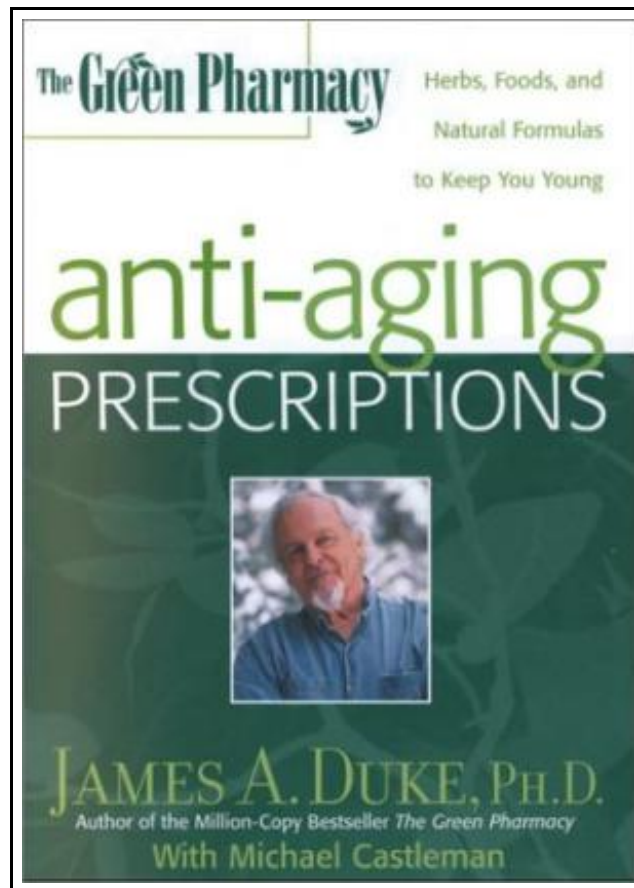


The Green Pharmacy Anti-Aging Prescriptions: Herbs, Foods, and Natural Formulas to Keep You Young



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THE GREEN PHARMACY ANTI-AGING PRESCRIPTIONS: HERBS, FOODS, AND NATURAL FORMULAS TO KEEP YOU YOUNG



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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 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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