



The Green Pharmacy: New Discoveries in Herbal Remedies for Common Diseases and Conditions from the World's Foremost Authority on Healing Herbs

James A. Duke, Ph.D. Jamea A. Duke

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Thousands of safe, natural remedies lie untapped in jungles, forests and herbal gardens throughout the world. Now, in *Green Pharmacy* by James A. Duke (with illustrations by Peggy Kessler Duke), America's foremost authority on medicinal plants and herbs shares his knowledge of these hidden reserves of healing power.

- * For Arthritis: A new, all-natural remedy that can cut pain in half.
- * For Back Pain: A fruit that has anti-inflammatory properties to produce long-term relief.
- * For Your Heart: An herb that opens up clogged arteries and lowers blood pressure, with none of the side effects of prescription drugs.
- * For High Cholesterol: A tasty grain that has three times more cholesterol-lowering power than oat bran.
- * For Migraines: An herb that has the power to eliminate the blurred vision and debilitating pain of these monster headaches.
- * For Mood Swings: A common food that shares the power of Prozac to boost the brain's level of "feel-good" serotonin.
- * For Osteoporosis: A prime plant source of calcium that vastly enhances protection against bone depletion.
- * For Wrinkles: An herbal lotion that has the skin-clearing, wrinkle-reversing power of alpha hydroxy acid but costs only pennies.

And much more-- over 120 conditions in all!

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