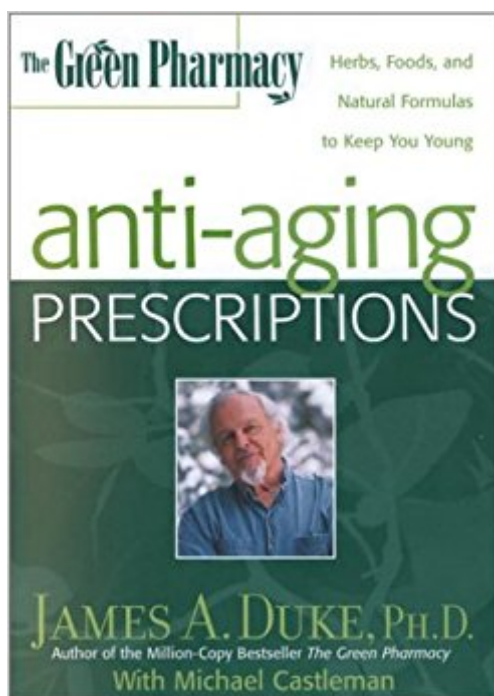


The book was found

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

The title may be a bit misleading: while there are plenty of anti-aging ideas presented here, *Anti-Aging Prescriptions* also contains chapters devoted to the more general topics of pain relief, weight loss, and insomnia. Written with lots of personal advice from James Duke (who has a Ph.D., not an M.D.), you'll find recipes for everything from mouthwash to skin cream, along with recommendations for following a "Paleolithic" diet and getting plenty of exercise. To Duke, "Paleolithic" means lots of raw-plant food and steady exercise, so really it's just a fun term for what we already know: eating vegetables and grains and working up a sweat are good for us. The number of herbs mentioned in this book may be overwhelming if you read it cover to cover, so start with the specific sections that you find of particular interest. The table of contents is laid out very specifically, so you can turn right to the section on angina, joint pain, bunions, impotence, or whatever health issue you're looking to improve. Duke has anywhere from 5 to 20 suggested herbs or supplements for any condition, along with the best way of growing or buying that herb and the proper dosage and method of application. Some herbs, such as ephedra, are known to be potentially dangerous, and Duke does an excellent job cautioning users to follow proper dosages as carefully as you would any prescription medicine. He writes with plenty of personal experience and includes interesting anecdotes, but his discussions of particular studies tend to be on the vague side--he may tell you the positive results, but not mention the year the study was published, or who conducted it. Still, anecdotal evidence is enough proof for most of us, and Dr. Duke's upbeat tone, wealth of information, and specific recipes may be just what the doctor ordered. --Jill Lightner

The Green Pharmacy Anti-Aging Prescriptions 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!

ABOUT THE AUTHOR James A. Duke, Ph.D., is the author of several books on the healing power of plants, including the bestseller *The Green Pharmacy* (more than one million copies in print). He retired from the U.S. Department of Agriculture in 1995, after serving as chief of the Medicinal Plant Resources Laboratory. He remains active in ReNuPeru, a medicinal herb garden in the Peruvian that's maintained by the Center for Environmental Education and Research. His own garden is on a 6-acre farmette in Fulton, Maryland, where he lives with his wife, Peggy.

First, this book is not just for those who "don't want to grow old" (although, don't we all?). Remember, a large part of "growing old" is the aches and pains and illnesses we associate with old age. If we learn how to take much better care of ourselves, though, many of those problems won't show up, or are only transient, and quickly vanquished. The author talks about various illnesses, some of the things that cause them (and might be eliminated from your environment), and various plants that might help, as well as a recipe or two in each section, incorporating the herbs discussed. You won't become a superman or woman, and your improvement probably won't even show up overnight, but it will happen gradually and safely, if you follow the instructions in the book (even too much water intake can kill you!). This is a good and instructive read and if you are interested in having more control over your own health, at least look at the book and see if it could help.

Never got to read this book. By mistake, my husband donated it along with a lot of other books. So I have no opinion. Sorry. I'm giving it 3 stars as a compromise.

As a professional academic biologist with a background in nursing and biomedical research, I highly commend and even more highly recommend Dr. Duke's book. He is a first rate ethnobotanist. This book, and his others, should be far better-known and read. Not does does he give sage advice (so to speak) about herbals, he presents a great approach to life and growing older. Read, consider his line of reasoning, and absorb the larger messages in the books. Then, if you're like me you'll eat better, be more suspicious of standard medical answers and and more open to trying herbal

approaches that are frequently safer, and sometimes more effective. I am a skeptic by profession as is Dr. Duke!), but slowly I've tried many of his suggestions. The results? Over the past two years, as I implemented his advice step-by-step, I found my high blood pressure dropping and needing fewer Rx medications; my type II diabetes is under truly superb control; and my blood lipid levels have been termed "all I could ask for " by my excellent family doctor. And one by one, Rx meds are being discontinued. Oh yes - regular use of turmeric and ginger have all but eliminated my pain from osteoarthritis, better than glucosamine ever did. But be prepared to give these trials a few months to see results. Dr. Duke is the "real thing" and a wise counsel. Bravo, doctor, bravo! If you're still a doubter after reading these reviews, read Medical Nemesis by Ivan Illich. Then read Dr. Duke. Modern medicine is still pretty primitive.

Expected it not to have unhealthy choices in food or medicine, but overall it is very helpful.

Wow, James Duke is amazing! This book is targeted towards older folks (I am 38) but his helpful and thoughtful advice was appreciated! I love his little stories about his own private "fountain of youth". I can just picture him, strolling along, smiling and enjoying his beautiful life on the amazing farm/natural medicinary that him and his loving wife built from nothing. I hope to build my own one day. A wonderful book for anyone looking to slow down the physical signs of aging, as well as many wonderful suggestions about eating properly and proper dosages of vitamins and minerals. All in all, a wonderful book! Thanks James Duke!!

I am glad I purchased this book as it has additional information other than James Dukes "The Green Pharmacy". Great purchase.

I like this book a great deal.. It is written in a reader friendly manner.. Duke is both a critical logical thinker and open to new ideas.

Refer to it quite often

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