

Herbal Medicine into the Spotlight Once Again

Longtime regarded as ineffective by many contemporary medical scientists - exclusivist adepts of modern medicine, herbal medicine (commonly referred to as alternative or parallel medicine) has recently become unexpectedly popular among many different categories of people all around the world. The increasing global interest and trust in traditional herbal medicine come as very good news, considering that natural remedies are not only very efficient in curing a wide spectrum of ailments and diseases, but are also very safe to use compared to most synthetic drugs overused in today's scientific medicine. With the appearance of so many specialized books and online resources that educate people on the remarkable benefits of using medicinal herbs as cures or means of prevention against disease, everyone will soon realize the advantages offered by traditional, herbal medicine and become more open-minded and acceptant towards this form of medicine and its practices. With the discovery of so many new synthetic drugs in the last century, some people have forgotten about herbal medicine or have completely turned away from this traditional form of medicine in favor of scientific medicine. Even more, some medical scientists have denied the benefits of medicinal herbs and herbal supplements for a long time, engaging in an ongoing propaganda for synthetic, pharmaceutical drugs instead. As presented by the Chinese proverb: "A single untried popular remedy often throws the scientific doctor into hysterics", many adepts of modern medicine fought a long and needless war against traditional herbal medicine. Fortunately, the situation has changed dramatically over the last few decades and nowadays herbal medicine is once again respected and properly valued. However, what many persons still don't realize at present is that traditional medicine and modern medicine are complementary concepts which share a common background, not antithetic, opposing notions. Idealistically, there should be no contradiction between herbal medicine and modern, scientific medicine, as they both fight for the same cause: to restore the health and wellbeing of patients afflicted by disease. On the contrary, both forms of medicine should compensate for each other's minuses in order to provide patients with better healthcare. For thousands of years, herbal medicine has been using natural remedies with strong curative effects to successfully treat an extensive series of diseases and disorders. Nature is an infinite source of natural ingredients which act as antibiotics, analgesics, sedatives, anti-inflammatory agents and so on, being used either to alleviate existing symptoms or to fight against the actual cause of disease. Undoubtedly, herbal medicine has a long and respected history and numerous studies conducted in the field have clearly revealed that the therapeutic benefits and the healing ability of various medicinal herbs and herbal supplements can be very significant if they are used wisely along with a healthy lifestyle. Medicinal herbs and herbal supplements are very affordable (sometimes they can even be directly picked from nature), easy to find, contain ingredients with strong curative effects and have little or no side-effects at all! Medicinal herbs and herbal supplements can be used under the form of tinctures, capsules, pills, ointments and lotions, or can be used in teas or even cooked with food. Properly used and corroborated with a proper food regime and a healthy lifestyle, medicinal herbs and herbal supplements are equally efficient in fighting against disease and helping you stay disease-free. By uncovering and exploiting nature's wisdom, one can substantially improve one's health, ensuring the wellbeing of one's body, mind and spirit altogether.

About the Author

Details on education programs, staff and student information, news and research.

Source: <http://www.productsherbal.com>