

## Staying Healthy Naturally with a Herbal Nutrition Supplement

Even though conventional multivitamins and other dietary supplements are affordable and abound in drugstores and other retail, the herbal nutrition supplement is very popular among many consumers not only in the East -- the stronghold of herbal medicine -- but all over the world. One of the reasons for this would probably be because of the recognition that herbs have been used for healing and wellness purposes throughout time, and that the medical community is open to exploring the viability of various methods of natural medicine in preventing and treating diseases. It has been said that even if you eat healthy foods and take basic vitamin supplements, it would not do you if a lot of good if your body is unable to absorb and digest the nutrients you're taking in. A herbal nutrition supplement would aid in nutritional absorption because it nourishes the cells, promotes cellular communication, and enable them to function more effectively. It would also promote cell growth and repair. Botanical products such as herbs are very important nowadays because they help detoxify and cleanse our bodies, which are exposed to countless numbers of pollutants and other toxic substances in what we eat, drink, and breathe. Some herbal nutrition supplements are being marketed for their anti-aging effects, and with the increasing number of baby boomers, such supplements are in high demand. This is not to say that they would keep a person eternally young; rather, they mitigate some of the most common effects of aging. For instance, studies have shown that bilberry extract can prevent eye problems such as glaucoma and cataracts; guggulipid extract can help relieve arthritis symptoms; hawthorne berry extract is beneficial for both hypertension and hypotension; and turmeric extract can help with symptoms of osteoarthritis, rheumatoid arthritis, and atherosclerosis. Some herbal nutrition supplements are reputed to provide relief from minor ailments, aches, and pains, and to promote a generally good state of health. For example, ginger extract is said to help people who suffer from migraines, hay fever and nausea; green tea extract may assist in treating diarrhea, headaches, and stomach problems. In addition, it can help prevent tooth cavities from forming. A herbal nutrition supplement extracted from the mahonia grape is helpful in treating pimples, influenza, and urinary tract infections, while one called ginkgo biloba is popular among many students because it promotes alertness and concentration, and increases short-term memory. Dietary supplements are classified as foods by the U.S. Food and Drug Administration (FDA), not as drugs. Hence, they are not subject to the same regulatory scrutiny that drugs get. It's only when there are complaints of adverse consequences from taking a supplement that an investigation will be launched. Consumers should be careful about taking herbal supplements indiscriminately; just because they can be purchased without a doctor's prescription does not mean that they are suitable for all. Take for instance those weight loss supplements that were popular some years ago. They contained ephedrine, an extract from the herb ma huang. Those supplements caused a host of complications for many users, including seizures, myocardial infarction, and death, until it was finally taken off the market. Many herb extracts are included in weight loss formulations. Ingredients like ginseng, chickweed, and kelp are said to facilitate the shedding of excess pounds. But keep in mind that there is no solid scientific proof that these ingredients do that. In fact, some of them can be extremely harmful if taken in large doses. Their effectiveness in helping a person lose weight is not being discounted; it's just that more research and studies are needed to validate their alleged capacity to do so. Another thing to remember is that if you are already taking some sort of prescription drug, it is possible that you might experience adverse effects of drug interactions if you take a supplement in conjunction with it. Herbal nutrition supplements are available in a variety of forms: you can buy as pills, capsules, gel, powders, or liquids. You can buy them online or offline and because of the proliferation of offerings, buying several kinds will not burn a hole in your pocket. Just be sure to be a wise consumer; it's your health that's on the line here. Try to find time to talk your options over with a physician or nutritionist so that you can be sure that you will be buying the right herbal nutrition supplement for you or members of your family.

### About the Author

Expert nutrition information from the world famous Tufts University, global leader in nutrition science and nutrition policy. Educational.

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