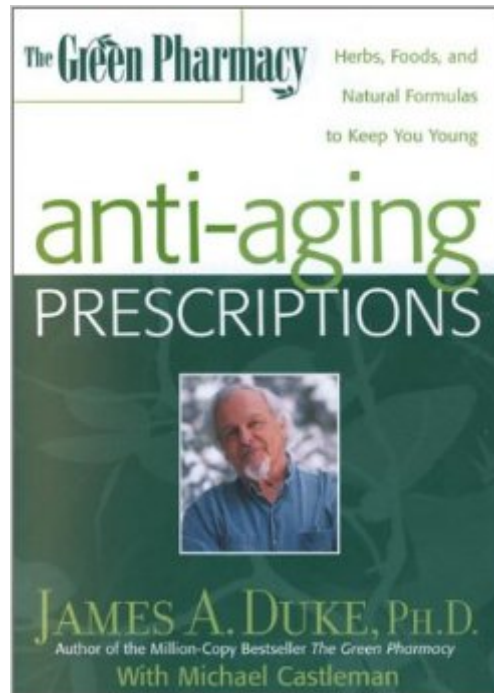


The book was found

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!

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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 Shatoiya 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.

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