



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

*James A. Duke, Michael Castleman*

[Download now](#)

[Click here](#) if your download doesn't start automatically

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

James A. Duke, Michael Castleman

## The Green Pharmacy Anti-Aging Prescriptions: Herbs, Foods, and Natural Formulas to Keep You Young James A. Duke, Michael Castleman

*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!

 [Download The Green Pharmacy Anti-Aging Prescriptions: Herbs ...pdf](#)

 [Read Online The Green Pharmacy Anti-Aging Prescriptions: Her ...pdf](#)

## **Download and Read Free Online The Green Pharmacy Anti-Aging Prescriptions: Herbs, Foods, and Natural Formulas to Keep You Young James A. Duke, Michael Castleman**

---

### **From reader reviews:**

#### **Ray Goodrow:**

The book *The Green Pharmacy Anti-Aging Prescriptions: Herbs, Foods, and Natural Formulas to Keep You Young* make you feel enjoy for your spare time. You can utilize to make your capable a lot more increase. Book can being your best friend when you getting strain or having big problem with the subject. If you can make reading through a book *The Green Pharmacy Anti-Aging Prescriptions: Herbs, Foods, and Natural Formulas to Keep You Young* to be your habit, you can get far more advantages, like add your personal capable, increase your knowledge about several or all subjects. It is possible to know everything if you like wide open and read a guide *The Green Pharmacy Anti-Aging Prescriptions: Herbs, Foods, and Natural Formulas to Keep You Young*. Kinds of book are several. It means that, science reserve or encyclopedia or other people. So , how do you think about this book?

#### **Helen Johnson:**

Book is to be different for each and every grade. Book for children right up until adult are different content. As we know that book is very important usually. The book *The Green Pharmacy Anti-Aging Prescriptions: Herbs, Foods, and Natural Formulas to Keep You Young* ended up being making you to know about other know-how and of course you can take more information. It doesn't matter what advantages for you. The e-book *The Green Pharmacy Anti-Aging Prescriptions: Herbs, Foods, and Natural Formulas to Keep You Young* is not only giving you much more new information but also being your friend when you feel bored. You can spend your own personal spend time to read your reserve. Try to make relationship together with the book *The Green Pharmacy Anti-Aging Prescriptions: Herbs, Foods, and Natural Formulas to Keep You Young*. You never really feel lose out for everything in case you read some books.

#### **Eden Cohn:**

The reserve untitled *The Green Pharmacy Anti-Aging Prescriptions: Herbs, Foods, and Natural Formulas to Keep You Young* is the reserve that recommended to you to study. You can see the quality of the book content that will be shown to an individual. The language that creator use to explained their way of doing something is easily to understand. The article writer was did a lot of analysis when write the book, so the information that they share for you is absolutely accurate. You also can get the e-book of *The Green Pharmacy Anti-Aging Prescriptions: Herbs, Foods, and Natural Formulas to Keep You Young* from the publisher to make you considerably more enjoy free time.

#### **Barbara Saddler:**

Spent a free the perfect time to be fun activity to try and do! A lot of people spent their spare time with their family, or their own friends. Usually they accomplishing activity like watching television, gonna beach, or picnic in the park. They actually doing same thing every week. Do you feel it? Do you wish to something different to fill your own free time/ holiday? Could possibly be reading a book can be option to fill your no

cost time/ holiday. The first thing that you'll ask may be what kinds of guide that you should read. If you want to attempt look for book, may be the book untitled The Green Pharmacy Anti-Aging Prescriptions: Herbs, Foods, and Natural Formulas to Keep You Young can be good book to read. May be it could be best activity to you.

**Download and Read Online The Green Pharmacy Anti-Aging Prescriptions: Herbs, Foods, and Natural Formulas to Keep You Young James A. Duke, Michael Castleman #GPXWF4CMO7B**

## **Read The Green Pharmacy Anti-Aging Prescriptions: Herbs, Foods, and Natural Formulas to Keep You Young by James A. Duke, Michael Castleman for online ebook**

The Green Pharmacy Anti-Aging Prescriptions: Herbs, Foods, and Natural Formulas to Keep You Young by James A. Duke, Michael Castleman Free PDF download, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read The Green Pharmacy Anti-Aging Prescriptions: Herbs, Foods, and Natural Formulas to Keep You Young by James A. Duke, Michael Castleman books to read online.

### **Online The Green Pharmacy Anti-Aging Prescriptions: Herbs, Foods, and Natural Formulas to Keep You Young by James A. Duke, Michael Castleman ebook PDF download**

**The Green Pharmacy Anti-Aging Prescriptions: Herbs, Foods, and Natural Formulas to Keep You Young by James A. Duke, Michael Castleman Doc**

**The Green Pharmacy Anti-Aging Prescriptions: Herbs, Foods, and Natural Formulas to Keep You Young by James A. Duke, Michael Castleman Mobipocket**

**The Green Pharmacy Anti-Aging Prescriptions: Herbs, Foods, and Natural Formulas to Keep You Young by James A. Duke, Michael Castleman EPub**