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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!**

**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:

## Stress Relief Provided By Herbal Medicine

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>

### **Identifying The Different Forms Of Herbal Medicine**

#### **By Peter Garant**

Although there are a lot of positive things to be said when it comes to herbal medicine, is still an undeniable fact however that what we proof we have is not yet enough to make taking herbal medicine completely safe.

Hence, when you're about to try out herbal medicine please make sure to check with your doctor first if what you're doing wouldn't be harmful to your body. Secondly, it's better to be able to identify the different forms of herbal medicine so you'd know if what you're taking is the real thing or not.

Essence – This is also one of the most popular forms that herbal medicine takes. Herbs in essential oils are processed through cold pressing or steam distillation. This form of herbal medicine is popular because a lot of people prefer to enjoy massages with the use of essential oils because it supposedly helps them relax more easily.

Pills and Capsules – People who violently resist the idea of taking herbal medicine in its raw form may find other products of herbal medicine in the form of pills and capsules. Herbal medicine is ground into powder to take this particular form. Usually, with this form of herbal medicine, the medicinal purpose is general and not meant to be a specific cure. Ampalaya capsules, for example, are taken simply to help improve your diabetes.

Infusions – This process involves the delicate parts of a plant like its leaves, seeds and fruits. The process simply takes several minutes to finish.

Poultice – There are some situations that require patients to take herbal medicine in the form of poultice. In this case, the herbs are macerated or chopped into tiny pieces and are then directly applied to the skin. After this, a hot, moist bandage is used to cover the area.

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Raw – It's like going back to the primitive past when you're required to take this particular form of herbal medicine. Not only is the process somewhat undesirable, the taste of it leaves nothing to be desired as well. Many healthcare professionals, however, advise people to steep these raw herbs into tea because it's said to release its healing powers effectively.

Tinctures – Herbal medicine in liquid form.

Decoctions – This process involves the extraction of certain parts of a plant like the berries, roots and herb–bark. This process usually takes 45 minutes till an hour and a half.

And now that we're done with the list of forms of herbal medicine, we do hope that you benefit greatly from whatever herbal medicine product you're taking!

Mr. Peter Garant is writing health, diet and exercise articles for

<http://www.diet1200.com>

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health related articles for his herbal health site

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



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