



HERBS ARE NEVER SUBJECTED TO CLINICAL TRIALS. CHINESE HERBAL MEDICINES WHICH I TRIED ONCE WITH TERRIBLE SIDE-EFFECTS, USUALLY NEED TO BE BOILED TO EXTRACT THE CHEMICALS SO THE DOSE WILL DEPEND ON HOW MUCH HERB WAS USED AND THE LENGTH OF TIME THAT THEY WERE COOKED FOR. TODAY HERBS ARE SOMETIMES AVAILABLE IN TEAS AND AGAIN ONE DOESN'T KNOW MUCH ABOUT THE DOSE OR SIDE-EFFECTS.