

Herbal Safety

A blade of grass, a simple flower--these shall speak with great power of positive change and health to you.---*Diane Bradley Higgs*



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Our Concerns

As always, we are committed to bringing you the best of natural care and keeping you informed and update on health issues. Please read this pamphlet carefully and learn to heal wisely. You should know the facts for safe herbal and supplement use.

Herbal medicine is the oldest form of healthcare known to mankind. Herbs had been used by all cultures throughout history. It was an integral part of the development of modern civilization. Primitive man observed and appreciated the great diversity of plants available to him. The plants provided food, clothing, shelter, and medicine. Much of the medicinal use of plants seems to have been developed through observations of wild animals, and by trial and error. As time went on, each tribe added the medicinal power of herbs in their area to its knowledgebase. They methodically collected information on herbs and developed well-defined herbal pharmacopoeias. Indeed, well into the 20th century much of the pharmacopoeia of scientific medicine was derived from the herbal lore of native people. Many drugs commonly used today are of herbal origin. Indeed, about 25 percent of the prescription drugs dispensed in the United States contain at least one active

ingredient derived from plant material. Some are made from plant extracts; others are synthesized to mimic a natural plant compound, as in the chemical compound of many fragrance blends. Herbs work on vibrations and bring harmony to disharmonic conditions by balancing out vibrations and reestablishing the delicate mineral household of the very cells.

Conditions Requiring Immediate Medical Attention

- Any allergic reactions
- Back Injury
- Bleeding that won't stop
- Blood in the stool
- Chest pains
- Dizziness or disorientation
- Drowsiness, stupor, or unconsciousness
- Head injury
- Heart palpitations or irregular heart beat
- High blood pressure
- High fever
- Poisoning
- Unusual lumps or growths
- Severe drop or rise in blood sugar level.



Plants Are Powerful Healers...Adhere To These

Most herbs are not recommended for those who are under 12 years old. To be safe, use herbal supplements made especially for babies and children. Never give honey to children under 2 years old.

If you are pregnant or nursing, please check with an alternative care specialist before using or taking plant supplements or essential oils.

If you suffer from epilepsy, allergens, diabetes, or high blood pressure; always check with your doctor or an alternative care specialist before beginning an herbal program.

Many joint supplements contain glucosamine & Chitosan which are derived from shell fish; so be careful if you are allergic to shellfish.

Vitamin K cream should not be used if you are taking the blood thinner Coumadin.

Ginkgo Biloba should not be used if you are taking blood thinners.

Yohimbine and Ma Huang may cause elevation in blood pressure and heart rate and should not be taken if you suffer from cardiovascular diseases.

If you suffer from autoimmune disorders, do not take echinacea nor astragalus.

Some herb that considered a bit dangerous are American Mistletoe, Belladonna, Chaparral, Comfrey, Foxglove, Madagascar Periwinkle, Mandrake, Mayapple, Pennyroyal, Poke wood, Poke root, Lily-of-the-valley, Rue, Tansy, Glory lilies, opium poppy, and Yohimbe; use with caution and under supervision.

If you suffer from heart disease, avoid belladonna, ginseng, goldenrod, hawthorn leaf, horehound, horsetail, licorice, and parsley.

If you are diabetic, avoid marshmallow and psyllium seed.

If you are HIV positive, avoid echinacea, astragalus, pallida root, and mistletoe.

If you suffer from gallbladder disease, avoid chicory, dandelion, devil's claw, ginger, mint oil, haronga bark, peppermint, and turmeric.

If you suffer ulcers, avoid cinnamon oil, cola nut, devil's claw, horseradish, watercress, white willow bark.

Avoid chamomile if allergic to ragweed.

Avoid bromelain (pineapple) and Vitamin E if taking blood thinning medication.

Dandelion greens are rich in potassium; so do not eat (or be careful when eating) them with potassium tablets.

Avoid licorice if hypertensive or epileptic

DO NOT take the following over long periods of time: goldenseal, bilberry, black cohosh,

comfrey, echinacea, **CAUTION** fennel, ginkgo biloba, kava kava, licorice, uva ursi, valerian, and psyllium.

Astragalus

Avoid if you have a fever or great thirst.

Bladder Wrack (seaweed)

Avoid if scheduled for any type of surgery; considered an anticoagulant.

Chamomile

Avoid if take sedatives.

Avoid if take anticoagulants such as aspirin, heparin.

Echinacea

Avoid if pregnant. Do not use for more than 3 weeks.

Avoid if take immunodepression such as cyclosporine, azathioprine.

Evening Primrose Oil

Avoid if you suffer from seizures.

Garlic, Ginkgo

Avoid if taking blood thinners, aspirin, or anti-inflammatory drugs.

Ginger

Avoid if you have gallstones

Avoid if you take sedatives.

Avoid if taking blood thinners, aspirin, or anti-inflammatory drugs.

Avoid if take anticoagulants such as aspirin, heparin.

Ginseng

Avoid if pregnant or nursing and if you suffer from kidney ailments.

Goldenseal

Avoid if pregnant. Do not use for longer than 3 weeks.

Avoid if you take sedatives.

Avoid if take anticoagulants such as aspirin, heparin.

Kava Kava

Avoid if you have Parkinson's disease.

Avoid if you take Alprazolam.