



HERBS! HEALING THE BODY

HERBS: DO THEY WORK?

Herbs are plants. Herbal healing comes from ingesting the leaf, flower, stem, seed, root, fruit or bark; or any combination of a plants anatomy.

Human constitutions are closely aligned with plant constitutions. We eat food because it nourishes our bodies and provides the elements that sustain us. The chemistry of plant constituents, which is referred to as phytochemistry, is very complex. Chemists can't identify all the molecules and their attributes that plants have.

Yet, we eat plants to live. Think about that! The food we eat maintains our health.

Carbohydrates, lipids, and proteins can all be provided for by eating plant based food (herbs). Our food is primarily plants. You can't provide your body what it needs, to function properly by just eating meat.

DIFFERENCE BETWEEN TAKING HERBS - OR - PRESCRIPTIONS TO HEAL?

What traditional medicine (Allopathic) usually does is to extract a molecule(s) from plants to

achieve results.

For instance, salicylic acid is found in different herbs. One such herb is Meadowsweet. Pharmacist extract the aspirin molecule from the plant and process it as a pill. Constant use of aspirin can cause the lining of the stomach to bleed. This means you need something else to correct that side effect. However, consumption of Meadowsweet as an herb, contains other molecules that prevent bleeding of the stomach lining.

The whole herb prevents the unwanted side effects that are often seen in conventional pharmaceutical treatments. The whole plant is greater than its parts. Plants support the whole body while giving its main benefit to the area of focus.

HOW ARE HERBS SELECTED?

There are literally thousands of herbs that can be used medicinally. Herbs have what we call 'actions', 'energetics', and 'affinities'. These identify what a plant does, how a plant does it work, and where in the body it does that work.

Symptoms are our bodies communication system. From understanding the language of symptoms and how they affect our tissues, we can get an idea of the underlying issue, which directs us to the best herb(s) to use. There is more to this, but succinctly, that is the gist behind herb selection. What **you**, the customer experiencing is the deciding factor on which herbs to choose.

HOW LONG BEFORE I'M HEALED?

Healing isn't going to happen with a tea bag or a capsule taken overnight. Although some issues do lend themselves to fast resolutions, that's not usually the case. Healing usually involves a re-balancing, which means the customer has to participate by reviewing and probably changing their lifestyle in some way. What are your eating habits, your physical activity. In other words, what have you been doing or not doing that's contributed to your issue. Nothing happens in a vacuum. Action has consequences.

Herbal healing is a matter of strategy. Herbalism usually begins with a formula that is comprised of a group of herbs. That formula is given to a customer. The formula is then reviewed after a few days to determine if the herbs need to be adjusted, and to gauge their efficacy, or, maybe the dosage may need to be increased or decreased.

This is done because, every formula will not work for every **body**.

Note:

Herbalism starts with, 'do no harm', to prevent an adverse effects from the herbs in the formula. Herbalist wants to know what conventional medicines you are taking. You should also tell your doctor if you are planning to start a course of herbal medicine if you are on pharmaceuticals.

You should not stop taking your conventional medicines in favor of herbs unless your doctor knows and approves. Taking herbs may increase or decrease the effectiveness of other drugs you are taking or may increase the risk of negative side effects.

Conventional (Allopath) medicine is needed. There have been great achievements made in allopathic medicine. The physician is not the enemy. What we are talking about is you the consumer taking control of your own health.

So, herbs can heal, but you the customer must participate by paying attention to your body. Remember, our bodies are complex, it will try to heal itself. But it needs help. Herbs are a natural way of providing that help. What we are trying to communicate in this paper is that herbs are a natural medicine that the body knows how to use to heal itself. Eat to live. Just pay attention to what you eat. You are responsible for your health

ADAPTOGEN HERBS



SCHIZANDRA



HOLY BASIL



REISHI MUSHROOM



BACOPA



GINSENG



TREE OF LIFE



SHATAVARI



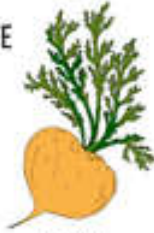
ASHWAGANDHA



LICORICE



ASTRAGALUS



MACA



GOTU KOLA



RHODIOLA



ELEUTHERO



ROSEMARY



MILK THISTLE



CODONOPSIS



ALOE VERA

At Organic Remedies our focus is on natural health.



Organic Remedies

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