



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

By Duke, James A.; Castleman, Michael

Rodale Books, 2001. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: 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...

 [READ ONLINE](#)
[3.32 MB]

Reviews

Excellent e-book and useful one. It is written in straightforward phrases rather than confusing. I am just very happy to explain how here is the finest publication I have got read through in my very own lifestyle and might be the greatest book for possibly.

-- **Viva Schuster**

This written book is excellent. It absolutely was written extremely completely and useful. You may like how the article writer wrote this ebook.

-- **Dayton Stracke I**