

The Green Pharmacy James A Duke

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Green Pharmacy James A. Duke 2002-01-01
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 American includes

specific remedies for asthma, headaches, colds, stomachaches, depression, and many other common ailments.

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. **The Green Pharmacy Guide to Healing Foods** James A. Duke 2009-06-23 Upon 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).

The Green Pharmacy James A. Duke 2001
[Herbistatins](#) James A. Duke 2013-12 With uncertainty of the use of synthetic statins to prevent heart attacks and the lack of proof that statins lessen the risks of heart attack in women, if not sometimes in men, many are looking for alternatives. *Herbistatins* presents herbal alternatives to synthetic statins using wholesome foods that lower

the bad LDL cholesterol and raise the good HDL and have fewer negative side effects, maybe even better than the statins your doctor prescribes.

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.

Handbook of Medicinal Herbs James A. Duke 2018-01-18 A Practical, Authoritative Compendium This handbook catalogs 365 species of herbs having medicinal or folk

medicinal uses, presenting whatever useful information has been documented on their toxicity and utility in humans and animals. Plants from all over the world - from common cultivars to rare species - are included in these 700 pages. The toxicity of these species varies, but the safety of each has been formally or informally questioned by the Food and Drug Administration, National Cancer Institute, Department of Agriculture, Drug Enforcement Administration, or Herb Trade Association. Easy-to-Locate Facts and Figures Designed to enable fast access to important information, this hand-book presents information in both catalog and tabular forms. In the catalog section, plants are presented alphabetically by scientific name. (The index permits you to locate an herb by its common name.) A detailed sketch of the chief identifying features accompanies most catalog entries. For each species the following information,

as available, is presented and referenced:
Family and colloquial names
Chemical content
Uses and applications - present and historical
Processing, distribution, and economic potential
Toxicological agents and degree of toxicity
Poison symptoms in humans and animals
Treatment and antidotes
References to original literature

Five Tables of Accessible Data
Given a plant species, you can easily determine its toxins; or, given a toxin, you can discover which plants contain it. These and other data are presented in convenient tabular formats as appendixes to the handbook. Other information contained in these tables include toxicity ranking and other toxicity data (as applicable), such as mode of contact, organs affected, and lethal dose; and proximate analyses of selected foods. These tables are titled: Medicinal Herbs: Toxicity Rank

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.

The Green Pharmacy Herbal Handbook

James A. Duke 2000 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.

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.

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.

Ginseng James A. Duke 1989

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.

Handbook of Medicinal Mints (Aromathematics) James A. Duke

2000-11-10 This handbook provides the most complete collection of chemical data available on aromatic mints (Lamiaceae). The authors thoroughly introduce the field of aromathematics. Handbook of Medicinal Mints (Aromatics): Phytochemicals and Biological Activities contains a wealth of quantitative data, including more than 500 references on 10,839 chemicals from 251 assays of 205 unique taxa, combined with 3,324 biological activities and 256

recommended daily allowances and lethal doses. An exhaustive guide, the handbook is the ultimate resource for assessing the potential medicinal value of a particular species.

Herbal Remedies For Dummies Christopher Hobbs 1998-11-16 People have been using herbs to fight disease and promote wellness since prehistoric times. In recent years, science has gotten into the act and amassed quite a respectable body of evidence to support what healers the world over have been saying for centuries – herbal remedies work. Experiencing the heartbreak of psoriasis? A little dandelion root can clear it up. Grandpa’s sciatica acting up again? St. John’s Wort ought to put the spring back in his step. Got a bad case of poison ivy? Stop the itch with echinacea. Ginger tames the morning sickness beast – lavender and peppermint leaf also work well. Use licorice, chamomile, and wild yam root to pacify an

irritable bowel. If you’re one of the millions of people who feel let down by conventional health care, or who’ve experienced unpleasant or harmful side effects from modern medicines, Herbal Remedies For Dummies is a book you’ll want to have. Written by fourth-generation herbalist Christopher Hobbs, it gets you up to speed on what you need to know to: Choose safe and effective herbal products Treat scores of common ailments and conditions Find specific herbal remedies for women, men, and kids Grow and harvest herbs Create herbal products at home Chris clears up much of the confusion surrounding herbal medicines. He anticipates just about every question you’re likely to have about herbal medicine, and he provides concise, interesting answers laced with fascinating details from history and folklore. From alfalfa to yerba santa, he describes an array of best natural remedies, and he supplies:

Easy-to-follow instructions on how to select the best herbal products A Symptom Guide – simple and easy herbal remedies for more than 80 common conditions, listed alphabetically by symptom An Aroma Guide – an A-to-Z guide to 100 easy-to-find medicinal herbs More than fifty recipes for healing teas, oils, tonics, and more This friendly, caring, and accessible introduction to the world of herbal medicine is an important resource for anyone looking for a safe, easy-to-use alternative, or supplement, to conventional medicine.

Heilende Nahrungsmittel James Duke 2020-04-21 Dr. James Duke, Amerikas bekanntester Spezialist für medizinische Heilpflanzen, führt uns mit seinem Expertenwissen durch den Dschungel der Pflanzenwirkstoffe. In diesem umfassenden Nachschlagewerk hat er eine Auswahl an heilenden Nahrungsmitteln zusammengestellt, die bei den

unterschiedlichsten Beschwerden – von Allergien über Müdigkeit bis hin zu Übergewicht und Falten – wahre Wunder bewirken können. Wie senkt man seinen Bluthochdruck? Eine Tasse grünen Tee trinken, denn grüner Tee ist reich an natürlichen Beta-Blockern und harntreibenden Komponenten. Was tun gegen Arthritis? Man verzehre Granatapfel, dieser wirkt entzündungshemmend. Und bei Diabetes? Zimt vermag den Blutzuckerspiegel in ein gesundes Gleichgewicht zu bringen. Diese und noch unzählige weitere Wunderwaffen aus der Küche stellt Duke vor, stets mit neuesten Erkenntnissen aus der Forschung und persönlichen Anekdoten versehen. [Database of Phytochemical Constituents of Gras Herbs and Other Economic Plants](#) James A. Duke 1992-07-28 Database 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. Using WordPerfect™ 5.1's macros and search program, you can find plants by species name or common name, author, element, or compound. With macros, you can print out all plants with a given element or compound, or you may want a listing of those plants that include quantitative data. 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

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.

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 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.

Handbook of Proximate Analysis Tables of Higher Plants James A. Duke 2018-01-18

One of the Major functions of this publication is to compare nutritional chemistry of as many plant species as possible.

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.

Handbook of Edible Weeds James A. Duke 2019-07-23 "If you can't beat it, eat it." Words of wisdom from the author of this portable guide that emphasizes finding practical uses for weeds rather than waging pesticidal war on them. CRC 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. CRC Handbook of Edible Weeds is an excellent volume for botanists, plant scientists, horticulturalists, herbalists, and others interested in the edibility and practical uses of weeds.

Database of Biologically Active Phytochemicals & Their Activity James A. Duke 2020-02-13 Database of Biologically Active Phytochemicals and Their Activities presents an alphabetical tabulation of some 3,000 biologically active phytochemicals (elements and compounds) from higher plants. The data includes at least one and in some cases as many as 25 biological activities for each phytochemical. The

database also provides data on effective dose, inhibitory concentrations, and lethal and/or toxic doses. Entries after 1990 indicate the source of the data. Database of Biologically Active Phytochemicals and Their Activities makes it possible to locate the concentration of many compounds in plants and compare this data with dosage information to calculate how much of a given plant food it would take to cause lethality, antioxidant activity, hypoglycemic activity, or artemicidal activity. Using WordPerfect (TM) 5.1's search function, you can find compounds by entering a key word in their name (e.g., choline or salicyl-), locate all compounds with a given activity (e.g., hypotensive), or list all compounds for which ED50 data is entered or reported.

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.

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.

CRC Handbook of Nuts James A. Duke 2018-01-18 Over one hundred of the world's most important species of nuts are systematically accounted in this informative handbook. The text defines nuts and discusses their economic and nutritional value. For easy reference; there is an illustrated account of each nut by species, arranged alphabetically by scientific name. Each account includes the family name, several colloquial names, and paragraphs on uses, folk medicine, chemistry, germplasm, distribution, ecology, cultivation, harvesting, yields, energy, and biotic factors. Chapters Describe: Uses Folk

medicine Chemistry Germplasm Distribution Ecology Cultivation Harvesting Yields and economics Energy Biotic factors
Handbook of Northeastern Indian Medicinal Plants James A. Duke 1986

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 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.

Heilkräuter - Rezepte für die ganze Familie
Rosemary Gladstar 2016

Handbook of LEGUMES of World

Economic Importance James Duke 1981

Abstract: A compilation of worldwide information and data concerning legumes is presented as an authoritative comprehensive reference resource on legumes and their characteristics.

Descriptive material is arranged according to a standard format for each legume. The format covers: nomenclature, uses, folk medicine, chemistry, description, germplasm, current and historical geographic distribution, ecology, cultivation,

harvesting, yields and economics, biotic factors, and specific references. Each legume section is accompanied by an illustrated sketch of the particular species. Chemical, economic, and toxicological information is given in tabular form, including: legume toxins and the toxicity (LD-50); toxins of legume genera; ecosystem attributes of legumes; tolerance and yields of economic legumes; recommended inoculants for various legumes; and nutrient and amino acid compositions of legumes. (wz).

A Field Guide to Medicinal Plants James A. Duke 1990 A guide to medicinal plants showing how to identifying 500 plants. Information on where the plants are found and detailed descriptions of all their known uses.

Lehrbuch Phytotherapie Volker Fintelmann
2016-11-23 Das Standardwerk der modernen Phytotherapie mit hohem

praktischem Nutzwert: Synthese von heutigem Wissen, aktueller Forschung und 70-jähriger Erfahrung. Systematisch aufgebaut nach Indikationen, Heilpflanzen, Zubereitungsformen und Fertigpräparaten. Mit aktuellen pharmakologischen und klinischen Studien, Fertigarzneimitteln sowie Hinweisen auf Pflanzenmonografien nach den Kommissionen E, ESCOP, WHO und HMPC. Ihr Plus: Mit konkreten Therapiekonzepten der 14 wichtigsten Indikationsgruppen und therapeutischen Empfehlungen aus der langen persönlichen Erfahrung des Autors. Neu in der 13. Auflage: - Vollständig aktualisierter Text - Aktueller Stand der Zulassung und des Gebrauchs von Kava Kava - Um einige Pflanzen erweitert - Neues Kapitel zu Nikotinabhängigkeit - Inkl. HMPC Monografien
Culinary Herbs James A. Duke 1985
Handbook of Nuts James A. Duke

2000-11-10 Over one hundred of the world's most important species of nuts are systematically accounted for in this informative handbook. The text defines nuts and discusses their economic and nutritional value. For easy reference, there is an illustrated account of each nut by species, arranged alphabetically by scientific name. Each account includes the family name, several colloquial names, and paragraphs on uses, folk medicine, chemistry, germplasm, distribution, ecology, cultivation, harvesting, yields, energy, and biotic factors. Chapters Describe: Uses Folk medicine Chemistry Germplasm Distribution Ecology Cultivation Harvesting Yields and economics Energy Biotic factors
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.

Natural Products from Plants Leland J. Cseke 2010-12-12 There has long been a need for an authoritative source on natural products and plants and how they are used. This new volume fills this need, bringing together relevant, practical information

about the various types of natural products produced by plants, why they produce them, and their importance in today's world. *Natural Products from Plants* provides examples of how plant products are used to benefit humans through prevention and treatment of diseases, nutritional value, pest control, dyes, fibers, foods and beverages, flavorings and fragrances, and in creating many other novel compounds. Scientists from various disciplines-chemists, biologists, physicians, ethnobotanists, ecologists, nutritionists, and others-are interested in using natural products from plants, but must be aware of the potentially harmful effects of such compounds. Some plants are sources of poisons, addictive drugs, and hallucinogens. Anyone looking for a thorough understanding of the

properties of natural plant products - both beneficial and harmful - will find the answers in *Natural Products from Plants*.

The Green Pharmacy Anti-ageing Prescriptions James A. Duke 2003 This title shows readers: the top 13 herbs for staying young and disease free; natural preventative and treatment options for age-related ailments including heart disease, cancer, Alzheimer's, arthritis and osteoporosis; how to make 76 anti-ageing elixirs; eating plans; and lifestyle strategies.

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