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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 cold and flu information

By John Gibb

The common cold or flu is one of medicine's greatest mysteries. While there are plenty of pharmaceutical products offered to help ease the symptoms of these illnesses, our local drug stores still offer us no opportunities to rid ourselves of the ailment itself. The pharmaceutical market offers such products as Vicks and Theraflu, but these products are only designed to make you feel better for the duration of your cold. While you may lose the coughing or running nose symptoms, there is still a sickness tugging at your body.

Herbal medicines for cold and flu ailments do not directly attack the viruses. They exist to help boost your immune system since only your own body can help you fight off these problems. Your immune system is the key to fending off viruses, and keeping it in working order can be key to keeping yourself healthy and well.

In traditional Chinese medicine, astragalus root is often used to help the immune system kick out the invaders. A renowned immune system enhancer, this root is also a building tonic. Mainly used for long-term disease prevention, astragalus root also helps in alleviating colds. Another Chinese remedy for the cold is a combination of herbs. Honeysuckle flower, forsythia fruit, platycodon root, peppermint, bamboo leaf, licorice root, schizonepeta, burdock root, and black soybean are used together in a substance referred to as "Yin Chao". This combination fights off the symptoms of the cold while providing boosted immune system defense.

Elder flower and gentian root are also a classic herbal medicine for cold problems. In a university study, the effects of these herbs were measured against the effects of a leading antibiotic towards helping a cold. The herbs provided faster response, greater effects, and less side effects than their pharmaceutical opponent.

Clearly, using herbal medicine for cold and flu problems can be a great way to clear up your sickness. As an alternative to the modern medicine offered in drug stores today, these substances usually have a greater effect on the problem while resulting in less side effects.

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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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