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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Herbal Medicine For A Modern World

By Lucy Bartlett

Using herbs to benefit from its medicinal or therapeutic value is commonly known as herbal medicine. Chemical substances contained in the herbal plants can be induced to act upon the body of the person consuming it.

Humanity has known of this form of healthcare based on herbs since ancient times. History is replete with details of cultures benefiting from herbal medicines. It played a vital role in the progress of modern civilization. The early primitive men discovered that the herbs provide not only a cure but also food, shelter and clothing.

Many of the common drugs used by us today are derived from herbs. According to various sources at least one basic ingredient from plant materials form part of some of the prescription drugs available in the United States.

According to WHO - World Health Organization - nearly 80 percent of the worlds population or 4 billion people currently use some aspects of herbal medicine in their health care process. The common element in Native American Indian medicine, traditional oriental medicine, naturopathic, homeopathic and Ayurvedic medicines is herbal medicine.

Today, for the treatment of high blood pressure, heart disease, asthma, pain, and other problems, a large proportion of commercial medications use substances derived from plants. To treat symptoms of asthma and other respiratory problems, Epedrine is used. This is an active ingredient in ephedra, a traditional Chinese herb.

The foxglove plant is another example pointing towards the use of herbal extraction by modern medicine. The leaf from this plant is powdered to stimulate cardiac digitalis and provide relief to a large number of heart patients.

Traditional Chinese Herbalism, Ayurvedic Herbalism and Western Herbalism are some of the various systems of herbal medicine prevalent today. Ayurvedic and Chinese Herbalism developed into a successful system to treat various health disorders. Western Herbalism is yet to achieve this level of

advancement and remains a system of folk medicine.

Some of the herbs used in Ayurveda are successful in reducing diabetes and cholesterol. In recent years, there is a growth in the use of herbal medicines due to the success stories of St. John's Wort, which replaced Prozac to treat mild depression. In the United States, the popularity of Ginseng and Ginkgo Biloba is rising due to its curing effects.

Herbal medicines can be marketed in US only as food supplements. Without FDA approval, herb manufacturers or distributors cannot make specific health claims.

Lucy Bartlett is a proud contributing author. Find more articles at

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Stress Relief Provided By Herbal Medicine

By Grace Palce

Chances are, you may not know about the use of herbal medicine to provide stress relief.

We certainly can't blame if you don't. Herbal medicine, after all, is still trying to gain its former popularity and so many people are still in doubt of its efficacy and prefer to use prescription medicine instead. But you see, if you take the time to check historical texts, the use of herbal medicine can date back as far as 5,000 years ago! The efficacy of herbal medicine, therefore, should not be in doubt anymore since it's supported by five millennia worth of proof.

Before we give you an example of herbal medicine that can provide stress relief, however, we shall give you a little bit of do's and don'ts on the subject of herbal medicine to ensure safety and proper use.

Do consult your doctor first before taking any herbal medicine to fight stress or for whatever reason. Self-medication is never good and it can bring you a lot of complications that could have easily been avoided if you had only asked your doctor about your chosen type of medication.

When consulting your doctor, do bring a sample of your herbal medicine so he'll be able to analyze

whether it's real and of good quality. To safeguard yourself from cheap herbal medicine imitations, always buy from any herbal medicine store of good and long-standing reputation. These stores may even offer money back guarantee and of course, that wouldn't hurt at all.

Your doctor may also make you aware if there would be any possible negative reactions if and when you do take a particular herbal medicine. That doesn't mean you can't take herbal medicine anymore to provide relief; it simply means that you're just not able to take that particular herbal medicine and you have to search for another.

Lastly, if you're already taking prescription medicine, you truly need to visit your doctor before taking herbal medicine as well because there are instances when a combination of both can result to unwanted complications.

And now for an example of herbal medicine that can provide stress relief:

Catnips - One of the most common symptoms of stress are diarrhea, increased or loss of appetite and anxiety. If these are stress symptoms that trouble you most, this herbal medicine is definitely what you need because it nurtures the stomach and nerves.

Kada Kava - This herbal medicine can provide stress relief by vanquishing symptoms like insomnia (typical of workaholics who love to do overtime) and anxiety (typical of workaholics who have high pressure jobs).

Grace Palce is writing articles about stress relief

<http://www.good-herbal-health.com/lifestyle/stress-relief/>

on her site about natural medicine

<http://www.good-herbal-health.com>



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