

The Green Pharmacy Herbal Handbook

AUTHOR OF THE MILLION-COPY
BESTSELLER *THE GREEN PHARMACY*

James A. Duke, Ph.D.

THE GREEN PHARMACY HERBAL HANDBOOK

A COMPREHENSIVE, AUTHORITATIVE GUIDE
TO THE BEST HERBS FOR HEALING!

- OVER 180 HERBS
- REMEDIES FOR HUNDREDS OF AILMENTS
- SPECIAL SAFETY AND EFFECTIVENESS RATINGS

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Did you know that the oats you eat can also soothe itchy skin when put in your bath? That witch hazel shrinks hemorrhoids? From the herbs Americans take most to lesser-known medicinal plants, this readable and revealing guide helps you make smart choices about your health. The most thorough and comprehensive herb reference of its kind, "The Green Pharmacy Herbal Handbook" was compiled from Dr. Duke's database of the world's medicinal plants. The database, which he began during his career as a top botanist with the USDA, is a major resource for herbalists around the world. Written in Dr. Duke's own folksy, jargon-free language, this important reference work explains each herb with care, including: Description and historyMedicinal propertiesDosage optionsEffectivenessTherapeutic usesPrescription counterpartsSafetyPrecautions

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