

# Green Pharmacy The History And Evolution Of Western Herbal Medicine

The Drug Book  
The Green Pharmacy Guide to Healing Foods  
The Green Witch Herbal  
Neurological Rehabilitation, 2/e  
The Life-Cycle of Pharmaceuticals in the Environment  
American Pharmacy (1852-2002)  
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Essential Math and Calculations for Pharmacy Technicians  
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The People's Pharmacy  
Quick & Handy Home Remedies  
Of People and Plants  
A Brief History of Pharmacy

## The Drug Book

Pharmacy has become an integral part of our lives. Nearly half of all 300 million Americans take at least one prescription drug daily, accounting for \$250 billion per year in sales in the US alone. And this number doesn't even include the over-the-

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counter medications or health aids that are taken. How did this practice become such an essential part of our lives and our health? *A Brief History of Pharmacy: Humanity's Search for Wellness* aims to answer that question. As this short overview of the practice shows, the search for well-being through the ingestion or application of natural products and artificially derived compounds is as old as humanity itself. From the Mesopotamians to the corner drug store, Bob Zebroski describes how treatments were sought, highlights some of the main victories of each time period, and shows how we came to be people who rely on drugs to feel better, to live longer, and look younger. This accessible survey of pharmaceutical history is essential reading for all students of pharmacy.

## **The Green Pharmacy Guide to Healing Foods**

*Food: The Key Concepts* presents an exciting, coherent and interdisciplinary introduction to food studies for the beginning reader. Food Studies is an increasingly complex field, drawing on disciplines as diverse as Sociology, Anthropology and Cultural Studies at one end and Economics, Politics and Agricultural Science at the other. In order to clarify the issues, *Food: The Key Concepts* distills food choices down to three competing considerations: consumer identity; matters of convenience and price; and an awareness of the consequences of what is consumed. The book concludes with an examination of two very different future scenarios for feeding the world's population: the technological fix, which looks to science to provide the solution to our future food needs; and the anthropological fix, which hopes to change our expectations and behaviors. Throughout, the analysis is illustrated with lively case studies. Bulleted chapter

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summaries, questions and guides to further reading are also provided.

## **The Green Witch Herbal**

Expert herbalist Matthew Wood takes the guesswork out of the application of medicinal plants in this first comprehensive herbal repertory, which provides an invaluable cross-reference of constitutional types, energetic categories, and specific symptoms that leads the herbalist to a limited number of possible herbs for a specific condition. Unlike many references in which medicinal plants are defined simply by condition or disease name, this book provides a basic plan for analyzing each case in a holistic fashion. The energetic (hot, cold, damp, dry, tense, relaxed) or action (sedative, stimulant, alternative, nutritive, relaxant, astringent, etc.) is cross-referenced with the organ, system, or function where the problem resides and specific symptoms known to indicate that specific herb or class of herbs. Drawing on his 35 years' experience as a practicing herbalist who has treated tens of thousands of clients, Wood incorporates knowledge from ancient Greek and traditional Native American medicine, the traditions of nineteenth-century botanical medicine, homeopathy, and modern biomedical research.

## **Neurological Rehabilitation, 2/e**

The meteoric rise of Las Vegas from a remote Mormon outpost to an international entertainment center was never a sure thing. In its first decades, the town languished, but when Nevada legalized casino gambling in 1931, Las Vegas met its destiny. This act—combined with the growing popularity of the automobile, cheap land and electricity, and changing national

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attitudes toward gambling—led to the fantastic casinos and opulent resorts that became the trademark industry of the city and created the ambiance that has made Las Vegas an icon of pleasure. This volume celebrates the city's unparalleled growth, examining both the development of its gaming industry and the creation of an urban complex that over two million people proudly call home. Here are the colorful characters who shaped the city as well as the political, business, and civic decisions that influenced its growth. The story extends chronologically from the first Paiute people to the construction of the latest megaresorts, and geographically far beyond the original township to include the several municipalities that make up today's vast metropolitan Las Vegas area.

## **The Life-Cycle of Pharmaceuticals in the Environment**

Greene's history sheds light on the controversies shadowing the success of generics: problems with the generalizability of medical knowledge, the fragile role of science in public policy, and the increasing role of industry, marketing, and consumer logics in late-twentieth-century and early twenty-first century health care.

## **American Pharmacy (1852-2002)**

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*

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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).

## **Green and Sustainable Pharmacy**

A guide to healing foods and home remedies reported to and verified by Joe and Terry Graedon, including their carefully researched responses on how and why such treatments work. The core of this title is organized as Q&As between the general public and the Graedons. It contains as much information as a voluminous encyclopedia of home remedies, yet it's quick, easy, inviting, and fun to read, with the same friendly and authoritative personality conveyed in their popular call-in radio show. The Graedons also offer a dozen new recipes for food so good for you, it serves as preventive medicine. Organized alphabetically by ailment and then, within each of those, by food or remedy. Offers the basics of three standard diets for health, weight control, and fitness, along with a dozen new recipes for preparing food to match

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the diets. Includes a helpful index and cross-referencing system, making the book both a good shelf reference and an entertaining browse. This book builds on the reputation of The People's Pharmacy and adds the extra value that comes from a partnership with National Geographic.

### **Pharmacy Informatics**

From a top world authority, the ultimate guide to using herbs to cure and prevent disease.

### **Paper Towns**

An eloquent and engaging account of the use of herbal medicine from prehistoric times to the present. Newly revised to include the latest developments in the field of herbal medicine, this classic bestseller presents a fascinating account of the ideas that have shaped the course of medicine and pharmacology in the Western world.

### **Ladybug Girl Dresses Up!**

Readers from ages 3 and up will adore this board book based on the delightful Ladybug Girl picture books. All dressed up with everywhere to go, Ladybug Girl Dresses Up! (Board Book) is a darling and charmingly illustrated book—presented in a board book format for younger readers—that follows Ladybug Girl as she embarks on dress-up adventures. Browse the pages below (click on any image to enlarge) and watch how Ladybug Girl's imagination takes flight.

### **New Green Pharmacy**

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How to combine herbs to address all aspects of specific ailments. Linda Page has been saying it for years: Good food is good medicine. Now, in her new revolutionary cookbook set, she presents the latest information about the problems with today's food supply and shows how to use food as medicine, for healing, and for wellness.

## **The Green Witch**

In this Second Edition of this radical social history of America from Columbus to the present, Howard Zinn includes substantial coverage of the Carter, Reagan and Bush years and an Afterword on the Clinton presidency. Its commitment and vigorous style mean it will be compelling reading for under-graduate and post-graduate students and scholars in American social history and American studies, as well as the general reader.

## **Essential Math and Calculations for Pharmacy Technicians**

### **Generic**

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.

### **Overground Railroad**

Centuries ago, every woman was an herbal expert by necessity, and her garden supplied medicines, cosmetics,

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and soaps. Today, as we seek natural alternatives to synthetic products, researchers are discovering that herbal legends often turn out to encode hard medical fact. This modern compendium of herbal remedies shows how to tap the astonishing power of plants and herbs.

## **A Brief History of Pharmacy**

This autobiography, flavored by Messeque's rich French heritage and the depth of his knowledge of native plant medicine, offers detailed information about the use of specific plants in treating a wide variety of ailments. Comprehensive appendices describe preparations for the principal chronic diseases and provide recommendations for seasonal and nutritional use of plants for optimal health.

## **Food**

Essays reprinted from the Journal of the American Pharmaceutical Association series commemorating the sesquicentennial of the American Pharmaceutical Association.

## **Las Vegas**

The Life-Cycle of Pharmaceuticals in the Environment identifies pathways of entry of pharmaceuticals into the environment, beginning with the role of global prescribing and disposal practices. The book then discusses typical levels of common pharmaceuticals and how they can be determined in natural waters such as raw and treated sewage, and in potable water. In addition, sections examine methods currently available to degrade pharmaceuticals in natural

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waters and some of their ecotoxicological impacts, along with future considerations and the growing concept of product stewardship. Encompasses the full lifecycle of common pharmaceuticals, from prescription and dispensing practices to their occurrence in a range of different types of natural waters and their environmental impact Explores the role of the healthcare system and its affect on users Beneficial for environmental engineers involved in the design and operation of appropriate degradation technologies of the pharmaceutical prescription and disposal practices

## Herbal and Traditional Medicine

Special edition slipcase edition of John Green's Paper Towns, with pop-up paper town. From the bestselling author of The Fault in our Stars. Quentin Jacobsen has always loved Margo Roth Spiegelman, for Margo (and her adventures) are the stuff of legend at their high school. So when she one day climbs through his window and summons him on an all-night road trip of revenge he cannot help but follow. But the next day Margo doesn't come to school and a week later she is still missing. Q soon learns that there are clues in her disappearance . . . and they are for him. But as he gets deeper into the mystery - culminating in another awesome road trip across America - he becomes less sure of who and what he is looking for. Masterfully written by John Green, this is a thoughtful, insightful and hilarious coming-of-age story.

## The Green Pharmacy

## Green Medicine

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Pharmacy has become an integral part of our lives. Nearly half of all 300 million Americans take at least one prescription drug daily, accounting for \$250 billion per year in sales in the US alone. And this number doesn't even include the over-the-counter medications or health aids that are taken. How did this practice become such an essential part of our lives and our health? *A Brief History of Pharmacy: Humanity's Search for Wellness* aims to answer that question. As this short overview of the practice shows, the search for well-being through the ingestion or application of natural products and artificially derived compounds is as old as humanity itself. From the Mesopotamians to the corner drug store, Bob Zebroski describes how treatments were sought, highlights some of the main victories of each time period, and shows how we came to be people who rely on drugs to feel better, to live longer, and look younger. This accessible survey of pharmaceutical history is essential reading for all students of pharmacy.

## Pharma

For 1,600 years Dioscorides (ca. AD 40–80) was regarded as the foremost authority on drugs. He knew mild laxatives and strong purgatives, analgesics for headaches, antiseptics for wounds, emetics to rid one of ingested poisons, chemotherapy agents for cancer treatments, and even oral contraceptives. Why, then, have his works remained obscure in recent centuries? Because of one small oversight (Dioscorides himself thought it was self-evident): he failed to describe his method for organizing drugs by their affinities. This omission led medical authorities to use his materials as a guide to pharmacy while overlooking Dioscorides' most valuable contribution—his empirically derived method for

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observing and classifying drugs by clinical testing.

Dioscorides' *De materia medica*, a five-volume work, was written in the first century. Here revealed for the first time is the thesis that Dioscorides wrote more than a lengthy guide book. He wrote a great work of science. He had said that he discovered the natural order and would demonstrate it by his arrangement of drugs from plants, minerals, and animals. Until John M. Riddle's pathfinding study, no one saw the genius of his system. Botanists from the eighteenth century often attempted to find his unexplained method by identifying the sequences of his plants according to the Linnean system but, while there are certain patterns, there remained inexplicable incoherencies. However, Dioscorides' natural order as set down in *De materia medica* was determined by drug affinities as detected by his acute, clinical ability to observe drug reactions in and on the body. So remarkable was his ability to see relationships that, in some cases, he saw what we know to be common chemicals shared by plants of the same and related species and other natural product drugs from animal and mineral sources. Western European and Islamic medicine considered Dioscorides the foremost authority on drugs, just as Hippocrates is regarded as the Father of Medicine. They saw him point the way but only described the end of his finger, despite the fact that in the sixteenth century alone there were over one hundred books published on him. If he had explained what he thought to be self-evident, then science, especially chemistry and medicine, would almost certainly have developed differently. In this culmination of over twenty years of research, Riddle employs modern science and anthropological studies innovatively and cautiously to demonstrate the substance to Dioscorides' authority in medicine.

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## **A People's History of the United States**

According to Dr. Larry Malerba, modern medicine has perfected the short-term technical repair of the physical body at the expense of the long-term psychological and spiritual well-being of the whole person. In *Green Medicine* he examines this issue and provides a realistic blueprint for wellness and a valuable guide for those seeking deeper and more lasting healing. Written in an accessible style, the book draws on a rich range of fields—physics, philosophy, Jungian thought, shamanism, alchemy, Eastern thought, Western esotericism, sustainability, orthodox medicine—to create a green medical paradigm that represents a powerful integrative medical perspective. Dr. Malerba interweaves case histories from his own practice with innovative concepts from alternative and Western medicine in order to address a number of crucial questions: • What are the personal and environmental costs to the overuse of pharmaceutical drugs? • Is conventional medicine as scientific as it claims to be? • How can conventional doctors and alternative healers begin to work together? • How can individuals transform medicine and become participants in their own healthcare? *Green Medicine* offers a practical and philosophical basis for building a viable green alternative that draws on the inherent unity of body, heart, mind, soul, and nature. From the Trade Paperback edition.

## **Green Pharmacy**

Covering everything from ancient herbs to cutting-edge chemicals, examines the most important moments in the development of pharmaceuticals and includes discussions of vaccines, homeopathic cures, and controversial treatments.

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## Green Pharmacy

Ruth was so excited to take a trip in her family's new car! In the early 1950s, few African Americans could afford to buy cars, so this would be an adventure. But she soon found out that black travelers weren't treated very well in some towns. Many hotels and gas stations refused service to black people. Daddy was upset about something called Jim Crow laws . . . Finally, a friendly attendant at a gas station showed Ruth's family *The Green Book*. It listed all of the places that would welcome black travelers. With this guidebook—and the kindness of strangers—Ruth could finally make a safe journey from Chicago to her grandma's house in Alabama. Ruth's story is fiction, but *The Green Book* and its role in helping a generation of African American travelers avoid some of the indignities of Jim Crow are historical fact.

## Ruth and the Green Book

Providing a guide to the development of herbal medicine in the western world, this is a revised edition of a work first published in 1981. It contains basic information on modern herbal practice as well as historical details about the personalities who shaped its development. It discusses the conflict in the ranks of herbal practitioners and organizations, and looks at the growing volume of clinical research which is establishing the scientific credentials of herbal medicine. Information about ancient and modern miracle cures such as ginkgo biloba, aloe vera, saw palmetto and St John's wort is also included.

## Academic Charisma and the Origins of the Research University

## **Pain Management and the Opioid Epidemic**

Applies the Principles of Informatics to the Pharmacy Profession Emphasizes Evidence-Based Practice and Quality Improvement Approaches Leading the way in the integration of information technology with healthcare, Pharmacy Informatics reflects some of the rapid changes that have developed in the pharmacy profession. Written by educators and profession

## **The Discovery of Oxygen**

Tracing the transformation of early modern academics into modern researchers from the Renaissance to Romanticism, *Academic Charisma and the Origins of the Research University* uses the history of the university and reframes the "Protestant Ethic" to reconsider the conditions of knowledge production in the modern world. William Clark argues that the research university—which originated in German Protestant lands and spread globally in the nineteenth and twentieth centuries—developed in response to market forces and bureaucracy, producing a new kind of academic whose goal was to establish originality and achieve fame through publication. With an astonishing wealth of research, *Academic Charisma and the Origins of the Research University* investigates the origins and evolving fixtures of academic life: the lecture catalogue, the library catalog, the grading system, the conduct of oral and written exams, the roles of conversation and the writing of research papers in seminars, the writing and oral defense of the doctoral dissertation, the ethos of "lecturing with applause" and "publish or perish," and the role of reviews and rumor. This is

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a grand, ambitious book that should be required reading for every academic.

## **How to be Your Own Herbal Pharmacist**

Within recent years pharmaceuticals have come into focus as contaminants of the environment (see for example Kümmerer, K. editor: Pharmaceuticals in the Environment). At the same time the issue of sustainable chemistry gained momentum. Bringing both together would result in sustainable pharmacy. Sustainable pharmacy is a totally new issue and approach. It addresses environmental, economical and social aspects of pharmacy. In the present stage the focus will be on environmental issues along the whole lifecycle of a pharmaceutical entity. That is dealing with resources and energy input but also with waste issues for example during the synthesis and production of an active pharmaceutical ingredient. Furthermore, it would also look on the compounds themselves and will aim to improve the degradability of the compounds after their use in the environment to reduce the environmental risk caused by pharmaceuticals in the environment. Another issue is the people using pharmaceuticals such as pharmacists, medical doctors and patients. How can they contribute to more efficient use of pharmaceuticals with less environmental burden and less risk for drinking water. The book "Sustainable Pharmacy" will address all these issues and will be the first one dealing with this important topic.

## **Kremers and Urdang's History of Pharmacy**

The first book to explore the historical role and residual impact of the Green Book, a travel guide for black motorists

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Published from 1936 to 1966, the Green Book was hailed as the “black travel guide to America.” At that time, it was very dangerous and difficult for African-Americans to travel because black travelers couldn’t eat, sleep, or buy gas at most white-owned businesses. The Green Book listed hotels, restaurants, gas stations, and other businesses that were safe for black travelers. It was a resourceful and innovative solution to a horrific problem. It took courage to be listed in the Green Book, and Overground Railroad celebrates the stories of those who put their names in the book and stood up against segregation. It shows the history of the Green Book, how we arrived at our present historical moment, and how far we still have to go when it comes to race relations in America.

## **A Guide to Pharmacy Museums and Historical Collections in the United States and Canada**

Pharmacy Education in the Twenty First Century and Beyond: Global Achievements and Challenges offers a complete reference on global pharmacy education, along with a detailed discussion of future issues and solutions. This book begins with a brief overview of the history of pharmacy education, covering all levels of education and styles of learning, from undergraduate, continuing professional education, and methods for self-learning and development. Teaching strategies such as team-based learning, problem-based learning and interdisciplinary education are also described and compared to conclude why certain pharmacy programs attract students, and why educators prefer particular teaching strategies, assessment tools and learning styles. As a result, this book provides pharmacy educators, administrators, students and practitioners with a comprehensive guide to pharmacy education that will enable

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readers to choose the best approaches to improve, reform or select a program based on worldwide experience and the latest available evidence and research. Describes and discusses the advantages and disadvantages associated with different types of pharmacy curricula, degree programs, styles of learning, teaching strategies, and more Edited and written by a team of authors to provide diverse global experiences and insights into what factors make a program attractive and successful Covers important topics in pharmacy education, such as quality and accreditation issues, the business of pharmacy education, leadership and similarities

## **The Green Pharmacy Herbal Handbook**

### **Dioscorides on Pharmacy and Medicine**

Drug overdose, driven largely by overdose related to the use of opioids, is now the leading cause of unintentional injury death in the United States. The ongoing opioid crisis lies at the intersection of two public health challenges: reducing the burden of suffering from pain and containing the rising toll of the harms that can arise from the use of opioid medications. Chronic pain and opioid use disorder both represent complex human conditions affecting millions of Americans and causing untold disability and loss of function. In the context of the growing opioid problem, the U.S. Food and Drug Administration (FDA) launched an Opioids Action Plan in early 2016. As part of this plan, the FDA asked the National Academies of Sciences, Engineering, and Medicine to convene a committee to update the state of the science on pain research, care, and education and to identify actions the FDA and others can take to respond to the opioid epidemic,

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with a particular focus on informing FDA's development of a formal method for incorporating individual and societal considerations into its risk-benefit framework for opioid approval and monitoring.

## Powering the Dream

Award-winning journalist and New York Times bestselling author Gerald Posner traces the heroes and villains of the trillion-dollar-a-year pharmaceutical industry and uncovers how those once entrusted with improving life have often betrayed that ideal to corruption and reckless profiteering—with deadly consequences. Pharmaceutical breakthroughs such as antibiotics and vaccines rank among some of the greatest advancements in human history. Yet exorbitant prices for life-saving drugs, safety recalls affecting tens of millions of Americans, and soaring rates of addiction and overdose on prescription opioids have caused many to lose faith in drug companies. Now, Americans are demanding a national reckoning with a monolithic industry. Pharma introduces brilliant scientists, in-corruptible government regulators, and brave whistleblowers facing off against company executives often blinded by greed. A business that profits from treating ills can create far deadlier problems than it cures. Addictive products are part of the industry's DNA, from the days when corner drugstores sold morphine, heroin, and cocaine, to the past two decades of dangerously overprescribed opioids. Pharma also uncovers the real story of the Sacklers, the family that became one of America's wealthiest from the success of OxyContin, their blockbuster narcotic painkiller at the center of the opioid crisis. Relying on thousands of pages of government and corporate archives, dozens of hours of interviews with insiders, and previously

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classified FBI files, Posner exposes the secrets of the Sacklers' rise to power—revelations that have long been buried under a byzantine web of interlocking companies with ever-changing names and hidden owners. The unexpected twists and turns of the Sackler family saga are told against the startling chronicle of a powerful industry that sits at the intersection of public health and profits. Pharma reveals how and why American drug companies have put earnings ahead of patients.

### **The Earthwise Herbal Repertory**

Responding to the increased popularity of herbal medicines and other forms of complementary or alternative medicine in countries around the world, this reference reviews and evaluates various safety, toxicity, and quality-control issues related to the use of traditional and herbal products for health maintenance and disease prevention and treatment. With over 3,550 current references, the book highlights the role of herbal medicine in national health care while providing case studies of widely used herbal remedies and their effects on human health and wellness and the need for the design and performance of methodologically sound clinical trials for the plethora of herbal medicines.

### **Pharmacy Education in the Twenty First Century and Beyond**

Few today realize that electric cabs dominated Manhattan's streets in the 1890s; that Boise, Idaho, had a geothermal heating system in 1910; or that the first megawatt turbine in the world was built in 1941 by the son of publishing magnate G. P. Putnam--a feat that would not be duplicated for another

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forty years. Likewise, while many remember the oil embargo of the 1970s, few are aware that it led to a corresponding explosion in green-technology research that was only derailed when energy prices later dropped. In other words: We've been here before. Although we may have failed, America has had the chance to put our world on a more sustainable path. Americans have, in fact, been inventing green for more than a century. Half compendium of lost opportunities, half hopeful look toward the future, *Powering the Dream* tells the stories of the brilliant, often irascible inventors who foresaw our current problems, tried to invent cheap and energy renewable solutions, and drew the blueprint for a green future.

### **The People's Pharmacy Quick & Handy Home Remedies**

Accurately calculating medication dosages is a critical element in pharmaceutical care that directly affects optimal patient outcomes. Unfortunately, medication dosage errors happen in pharmacies, in hospitals, or even at home or in homecare settings everyday. In extreme cases, even minor dosage errors can have dire consequences. Careful calculations are essential to providing optimal medical and pharmaceutical care. *Essential Math and Calculations for Pharmacy Technicians* fills the need for a basic reference that students and professionals can use to help them understand and perform accurate calculations. Organized in a natural progression from the basic to the complex, the book includes: Roman and Arabic Numerals Fractions and decimals Ratios, proportions, and percentages Systems of measurement including household conversions Interpretation of medication orders Isotonicity, pH, buffers, and reconstitutions Intravenous flow rates Insulin and Heparin products Pediatric

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dosage Business math Packed with numerous solved examples and practice problems, the book presents the math in a step-by-step style that allows readers to quickly grasp concepts. The authors explain the fundamentals simply and clearly and include ample practice problems that help readers become proficient. The focus on critical thinking, real-life problem scenarios, and the self-test format make Essential Math and Calculations for Pharmacy Technicians an indispensable learning tool.

## **Of People and Plants**

THE GREEN WITCH is a modern, comprehensive guide to using herbs. For home or garden, for beauty or hygiene, for kitchen and bathroom, for relaxation or relief from sickness, people everywhere are turning to the world of plants, be they flowers, leaves, berries or roots and barks. Full of practical advice, and packed with recipes for aromatic mixtures and effective natural remedies, this magical book shows you how to use the astonishing power of plants and herbs. Including sections on: \* wild food; \* spices; \* the sweet-smelling home; \* fragrant herbal baths; \* natural secrets of beautiful hair and skin; \* and an important section on herbal remedies for adults and children.

## **A Brief History of Pharmacy**

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