling skin you can turn to Section 22. 'Smooth Skin' and read about the various approaches, techniques, etc. you might use to improve your skin's health.

[Download to continue reading...](#)

Anti Aging: The Best Anti Aging Beauty Products, Anti Aging Medicines and Anti Aging Skin Care Treatments to Make You Look and Feel Younger (Anti Aging, ... Secrets, Anti Aging Diet, Beauty Products) The Green Pharmacy Anti-Aging Prescriptions: Herbs, Foods, and Natural Formulas to Keep You Young Anti Aging: Stop That Clock: 55 Anti Aging Hacks To Stay Young Forever (Anti Aging Diet, Anti Aging Secrets, Anti Aging Drugs) (Fitness Book 1) Guide To Anti Aging Skin Care Treatment: Learn All You Need For Treating Aging Skin To Look Younger Than Your Age (Anti Aging Skin Care, Anti Aging Diet, ... Emu Oil, Retinol, Best Eye Cream, Book 3) Green Smoothies - Top 200 Green Smoothie Recipes: (Green Smoothies, Green Smoothie Recipes, Green Smoothie Cleanse, Green Smoothie Diet, Green Smoothie for Everyday, Healthy Juice) Anti-Inflammatory Diet: Beginner's Guide with XL Granny's Recipes (Anti Inflammatory Cookbook, Anti Inflammatory Diet Cookbook, Anti-Inflammatory Recipes, Anti Inflammatory Books, Anti-Inflammatory Diet) ANTI

INFLAMMATORY DIET: Anti-Inflammatory Recipes To Heal Yourself (Anti Inflammatory Diet, Anti Inflammatory, Anti Inflammatory Diet Cookbook, Anti Inflammatory ... Fast, Pain Free, Heal Yourself Book 1) Herbs: Everything You Need To Know About Medicinal And Culinary Herbs: (Growing Herbs, Herbs For Health And Healing, Herbs For Weight Loss, Herb Gardening) Medicinal Herbs: Discover 12 Powerful Medicinal Herbs You Can Immediately Start Growing In Your Garden (Herbal Remedies, Alternative Medicine, Healing Herbs, Growing Herbs) How To Dry Herbs: The Ultimate Guide To Drying Herbs At Home For Better Health And Nutrition (Preserving Herbs, Drying Food, Herbs And Spices) GROWING HERBS: How to Grow Low cost Indoor and Outdoor Herbs in containers, for Profit or for health benefits at home, Simple Basic Recipes (How to grow herbs, growing herbs for beginners) Anti-Inflammatory Diet: The Ultimate Beginners Guide to Eliminate Body Pain and Restore Your Overall Health By Eating Foods Designed For You (Anti-Inflammatory ... Pain Free, Anti-Inflammatory Recipes) Anti Inflammatory Diet: Guide to Eliminate Joint Pain, Improve Your Immune System, and Restore Your Overall Health (anti inflammatory cookbook, anti inflammatory ... recipes, anti inflammatory strategies) Anti Inflammatory Diet: 5 Week Anti Inflammatory Diet Plan To Restore Overall Health And Become Free Of Chronic Pain For Life (Top Anti-Inflammatory Diet Recipes, Anti Inflammatory Diet For Dummies) Anti-Cancer Diet: An Ultimate Guide to Reverse and Prevent Cancer Naturally! (anti-cancer diet, anti-cancer cookbook, anti-cancer diet recipes, reverse cancer, prevent cancer) Anti-Aging Skin Care: Anti-Aging Skin Care Techniques for Beautiful, Flawless and Younger Looking Skin Look Younger: A Proven Anti-Aging Guide For Looking 10 Years Younger: Fast And Effortless Anti-aging Tactics Bone Broth: What They Aren't Telling You About Bone Broths & Must Know Rich Broth Recipes (Anti-Inflammatory, Lose Weight, Anti-Aging, Paleo Diet, Natural Remedies, Soups & Stews) 10 Day Green Smoothie Cleanse: Lose 15lbs with 10 Day Green smoothie diet For Weight Loss. Weight loss green smoothie recipes,green smoothies: Sip Up, Slim Down ! Lose upto 15 Lbs in 10 Days! Formulas and Calculations for Drilling, Production, and Workover, Fourth Edition: All the Formulas You Need to Solve Drilling and Production Problems

[Dmca](#)