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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 Remedies Health Benefits

By Wayne McDonald

Most of us want fast results when we are sick and miserable. Typically people buy non-prescription drugs over the counter because they don't know there are other treatments available. For many health conditions using herbal remedies derived from plants is a healthy alternative. It is best to plan ahead and learn which herbal remedies may work for a specific health condition.

The following list of common herbs is an example of possible health benefits for treating some ailments. Herbal remedies are prepared in many forms such as teas, herbal extracts (tinctures), capsules or loose/dried in a bag.

Chamomile

This herb is popular as a tea and can calm nerves, relieve stomach distress, prevent ulcers, and help fight infection. Chamomile may be used to relieve morning sickness during pregnancy, to treat gastritis and ulcerative colitis, and may be used to speed healing of skin ulcers, wounds, or burns.

Dong Quai

Dong quai has been used in Asia for thousands of years as a tonic for the female reproductive system. It also balances and strengthens the female organs and regulates their functions.

Feverfew

Several studies confirm feverfew's value in preventing migraines. Feverfew may be used as an anti-inflammatory for relief of arthritis, to relieve some types of menstrual problems, and as a digestive aid.

Garlic

More than 1,000 scientific studies have shown health benefits of garlic. Garlic has been used as protection against colds and flu. In addition, garlic may help lower cholesterol, prevent blood clots,

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reduce blood pressure and protect against bacterial and fungal infections. Studies have shown that garlic may have a positive role in the prevention of coronary heart disease, thrombosis and arteriosclerosis.

Ginger

Ginger has been used for centuries to control nausea and for reducing inflammation.

Goldenseal

Goldenseal is found in popular herbal blends for relieving intestinal and gallbladder inflammation. It also has been used to soothe inflamed or infected mucous membranes. Goldenseal may be used to reduce colds, flu and other respiratory infections especially at the beginning of infection. Goldenseal has both anti-infective and immune-system stimulating properties that may shorten the course of the

illness.

Licorice

Licorice is an important herb for treating a host of ailments. It may help as an anti-inflammatory and to soothe stomach upset and control coughs. Licorice Root has properties similar to cortisone and estrogen. It stimulates the adrenal glands and may help the body cope with stress.

Peppermint

Peppermint oil calms the stomach, the intestinal tract, and the nervous system. It can also reduce the inflammation of nasal passages and relieve muscle pains.

SAFETY

Herbal remedies may be safer and have fewer side effects than prescription medicines. Always read the label and use only the recommended dosage. Do not take any herbs during pregnancy ---- check with your doctor first. If you are currently taking any prescription medicines always check with your doctor before using herbal remedies or before starting any health supplement program.

Herbs are a healthy alternative for treating many health conditions. Read and save articles like this in a small notebook and create your own research library with health benefits of each herb. There are many resources available online that outline specific health conditions and recommend herbs.

Herbs can be purchased online or at local health food stores. In addition, for treating specific health conditions, you may want to work with a naturopath or an acupuncturist.

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Wayne McDonald is a contributing editor for

<http://www.HolisticNetworkExchange.com>

. Learn more

about Herbal Remedies and how to Treat any Illness Without Side Effects using Safe Natural Herbs. Find a complete list of ailments and suggested herbal remedies at

<http://www.OurFamillysHealth.com/natural-remedies.html>

Herbal Medicine

By Ken Shorey

Herbal Medicine is the use of botanicals (plants) either alone or in combination to prevent and treat certain ailments and illnesses. Singularly or in combination, the numbers of herbs available is astounding. There are over a half million known herbs that could be used as possible remedies.

Herbal remedies around the globe vary in strength from very mild, gentle remedies that we even use as food, to potential poisons if taken at the wrong dose. The old adage that, "an ounce of prevention is worth a pound of cure" could not be more true. This is especially true when it comes to natural remedies.

People native to different geographical locations have long used plants and plant extracts to cure specific maladies.

Sometimes the use of herbs is referred to as "folk" medicine. Folk use of herbal remedies is familiar to all of us in some form or another, because this is how these remedies are learned. Remedies and recipes for herbal teas are handed down from generation to generation and are still remembered and used to this day. Unfortunately, that is what fuels the fire of the scientific community and their disdain. It really is their loss, because generations of experience and knowledge should not be so readily dismissed. In fact, many of our modern medicines have their roots in herbal medicine.

With all our so-called advancements in the medical field, it's interesting that physicians are still treating "effect" rather than "cause."

Thankfully, the current changes in the world toward traditional remedies is changing for the better.

About The Author:

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VibrantHealthnow.com provides ebooks and

information to help you improve your health.



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