

Understanding Herbal Health Remedies: What They Are, And Which Ones Are Right For You

Do you prefer all-natural alternatives to prescription and over-the-counter drugs? If so, check out some of the tried and true herbal health remedies that people have been using for centuries—including Mayans, Aztecs, and ancient Roman and Egyptian cultures. The medicinal benefits of herbs haven't changed in the hundreds of years they've been in use, so we can learn from the practices and wisdom of our ancestors. There are two categories of herbs: tonic herbs and stimulating herbs. Tonic herbs help our bodies to maintain balance. They help our cells, tissues, organs in a few different ways, such as invigorating certain bodily processes or supplying essential nutrient for proper functioning of our organs. Stimulating herbs are selected for their known ability to treat a specific ailment. It's recommended that you take stimulating herbs in smaller doses and for only as long as you need them to heal your ailment. When you research the different herbal health remedies, you'll find that the number of herbs and their healing properties are almost limitless. Luckily, you can find resources that categorize and index herbs both by herb type and by their benefits. Some of the common herbal remedies you might be in search of are:

- Aloe: Aloe is great for treating sunburns and other minor burns. It's the natural form of the soothing gels you'll find in the store during the summer.
- Bilberry: This herb can help improve your night vision. Bilberry has also been shown to reduce the risk of other eye-related health problems, such as glaucoma and cataracts.
- Turmeric: Turmeric is an herbal health remedy for individuals needing to lower their cholesterol.
- Dandelion root: You thought they were just weeds! Dandelion roots can be successfully used as an anti-inflammatory by people suffering from arthritis.
- Garlic: Garlic isn't just yummy; it has also been shown to decrease blood pressure and cholesterol. Some studies even suggest that garlic-heavy diets reduce the risk of cancer.

While herbal health remedies, for the most part, have fewer potential side effects than prescription drugs, they are not without their risks. There are certain precautions to keep in mind when you embark on an herbal health regimen. First, even though herbs are a means of self-treatment, it doesn't mean you should engage in self-diagnosis. Always be sure that you know exactly what health problems you are facing before you find an herbal remedy to treat them. Also, remember that "natural" isn't synonymous with "safe." Even all-natural substances can be dangerous, particularly if you take more than you need. Some plants are poisonous, so seek advice from an herbal health veteran when selecting and growing herbs.

About the Author

Trade Remedies. The Ministry provides policy advice to the New Zealand. General information and guides provides an overview of Trade Remedies.

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