



The Green Pharmacy: The Ultimate Compendium Of Natural Remedies From The World's Foremost Authority On Healing Herbs

By James A. Duke

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The Green Pharmacy

Many diseased and conditions for which we turn to modern medicine can also be treated naturally with healing herbs, medicinal food, other natural remedies--and these treatments can be safer, less expensive and possibly even more effective than traditional methods. Let Dr. James Duke, the world's leading authority on healing herbs, leads you through the vast world of natural remedies--from Anise for Asthma to Violet for Varicose Veins, and everything in between. With just a few trips to the health-food store, the supermarket, or your own backyard--and with the help of Dr. Duke--you'll have everything you need to create your own Natural Medicine Cabinet.

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The Green Pharmacy: The Ultimate Compendium Of Natural Remedies From The World's Foremost Authority On Healing Herbs By James A. Duke Bibliography

- Sales Rank: #40084 in Books
- Color: White
- Brand: St. Martin's Paperbacks
- Published on: 1998-07-15
- Released on: 1998-07-15
- Original language: English
- Number of items: 1
- Dimensions: 6.85" h x 1.00" w x 4.26" l, .65 pounds
- Binding: Mass Market Paperback
- 640 pages

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Editorial Review

Amazon.com Review

There's still a lot to learn about the healing power of plants, James Duke points out, but what we do know is already prodigious. Much of that knowledge is gathered in *The Green Pharmacy*, an A-to-Z guide to that relies on plant-based medicines to cure what ails us. Between the listings, Duke crams personal anecdotes from a lifetime of studying herbs, berries, and bark. For example, he relates how he worried about telling a pregnant niece that ginger could help alleviate her morning sickness because he'd learned from a pharmacologist that ginger could also induce miscarriage. Then he solved the mystery: he'd recommended ginger tea, which contains about 250 milligrams of ginger. The Chinese, he learned, use about 80 times that much to end pregnancies--another testimony to the amazing versatility of these natural medicines.

From Library Journal

Very readable and fun, *The Green Pharmacy* is the culmination of the author's 30 years of studying and using herbs. In an interesting mix of folklore and science, Duke, a botanist and authority on healing herbs, describes treatment protocols for over 120 health conditions. Although there is frequent reference to experts and studies, including up-to-date findings from the German Commission E monographs, no accurate references or bibliography are provided. Nonetheless, based on the author's credentials, this is recommended for larger collections.

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Review

"*The Green Pharmacy* is full of helpful, practical information about using plants as medicines...I plan to consult it often." ?Dr. Andrew Weil

"*The Green Pharmacy* is a tour de force by the world's leading authority on the herbal healing traditions...a treasure house of practical advice for the newcomer and pearls of wisdom for the herbal practitioner."
?Joseph E. Pizzorno, N.D., President of Bastyr University, Seattle, and author of *Total Wellness*

"If you are bewildered by all the books that have been published on herbal healing, this is the one to buy!"
?Mark J. Plotkin, Ph.D., ethnobotanist and author of *Tales of a Shaman's Apprentice*

"Filled with gems of wisdom--a treasure of information from a man who knows as much as anyone in the world about medicinal plants." ?Jean Carper, bestselling author of *Miracle Cures*

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