

The Green Pharmacy James A Duke

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The Green Pharmacy Anti-Aging Prescriptions James A. Duke, PhD 2001-05-11 Provides guidelines on how to prevent and alleviate the signs and symptoms of aging, introducing a variety of herbs, nutritional supplements, and diet tips to help cope with illnesses associated with aging.

The Green Pharmacy James A. Duke 1997-01-01 From a top world authority, the ultimate guide to using herbs to cure and prevent disease.

Green Pharmacy Barbara Van der Zee 1981

The Green Pharmacy Guide to Healing Foods James A. Duke 2009-06-23 Upon its publication more than a decade ago, Dr. James Duke's The Green Pharmacy quickly set the standard for consumer herb references. A favorite of laypeople and professionals alike, the book sold more than a million copies and solidified the author's reputation as one of the world's foremost authorities on medicinal plants. In The Green Pharmacy Guide to Healing Foods, Dr. Duke turns to the broader and even more popular subject of food as medicine, drawing on more than thirty years of research to identify the most powerful healing foods on earth. Whether he is revealing how to beat high cholesterol with blueberries, combat hot flashes with black beans, bash blood sugar spikes with almonds, or help relieve agonizing back pain with pineapple, Dr. Duke's food remedies help treat and prevent the whole gamut of health concerns, from minor (such as sunburn and the common cold) to more serious (like arthritis and diabetes). Dr. Duke has assigned a rating to each remedy, according to his evaluation of the available scientific studies and anecdotal reports. Many of the healing foods recommended here are proving so effective that they may outperform popular pharmaceuticals—minus the risk (and cost).

The Encyclopedia of Edible Plants of North America François Couplan 1998-12-02 So that we will become intimately acquainted with edible and medicinal plants.

American Herbal Pharmacopoeia Roy Upton 2016-04-19 Winner of the James A. Duke Award for Excellence in Botanical Literature Award from the American Botanical Council Compiled by the American Herbal Pharmacopoeia, this volume addresses the lack of authoritative microscopic descriptions of those medicinal plant species currently in trade. It includes an atlas providing detailed text and graphic descri

CRC Handbook of Alternative Cash Crops James A. Duke 1993-08-16 The CRC Handbook of Alternative Cash Crops describes 128 crop plants that can be grown as alternatives to cultivated crops, such as tobacco, and narcotic crops, such as opium poppy. Material is presented in alphabetical order by genus and species and includes information on ecology, cultivation, harvesting, economics, and biotic factors. This book will be valuable to AID agents, domestic agricultural extension agents, and soil and crop professionals worldwide.

Herbs of the Bible James A. Duke 1999 Blending history, science, and folklore, an illustrated tour of biblical healing advice focuses on the fifty-two most interesting and useful plants mentioned in the Bible, discussing the traditional and scientific basis for their use.

Ginseng James A. Duke 1989

Duke's Handbook of Medicinal Plants of the Bible James A. Duke 2007-12-26 Known for their ease of use, artful presentation of scientific information, and evidence-based approach, James Duke's comprehensive handbooks are the cornerstone in the library of almost every alternative and complementary medicine practitioner and ethnobotanist. Using the successful format of these bestselling handbooks, Duke's Handbook of Medicinal Plants of the Bible covers 150 herbs that scholars speculate, based on citations, were used in Biblical times.

Miracle Cures Jean Carper 2009-10-13 From Jean Carper, America's Most Trusted Source of Cutting-Edge Nutritional Advice, the Bestselling Guide to the Dramatic Healing Powers of Herbs, Vitamins, and Other Natural Remedies Miracle Cures is the breakthrough book that presents scientific evidence of the effectiveness of natural remedies, culled from the world's leading doctors and scientists, research centers, and major international scientific journals, including the Journal of the American Medical Association and the British Medical Journal, combined with the awe-inspiring first-person medically verified accounts of people who have successfully cured themselves with natural medicines. Jean Carper Reveals the Natural Medicines That Have Been Proven to: Lower Your Cholesterol Open up Your Arteries Regulate Your Heart Relieve Depression Overcome Anxiety Fight Sleep Problems Regenerate Your Liver Restore Your Memory

Duke's Handbook of Medicinal Plants of Latin America James A. Duke 2008-10-24 Finalist for 2009 The Council on Botanical & Horticultural Libraries Literature Award! A Comprehensive Guide Addressing Safety, Efficacy, and Suitability About a quarter of all the medicines we use come from rainforest plants and more than 1,400 varieties of tropical plants are being investigated as potential cures for cancer. Curare comes from a tropical vine and quinine from the cinchona tree. A comprehensive guide to safety, efficacy, and suitability, Duke's Handbook of Medicinal Plants of Latin America responds to continuing interest in medicinal plants and the potential remedies they contain. Determine Which Species Can Be Used for Specific Targets The author of Green Pharmacy Herbal Handbook and CRC Handbook of Medicinal Herbs, James A. Duke covers roughly 500 of the more important Native Latin American medicinal plants in a highly organized format. After a brief introduction, each entry contains scientific and colloquial names, synonyms, reference to illustrations, notes, biological activities, medicinal indications, dosages, potential hazards, extracts, and references. This format supplies a starting point for determining which species can be used for specific targets. Better

Data Helps You Focus Your Search Year-round moderate temperatures, abundant rainfall, and rich soils make tropical Latin America home to nearly 100,000 of the world's 300,000 known species of plants, and therefore home to untold numbers of potential cures. Focusing on 500 of the most well-known and well-studied plants, this book helps you focus your search for ammunition against constantly evolving pathogens and newly emerging diseases.

Rosemary Gladstar's Herbal Recipes for Vibrant Health Rosemary Gladstar 2015-10-01 Promote vibrant health and radiant beauty, soothe everyday ailments, and ease persistent stress with these simple, natural cures for everything from dry skin and infant colic to cold symptoms and insomnia. Renowned herbalist Rosemary Gladstar provides 175 proven therapies and herbal remedies that are easy to prepare and safe enough for children. Offering a potent and effective alternative to commercial pharmaceuticals, Gladstar will inspire you to nurture yourself and those you love with nature's healing herbs.

Amazonian Ethnobotanical Dictionary James A. Duke 2018-02-06 The Amazonian Ethnobotanical Dictionary presents an exciting new rainforest book, designed and conceived in the rainforest and dedicated to its preservation. The book contains concise accounts of the various uses to which prominent Amazonian plants are put by the local rainforest inhabitants. Although emphasis is placed on plant foods and forest medicines, there is also commentary on other relevant applications, including natural artifacts, house construction, natural pesticides, and ornamental and fodder plants. More than 1,000 species are covered and over 200 illustrated. An index to Spanish and English names leads to the scientific name, and the index to plants provides its medicinal application. There are even suggestions on how to eat palm grubs and how to make an Amazonian salad dressing. All royalties from the book are donated to the Amazonian Center for Environmental Education and Research (ACEER) in order to continue its preservation of one of the world's most diverse forests.

The Healing Herbs Michael Castleman 1995 Profiles one hundred of the most frequently used medicinal plants, tracing their history, folklore, and healing properties and offering an accessible A-to-Z encyclopedia that lists remedies for common ailments. Reprint.

Handbook of Medicinal Herbs James A. Duke 1985 Catalog of herbs; Medicinal herbs: toxicity ranking and pricelist; Toxins: their toxicity and distribution in plant genera; Higher plant genera and their toxins; Pharmacologically active phytochemicals; Poximate analyses of conventional plant foods.

Herbs and Things Jeanne Rose 2015-02-25 This fine title from Last Gasp is the essential,herbal reference book, a complete compendium of,practical and exotic herbal lore that is,guaranteed to turn you on to the fact that plants,and animals have been used for thousands of years,in various ways to make people healthier, and to,help them to live longer and more effective lives.

Herbal Healing for Women Rosemary Gladstar 2017-04-18 Simple, safe, and effective herbal remedies for women of all ages. For centuries women have turned to herbs to cope with a wide variety of health problems and conditions. Comprehensive and easy-to-use, Herbal Healing for Women explains how to create remedies—including teas, tinctures, salves, and ointments—for the common disorders that arise in the different cycles of a woman's life. Covering adolescence, childbearing years, pregnancy and childbirth, and menopause, Rosemary Gladstar teaches how herbs can be used to treat the symptoms of conditions such as acne, PMS, morning sickness, and hot flashes. A complete women's health-care manual, Herbal Healing for Women discusses: -common disorders and the herbs that are effective for treating them -how to select and store herbs -preparation of hundreds of herbal remedies -an alphabetical listing of herbs, including a brief description of the herb, the general medicinal usage, and when necessary, warnings about potential side effects. By explaining the properties of specific herbs and the art of preparation, Rosemary Gladstar demonstrates not only how to achieve healing through herbs but good health as well.

Handbook of Medicinal Herbs, Second Edition James A. Duke 2002-06-27 Still considered the definitive work on medicinal herbs and their uses after two decades, the Handbook of Medicinal Herbs has undergone a long-anticipated revision. In the second edition, world-renowned ethnobotanist James A. Duke provides up-to-date data on over 800 of the world's most important medicinal plant species. The book contains more species, phytochemicals, proven indications, folk indications, and dosage data than the first edition in a new easier to use format. The in-depth content, the addition of color plates and over 200 black and white illustrations makes this book the most comprehensive resource on medicinal herbs available. NEW IN THE SECOND EDITION: · Over 100 color plates, 4 color maps · Over 200 black and white illustrations · Over 800 medicinal plants — more than twice as many as the previous edition organized alphabetically by common name · More herbs from the African, Ayurvedic, Chinese, and Jamu traditions EASY ACCESS TO INFORMATION YOU NEED Designed to give you fast access to the information you need on a regular basis, this new edition is organized more systematically than any other medicinal herb publication. The entries are now arranged alphabetically by common name with the scientific name in parenthesis. Major synonyms are also provided. · It has become increasingly clear that there are hundreds of biologically active compounds, often additive or synergistic, in all our plants, foods, spices, herbs, medicinal, and poisonous plants. The debate continues on how these plants work and how they should be used. Blending scientific fact with folk uses and the author's personal experience, Handbook of Medicinal Herbs, Second Edition provides the most well rounded discussions of safety, efficacy, toxicity, and rational use found in any herbal reference.

The Lost Language of Plants Stephen Harrod Buhner 2002 "Enraged, Energized, Exultant. You won't know how to feel after reading Stephen Harrod Buhner's The Lost Language of Plants. This is a devastating expose about how we are polluting our environment with the pharmaceuticals that Western medicine has developed to heal us. We are ingesting Prozac, Premarin, and antibiotics whether we want to or not." "Yet, as we foul air and water with toxic residues, we overlook the power of the planet's natural healers, stabilizers, and chemists - plants. Buhner sees plants as fully sentient beings, adjusting and fine-tuning to the environment just as they have done for the past 500 million years. Until recently, humans shared the language of plants, but increasingly we have lost our ability to communicate with the natural world. Buhner shows us a path back to our shamanic roots."--BOOK JACKET.

Living Liqueurs James A. Duke 1987

The Green Pharmacy Herbal Handbook James A. Duke 2002-06-17 Offers advice on herbal healing, includes an encyclopedic review of health conditions that herbal medicine can help, and discusses 180 herbs with information on dosages, food and drug interactions, benefits, and side effects.

Medicinal Plants of China James A. Duke 1985 Plants are arranged alphabetically by scientific names. "Intended for use by biologists, chemists, and the interested layman as a guide to the Chinese medicinal plant resources and their uses." Entries give popular names, uses, chemistry, and notes. Contains drawings.

Handbook of Medicinal Herbs James A. Duke 2018-01-18 A Practical, Authoritative Compendium This handbook catalogs 365 species of herbs having medicinal or folk medicinal uses, presenting whatever useful information has been documented on their toxicity and utility in humans and animals. Plants from all over the world - from common cultivars to rare species - are included in these 700 pages. The toxicity of these species varies, but the safety of each has been formally or informally questioned by the Food

and Drug Administration, National Cancer Institute, Department of Agriculture, Drug Enforcement Administration, or Herb Trade Association. Easy-to-Locate Facts and Figures Designed to enable fast access to important information, this hand-book presents information in both catalog and tabular forms. In the catalog section, plants are presented alphabetically by scientific name. (The index permits you to locate an herb by its common name.) A detailed sketch of the chief identifying features accompanies most catalog entries. For each species the following information, as available, is presented and referenced: Family and colloquial names Chemical content Uses and applications - present and historical Processing, distribution, and economic potential Toxicological agents and degree of toxicity Poison symptoms in humans and animals Treatment and antidotes References to original literature Five Tables of Accessible Data Given a plant species, you can easily determine its toxins; or, given a toxin, you can discover which plants contain it. These and other data are presented in convenient tabular formats as appendixes to the handbook. Other information contained in these tables include toxicity ranking and other toxicity data (as applicable), such as mode of contact, organs affected, and lethal dose; and proximate analyses of selected foods. These tables are titled: Medicinal Herbs: Toxicity Rank Green Pharmacy James A. Duke 2002-01-01

The Green Pharmacy James A. Duke 2001

A Field Guide to Medicinal Plants and Herbs of Eastern and Central North America Steven Foster 2000 A reference to the medicinal plants and herbs of Eastern and Central North America includes specific remedies for asthma, headaches, colds, stomachaches, depression, and many other common ailments.

The Herbal Drugstore Linda B. White 2003-04-05 Ease Symptoms, Fight Disease, and Supercharge Immunity--All Without Drugs or Chemicals! You're about to enter a completely different kind of drugstore. One where herbal medicines are offered right alongside conventional pharmaceuticals. Where bottles of feverfew stand next to bottles of aspirin, and echinacea has its place among other cold and flu remedies. The Herbal Drugstore is the only place where you can compare mainstream drug treatments and their herbal alternatives for close to 100 common health problems. You'll find herbs that have the same healing powers as many prescription and over-the-counter medications--only they're cheaper and gentler, with few or no side effects. Whether you need fast first-aid or long-term relief, The Herbal Drugstore has a remedy for you. Here's just a sampling: * Immobilized by arthritis? Rub on capsaicin cream, a natural pain reliever made from hot peppers * Can't sleep? Start snoozing with valerian--it's as effective as Valium, but it isn't addictive * Want to lose a few pounds? Get a helping hand from psyllium, an herbal alternative to appetite suppressants * Feeling stressed? Calm jangled nerves with ginseng--it won't undermine alertness * Battling bronchitis? Clear up that cough with licorice, a natural expectorant * Need help with high blood pressure? Turn to hawthorn--it has much in common with beta blockers, except for the side effects The Herbal Drugstore features these and many more herbal remedies--712 in all! They're profiled right next to their pharmaceutical counterparts, so you can make your own comparisons and decide which treatments are best for you. The Green Pharmacy James A. Duke 1998-07-15 Written by a pioneer in the field of herbal medicine, an accurate and expansive medical reference guide examines a wide range of herbs and explains how to use them as remedies for common diseases and conditions. Reprint.

Handbook of Phytochemical Constituent Grass, Herbs and Other Economic Plants James A. Duke 2017-12-06 CRC Handbook of Phytochemical Constituents of GRAS Herbs and Other Economic Plants is a unique catalog that includes more than 15,000 phytochemical constituents from over 1,000 higher plant species. This volume covers all of the generally-recognized-as-safe (GRAS) herbs and at least 250 important food and medicinal plants. Each entry features the scientific name, one or more common names, a listing of phytochemical constituents, a single datum or range of quantitative data (wet-weight to dry-weight in parts per million), two-letter abbreviation identifying the plant part, and three-letter abbreviation(s) indicating the source(s) of the data. The extraordinary amount of data compiled into an easy-to-use tabular format makes the CRC Handbook of Phytochemical Constituents of GRAS Herbs and Other Economic Plants a volume useful to all pharmacologists, toxicologists, nutritionists, pharmacognicists, and food scientists.

Medicinal Plants of the Bible James A. Duke 1983

The Green Pharmacy Herbal Handbook James A. Duke, Ph.D. 2000-11-18 A Complete Guide to 180 Healing Herbs-- From America's Favorite Herbalist In this handy companion to his best-selling book, The Green Pharmacy, leading herbal authority James A. Duke, Ph.D., delivers the lowdown on virtually every healing herb available in today's marketplace: its description and history, therapeutic uses, medicinal properties, prescription counterparts, dosage options, safety and effectiveness rating, and precautions. Dr. Duke's inimitable folksy tone and friendly manner shine throughout The Green Pharmacy Herbal Handbook, making it as entertaining to read as it is practical. The most thorough and comprehensive herb reference of its kind, the handbook was culled from the thousands of entries in Dr. Duke's database of the world's medicinal plants. The database, which he began during his career as a top botanist with the USDA, is a lifelong project for Dr. Duke and has become a major reference resource for herbalists worldwide.

The One Earth Herbal Sourcebook Alan Keith Tillotson 2001 Provides herbal remedies drawing upon Asian and Western traditions for gastrointestinal, cardiovascular, nervous system, endocrinological, musculoskeletal, ophthalmological, and immune disorders.

The Male Herbal James Green 2011-03-02 In this long-awaited second edition of THE MALE HERBAL, James Green gives men and boys the tools they need to create or maintain physical and emotional health through a customized herbal program. By following Green's newly developed constitutional model and referencing the comprehensive alphabetical herbal listings, men can create an herbal program attuned to their unique body type, lifestyle, and health needs. Featuring life-changing information about common plants, herbal alternatives to Viagra, medicinal uses of herbs for male-specific issues, and nearly thirty recipes for teas, tinctures, salves, and tonics, this updated guide emphasizes prevention and health with sensitivity and wisdom.

Handbook of Edible Weeds James A. Duke 2000-11-10 Handbook of Edible Weeds contains detailed descriptions and illustrations of 100 edible weeds, representing 100 genera of higher plant species. Some of the species are strictly American, but many are cosmopolitan weeds. Each account includes common names recognized by the Weed Science Society of America, standard Latin scientific names, uses, and distribution (geographic and ecological). Cautionary notes are included regarding the potential allergenic or other harmful properties of many of the weeds.

Herb-A-Day... James A. Duke 2007-04-01

CRC Handbook of Medicinal Spices James A. Duke 2002-09-27 "Let food be your medicine, medicine your food."-Hippocrates, 2400 B.C. When the "Father of Medicine" uttered those famous words, spices were as important for medicine, embalming, preserving food, and masking bad odors as they were for more mundane culinary matters. Author James A. Duke predicts that

spices such as capsicum, cinnamon, garlic, ginger

Ask Dr. Weil Andrew Weil 1998 The doctor talks about everything from heart disease and depression to natural remedies and hormone treatments

Dr. Duke's Essential Herbs James A. Duke 1999 America's "herbal laureate" and author of "The Green Pharmacy" now shares his personal prescription for 13 miracle herbs. 20 illustrations.

Dr. Duke's Essential Herbs James A. Duke, Ph.D. 2001-10-14 Combining the most powerful natural substances. Dr. Duke has created a "cocktail" for heart disease that may well have the calcium channel-blocking punch of a leading pharmaceutical--and without the side effects. Do your legs ache after standing? Are you bothered by hemorrhoids? Do you think there's no help for varicose veins? Dr. Duke tells you about horse chestnut capsules--and the ancillary herb that may further enhance their performance. Alcohol, Hepatitis C, environmental toxins, and other serious attacks on your liver now have an astonishing first line of defense in milk thistle. Don't get rid of your dog, but do add saw palmetto, which helps avert prostate problems, may keep your hair from thinning, and boosts both sexes' libido. Dr. Duke compares it to the widely prescribed alternative--and you can judge which lands firmly in the plus column.