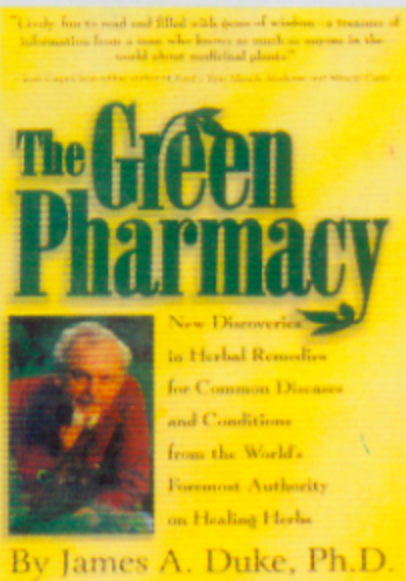




THE GREEN PHARMACY

*New Discoveries in Herbal Remedies for Common Diseases
& Conditions from the World's Foremost Authority on
Healing Herbs*

James A. Duke, Ph.D.

Thousands of safe, natural remedies lie untapped in jungles, forests and herbal gardens throughout the world. Now America's foremost authority on medicinal plants and herbs shares his knowledge of these hidden reserves of healing power.

- For **Arthritis** : A new, all-natural remedy that can cut pain in half.
- For **Back Pain** : A fruit that has anti-inflammatory properties to produce long-term relief.
- For Your **Heart** : An herb that opens up clogged arteries and lowers blood pressure, with none of the side effects of prescription drugs.
- For **High Cholesterol** : A tasty grain that has three times more cholesterol-lowering power than oat bran.
- For **Migraines** : An herb that has the power to eliminate the blurred vision and debilitating pain of these monster headaches.
- For **Mood Swings** : A common food that shares the power of Prozac to boost the brain's level of "feel-good" serotonin.
- For **Osteoporosis** : A prime plant source of calcium that vastly enhances protection against bone depletion.
- For **Wrinkles** : An herbal lotion that has the skin-clearing, wrinkle-reversing power of alpha hydroxy acid but costs only pennies.

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Part One : Your Guide to the Green Pharmacy

Entering the Green Pharmacy; Putting Safety First; Shopping and Harvesting the Green Pharmacy; Using the Green Pharmacy.

Part Two : Choosing the Herbs that Heal

A : Aging; Allergies; Altitude Sickness; Alzheimer's Disease; Amenorrhea; Angina; Ankylosing Spondylitis; Arthritis; Asthma; Athlete's Foot, **B** : Backache; Bad Breath; Baldness; Bladder Infections; Body Odor; Breast Enlargement; Breast feeding Problem; Bronchitis; Bruises; Bunions; Burns; Bursitis and Tendinitis. **C** : Cancer Prevention; Canker Sores; Cardiac Arrhythmia; Carpal Tunnel Syndrome; Cataracts; Chronic Fatigue Syndrome; Colds and Flu; Constipation; Corns; Coughing; Cuts, Scrapes and Abscesses; **D** : Dandruff; Depression; Diabetes; Diarrhea; Diverticulitis; Dizziness; Dry Mouth; **E** : Earache; Emphysema; Endometriosis; Erection Problems; **F** : Fainting; Fever; Flatulence; Fungal Infections; **G** : Gallstones and Kidney Stones; Genital Herpes and Cold Sores; Gingivitis; Glaucoma; Gout, Graves Disease (Hyperthyroidism); **H** : Hangover; Headache; Heartburn; Heart Disease; Hemorrhoids; High Blood Pressure; High Cholesterol; Hives; HIV Infection (AIDS); Hypothyroidism; **I** : Indigestion; Infertility; Inflammatory Bowel Disease; Inhibited Sexual Desire in Women; Insect Bites and Stings; Insomnia; Intermittent Claudication; Intestinal Parasites; **L** : Laryngitis; Lice; Liver Problems; Lyme Disease; **M** : Macular Degeneration; Menopause; Menstrual Cramps; Morning Sickness; Motion Sickness; Multiple Sclerosis; **N** : Nausea; **O** : Osteoporosis; Overweight; **P** : Pain; Parkinson's Disease; Pneumonia; Poison Ivy, Poison Oak and Poison Sumac; Pregnancy and Delivery; ; Premenstrual Syndrome; Prostate Enlargement; Psoriasis. **R** : Raynaud's Disease; **S** : Scabies; Sciatica; Shingles; Sinusitis; Skin Problems; Smoking; Sores; Sore Throat, Sties, Stroke; Sunburn; Swelling; **T** : Tinnitus; Tonsillitis; Toothache; Tooth Decay; Tuberculosis; **U** : Ulcers; **V** : Vaginitis; Varicose Veins; Viral Infection; **W** : Warts; Worms; Wrinkles; **Y** : Yeast Infection.

Authors Postscript : A Lifetime of Loving Plants.

International Conversion Chart.

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