

The Green Pharmacy James A Duke

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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.

Green Pharmacy James A. Duke 2002-01-01
The Green Pharmacy James A. Duke 2001
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.

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.

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. *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 you 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

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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.

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.

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.

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. *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

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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.

Inner Bridges Fritz Frederick Smith 1986
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.
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
Ginseng James A. Duke
1989

Herbs: Partners in Life
Adele G. Dawson 2000-09
Vermont herbalist Dawson
traces the human-plant
relationship through the
seasons, providing
practical and
enlightening information
about every aspect of
herbalism. Includes
chapters on how to
identify, collect, and
preserve herbs as well
as detailed
illustrations of plants
and their anatomy.

Herb-A-Day... James A.

Duke 2007-04-01
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
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

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 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.

The Green Pharmacy Guide to Healing Foods James

A. Duke 2009-06-23 Upon

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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).

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.

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

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.

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.

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Medicinal Plants of the Bible James A. Duke 1983
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.

AARP Prescription for Drug Alternatives James F. Balch 2012-04-23

AARP Digital Editions offer you practical tips, proven solutions, and expert guidance. James

Balch and Mark Stengler, coauthors of the hugely successful Prescription for Natural Cures, and Robin Young Balch have teamed up to create the most comprehensive and up-to-date book available on natural alternatives to prescription medications. The book provides natural, safe, and effective ways to treat a wide range of common ailments, including ADHD, allergies, diabetes, depression, erectile dysfunction, eczema, heart disease, headaches, and PMS. You'll read in-depth information, not found in any other popular book, about the pros and cons of prescription and over-the-counter drugs compared with natural treatment alternatives ranging from diet and lifestyle changes to supplements and herbal medicines. "This book is

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essential reading for anyone who wants to take charge of his or her health. Read it to live long and well." –Hyla Cass, M.D., author of Supplement Your Prescription: What Your Doctor Doesn't Know about Nutrition "An outstanding resource for comparing common pharmaceutical and holistic treatments." –Ronald M. Lawrence, M.D., coauthor of Preventing Arthritis and The Miracle of MSM "A must-read for every person who wants to achieve better health and avoid the dangers of synthetic medications. The authors do an exceptional job by telling you everything you need to know about getting well and how to use supplements correctly and safely." –Suzy Cohen, R.Ph., author of The 24-Hour Pharmacist
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.
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.
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.

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

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.

Green Pharmacy Barbara Van der Zee 1981

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.

Living Liqueurs James A. Duke 1987