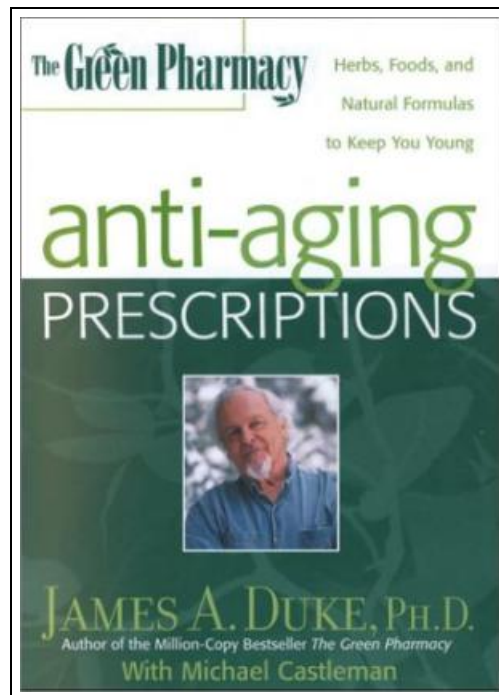


The Green Pharmacy Anti-Aging Prescriptions: Herbs, Foods, and Natural Formulas to Keep You Young



Filesize: 8.7 MB

Reviews

This written pdf is great. It is really simplistic but surprises within the 50 percent of the pdf. I realized this pdf from my dad and i advised this pdf to understand.
(Mr. Milford Jakubowski IV)

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



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!.



[Read *The Green Pharmacy Anti-Aging Prescriptions: Herbs, Foods, and Natural Formulas to Keep You Young* Online](#)



[Download PDF *The Green Pharmacy Anti-Aging Prescriptions: Herbs, Foods, and Natural Formulas to Keep You Young*](#)

See Also



Cat Humor Book Unicorns Are Jerks A Funny Poem Book For Kids Just Really Big Jerks Series

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 92 pages. Dimensions: 9.0in. x 6.0in. x 0.2in.LIMITED-TIME SPECIAL: Special Bonus Inside! Thats right. . . For a limited time...

[Save ePub »](#)



The Perfect Name : A Step

Book Condition: Brand New. Book Condition: Brand New.

[Save ePub »](#)



Childrens Educational Book Junior Vincent van Gogh A Kids Introduction to the Artist and his Paintings. Age 7 8 9 10 year-olds SMART READS for . - Expand Inspire Young Minds Volume 1

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 26 pages. Dimensions: 9.8in. x 6.7in. x 0.2in.Van Gogh for Kids 9. 754. 99-PaperbackABOUT SMART READS for Kids.

[Save ePub »](#)



Cat's Claw ("24" Declassified)

Pocket Books, 2007. Paperback. Book Condition: New. A new, unread, unused book in perfect condition with no missing or damaged pages. Shipped from UK. Orders will be dispatched within 48 hours of receiving your order....

[Save ePub »](#)



It's Just a Date: How to Get 'em, How to Read 'em, and How to Rock 'em

HarperCollins Publishers. Paperback. Book Condition: new. BRAND NEW, It's Just a Date: How to Get 'em, How to Read 'em, and How to Rock 'em, Greg Behrendt, Amiira Ruotola-Behrendt, A fabulous new guide to dating...

[Save ePub »](#)

**Hester's Story**

Orion, 2006. Paperback. Book Condition: New. . A new, unread, unused book in perfect condition with no missing or damaged pages. Shipped from UK. Orders will be dispatched within 48 hours of receiving your order.

[Download PDF >](#)

**Anna's Fight for Hope: The Great Depression 1931 (Sisters in Time Series 20)**

Barbour Publishing, Inc., 2004. Paperback. Book Condition: New. No Jacket. New paperback book copy of Anna's Fight for Hope: The Great Depression 1931 (Sisters in Time Series 20). Publisher recommended for ages 8 to 12

[Download PDF >](#)

**A Parent s Guide to STEM**

U.S. News World Report, United States, 2015. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****.This lively, colorful guidebook provides everything you need to know

[Download PDF >](#)

**The Goblin's Toyshop**

Octopus Publishing Group. Paperback. Book Condition: new. BRAND NEW, The Goblin's Toyshop, Enid Blyton, A magical selection of short stories including The Little Chatterbox, The Very Strange Pool, The Enchanted Button and Porridge Town. Each

[Download PDF >](#)

**Maisy's Christmas Tree**

Candlewick, 2014. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: The final scene of the gang caroling around the tree, complete with paper crowns from British Christmas crackers, is

[Download PDF >](#)