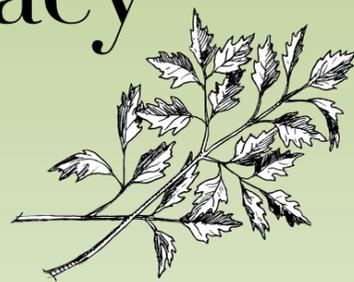


Nature's Pharmacy



EVIDENCE-BASED
ALTERNATIVES TO DRUGS

Pamela Duff, RN, CSNC

This book is unorthodox in several ways.

First, it dares to suggest that foods and herbs just might be a first line of defence for health instead of modern medications. Much too much emphasis is placed on using drugs first and ignoring what centuries of worldwide practice has shown that using plants prevent disease and restore health during illness.

Second, it uses book format to publicize hard to find pro-plant based studies rather than using other forms of technology.

Third, it keeps those studies right with the alternative suggestions instead of buried at the back where few tend to look at the best of times.

That said, Nature's Pharmacy: Evidence-Based Alternatives to Drugs is meant to be a bridge between conventional and alternative practices. Far too often we are only given one side to a preference and not the other. Both sides should be taken into consideration so that individuals can make informed choices regarding their own health and that of their loved ones. Worse yet, harmful side effects of medications are glossed over

until severe illness or death jolts people into finally looking at them.

Although there is room in the world of health for alternatives, the information provided here is to be used as an open door to another realm of healing. This book is meant to show that alternatives are not just snake oil but have been scientifically proven benefits.

...a very important text, which can be used as a reference tool for both the health professional and average citizen alike. Simply stated and clear-cut, Pam tells it like it is and presents medical and scientific fact.

~ Erin Toner, BA, DHMHS, PTS



...an open door
to another realm
of healing



photo: Alejandro Duff

Pamela Duff is a retired registered nursing director who was once certified in Gerontology. Currently, she holds certificates in various areas of nutrition including sports and raw foods. As a great-grandmother, Pam has been a vegan for 17 years, lives by her own advice, and still works part-time as a consultant for The Organic Grocer in Surrey, BC, Canada. Pam is also the author of the Health section on the family's website www.innvista.com and, with her husband, co-authored the historical book *Green Timbers: Surrey's Urban Forest Park*.



FIRST CHOICE BOOKS
DEMAND PUBLISHING & BINDING

ISBN 978-1-77084-199-4



9 781770 184199 4

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EVIDENCE-BASED ALTERNATIVES TO DRUGS

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