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The Green Pharmacy	\$6.99		
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A1	A2	A3	A4	A5	A6	A7	A8	\$2.00 each		
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Catalog #798

the People's Pharmacy

with Joe & Terry Graedon

- ☛ **Don't take a chance with your health or your life!**
- ☛ You can't count on the drug companies to warn you of possible side effects or interactions...
- ☛ Or your doctor or HMO...
- ☛ Or your standard drug reference...
- ☛ But you **CAN** count on the Graedons.

COMPREHENSIVE BOOKS

Everything you ever wanted to know about your health and medicines is contained in these entertaining and easy-to-read volumes. No home should be without one!

INFORMATIVE BROCHURES

Each brochure is a brief, practical overview of a number of their most requested subjects.

For 25 years, Joe and Terry Graedon have been writing about some of the most important health issues of the day. Their books, syndicated health column and public radio show reach millions of health conscious people across the United States and Canada.



BOOKS

People's Pharmacy

The original 2-million-copy bestseller is updated in this indispensable consumer guide that includes tips on prescription and over-the-counter medicines, side effects and dangerous drug interactions, home remedies, and health and beauty products.

- New drugs such as Lipitor, Imitrex, Claritin, Cozaar, Diovan, Flonase, Fosamax
- Home remedies for arthritis, dandruff, hiccups, heartburn, bad breath, and more
- Drugs for children and women: the latest on Ritalin and contraceptives.
- Drug-by-drug guide to 150 popular medicines

\$6.99 (published 1998)

The People's Pharmacy Guide to Home and Herbal Remedies

by Joe & Terry Graedon

The ultimate consumer's guide to self-care with herbs, vitamins, and other home remedies

- Describes safe, effective home and herbal remedies, vitamins, and dietary supplements for any problem
- Overview of the 50 most popular herbs in the U.S., Europe, and Australia
- Warns of herb/drug combinations to avoid
- Details active ingredients, common uses, and proper dosages for each herb, including precautions, adverse effects, and possible interactions
- Lists resources for herbal Web pages and products

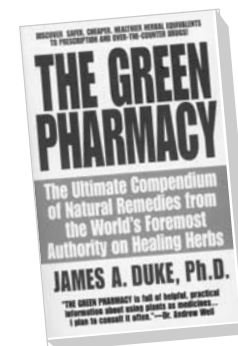
\$6.99 (paperback, published 2001)

The Green Pharmacy

by James E. Duke, PhD

"THE GREEN PHARMACY is full of helpful, practical information about using plants as medicines... I plan to consult it often."

— Dr. Andrew Weil



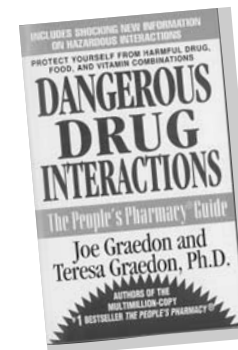
The ultimate compendium of natural remedies from the world's foremost authority on healing herbs. With just a few trips to the health food store, the supermarket, or your own back yard — and with the help of Dr. Duke — you'll have everything you need to create your own natural medicine cabinet.

\$6.99 (paperback)

Dangerous Drug Interactions

This book is a must for anyone taking over-the-counter or prescription medications.

Your physician or pharmacist may not know what other drugs can interact with your prescription. Protect yourself and your family by doing your own homework.



\$6.99
(published 1999)

- Information on Lanoxin, Vasotec, Cardizem, Naprosyn, Prozac, Procardia, Tagamet, Mevacor, Zestrine, Zocor, Zolof, Coumadin, Dilantin, Cipro, birth control pills, Calan
- Easy-to-read, easy-to-understand Interaction Charts
- Describes symptoms of interactions
- Drug interactions with grapefruit juice, cheddar cheese, cabbage, coffee, pudding, oatmeal, milk, licorice, calcium, alcohol

BROCHURES

A1 Digestive Disorders

New information on Constipation

Drugs and foods that aggravate heartburn. Effective treatments for constipation and diarrhea. Foods that cause gas and a secret recipe for degassing beans!

A2 Drug & Food Interactions

New information on Grapefruit Interactions

Killer combinations! Important instructions on how to best take popular drugs like Dyazide, Lanoxin, Coumadin and Zantac—Special insert on Grapefruit Interactions.

A3 Psychological Side Effects

New information on Antidepressant Pros & Cons

Which drugs change personality or cause depression? The latest on Halcion, Prozac and Xanax. Protect your children from problems with OTC drugs.

A4 Drugs & Older People

A must for anyone over 50. Treating arthritis and avoiding drug-induced forgetfulness and sexual difficulties. Drug Safety Checklist.

A5 Skin Care & Treatment

Ordering cheap barnyard beauty aids, such as Bag Balm. Dry skin solutions. Retin-A for acne and wrinkles. Drugs that exacerbate sunburn.

A6 Hair & Nail Care

New information on Battling Baldness

The best shampoos and conditioners. Drugs that may cause hair loss. Fighting nail fungus with home remedies. Dandruff solutions.

A7 Drug & Nutrient Interactions

New information on Coumadin Interactions

Which drugs increase nutrient requirements—and which, like Synthroid or tetracycline are inactivated by common supplements like iron or calcium.

A8 Thyroid Hormones

What symptoms signal an underactive or overactive thyroid? Everything you need to know about testing, treatment, and side effects. The latest on thyroid and osteoporosis.

A9 Controlling Cholesterol

New information on Cholesterol-Lowering Drugs

How to interpret cholesterol test results. Good vs. bad cholesterol. The low-down on how vitamins can protect your heart. Medicines that raise cholesterol.

A10 Cold Remedies

Natural approaches to treating colds, incl. zinc, vitamin C and herbs. Recipes for ginger tea, hot toddies & a powerful chicken soup.

A11 Drugs that Affect Sexuality

New information on Impotence Treatments

Many medicines can mess up your love life, lower libido or cause impotence. Discover practical solutions to this common problem.

A12 Getting a Good Night's Sleep

Tips on beating insomnia: foods to avoid, foods that help, herbal remedies, sleeping pills. Drugs that may cause insomnia.

A13 Drug & Alcohol Interactions

Do your medicines contain alcohol? Drugs that raise blood alcohol levels. Interactions with cold and allergy remedies as well as prescription medicines.

A14 Home Remedies

Make your own low-cost remedies at home. Raisin Remedy for arthritis. Novel uses for baking soda and vinegar. Cure for hiccups.

A15 Herbal Remedies

Remedies for stomach upset, migraines and motion sickness. Highlights some of the most popular herbs, incl. garlic, ginseng & ginger.

A16 Blood Pressure Treatment

Summary of non-drug approaches and the most popular prescription medicines.

A17 Estrogen: Benefits, Risks & Interactions

New information on Osteoporosis and Raloxifene

Controversies surrounding estrogen, progesterone and testosterone. Drugs that interact with estrogen and birth control pills. If you are on Premarin and Provera, this brochure is a must!

A18 Key Aspirin Information

Important drug interaction information on this popular, life-saving medicine. What's the best and safest aspirin dose?

A19 Smelly Feet

Soaks to reduce sweating, a military secret for smelly feet and athletes' foot solutions.

A20 Female Sexuality

Inside information on the "Sex Pill," an antidepressant that stimulates sexuality rather than ruining it. Pros and cons of testosterone and other treatments for low libido.

A21 Unique Uses for Vicks

Use Vicks for toenail fungus, dandruff, cold sores, & more—even as a squirrel repellent!

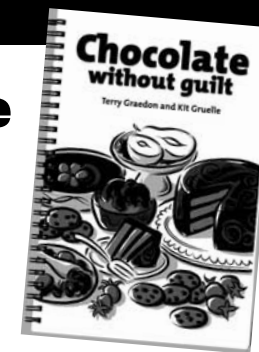
A22 Saving Money on Medicine

How to safely buy prescription drugs from Canada, assess generic drugs, qualify for free medicine from drug companies, and more.

Chocolate Without Guilt

A COOKBOOK

by Terry Graedon and Kit Gruelle



\$14.95

What experts have said about integrating chocolate into a healthy lifestyle:

Susan Love, M.D. (surgeon, women's health expert and author of Dr. Susan Love's Breast Book): *"What we really need to do is clean up our act—exercise, healthy diet, don't smoke, alcohol in moderation and have fun... I've decided that chocolate is a vegetable and I count it as one of my five fruits and vegetables a day."*

Dean Ornish, M.D. (physician, proponent of low-fat food against heart disease, and author of Love and Survival) *"If you really focus on something, you don't need as much of it to get an even greater level of sensual pleasure. For example, I like eating chocolate and so what I do is find the richest chocolate I can find and just focus on it... I can spend several minutes just enjoying a single piece of chocolate."*

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\$15 includes shipping and handling.

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