

FREQUENTLY ASKED QUESTIONS ABOUT HERBS AND HOW THEY ARE USED!

Q. What is Herbal Medicine?

A. Herbal medicine, or herbalism, is the use of plants as therapy. More specifically, it involves the use of extracts and naturally occurring chemical compounds from certain plant parts, which are believed to have therapeutic effects.

Q. Is Herbal Medicine Safe?

A. Although herbal medicine uses natural substances, like plant extracts, that does not necessarily mean it is always safe. What is generally true is that herbal medicine is safer and more tolerated than chemical drugs. Side effects are rare and insignificant with most herbal products, but some may have considerable side effects. Consuming excessive amounts of certain herbs or their extracts may lead to serious health risks. Interaction between different herbal/natural supplements and other drugs is also possible.

Before you take any herbal medicine, you should thoroughly investigate its safety and potential side effects. And don't be shy to ask your physician for advice!

Q. Can Herbal Medicine Replace Prescription Drugs?

A. Herbs generally provide a holistic and slow treatment approach which may result in long-lasting benefits in the long run. However, if you are looking for a quick fix that works instantly and temporarily, then prescription drugs are more effective, albeit at a much higher cost, not just to your wallet but also to your overall health and natural body flow.

Many herbs have medicinal effects in the human body, but that does not mean they can be an effective treatment. If you already take medications that are prescribed by your doctor, you should stick with those as long as you are seeing improvement.

Q. When should I take herbal products?

A. Herbal products can be used at any time. For an acute condition with symptoms such as a cold or infection; for a chronic condition where the symptoms have been there for a while, or, taken as a daily tonic to help support a variety of systems in the body to prevent common issues.

Q. How soon will I see results?

A. Typically, herbs and dietary changes take a few weeks before changes are seen or felt with chronic conditions. However, each case is different and result time can vary. For acute symptoms, relief is usually within 1 to 3 days.

Q. Do you have herbalists on staff?

A. Yes. We have a certified Aromatherapist on retainer who advises us on our offerings.

Q. I take medications – could it or they interact with the herbs in your tea or the tinctures you sell?

A. Yes, they possible could. That is why we have our Aromatherapist on hand to identify and Point out to us the possible contra indications

Q. Can I use your teas every day?

A. Some teas should be used daily, while other teas should not. For a few of our teas, we recommend that you take a break every few weeks and then reintroduce the herbs. We will list on the side panel of the package, the appropriate length of use, dosage, contraindications, and cautions.

Q. How is herbal medicine different from modern-day pharmaceuticals?

A. Herbs, when combined together in a custom blended form, can be remarkably effective in providing full-body treatment that is not just symptom specific. Herbal medicines do not have extensive side effect profiles as pharmaceuticals do because of their wholistic nature.

Q. Can I take herbal supplements when pregnant?

A. Always consult your doctor before taking ANY supplement during pregnancy.

Q. How to take liquid tinctures?

A. Ideally, you should mix 10 drops in glass of distilled water. However, if distilled water is not available, you may take it with regular clean water. After adding 10 drops, we suggest you stir the mixture and let it sit for 2-3 min, so that extract would completely dissolve within water.