



The Green Pharmacy: The Ultimate Compendium of Natural Remedies from the World's Foremost Authority on Healing Herbs

By James A Duke Ph.D.

St. Martin's Press, United States, 2012. Paperback. Book Condition: New. Reprint. 170 x 107 mm. Language: English . Brand New Book. With A-to-Z entries that include over 120 health conditions, James Duke's The Green Pharmacy is an authoritative, readable guide to the world of herbal healing. From traditional folk remedies to groundbreaking laboratory studies, Dr. Duke provides up-to-date information and age-old folk wisdom about nature's most potent plants. You'll find scores of natural remedies that can replace or enhance costly pharmaceuticals, including: Relief for aches and pains ranging from arthritis, angina and back pain to menstrual cramps and sciatica. Remedies for gastrointestinal problems from constipation and flatulence to inflammatory bowel disease and ulcers. Herbs that can reduce your risk of cancer, heart attack, high blood pressure and osteoporosis. Cures for infections ranging from colds and flu to sore throat and yeast infections. Herbal drinks that reduce fever. And much more. The Green Pharmacy includes easy how-to instructions for preparing herbal compresses, teas and infusions. Plus, Dr. Duke provides an easy rating system to quickly identify the most effective herbal remedies for each condition.



READ ONLINE
[6.58 MB]

Reviews

Merely no phrases to spell out. I actually have read through and i am certain that i will gonna study once again again later on. You wont truly feel monotony at at any time of your time (that's what catalogues are for about should you check with me).

-- **Jaiden Konopelski**

Comprehensive guideline! Its such a good read through. It is actually writter in basic words and not confusing. I am just easily could possibly get a enjoyment of reading a composed book.

-- **Lonzo Wilderman**