

## Herbal Remedies Do Have Risks

Contrary to current thought, herbal remedies do have associated risks attached to them. The first risk is that the remedy that you are given or the one that you are taking may not be the one that is best for your condition. This can lead to a lost opportunity and a loss of money. However, just because herbal remedies are derived from plant materials that are natural, this does not mean that they are free from all risks. Even plants that are consumed without modification can be a risk—some are poisonous! There have been many cases of plant material causing disease, disability, and death. Luckily herbalist will avoid these types of medications where possible, and if they do have to use them, they will be in a formulation that is safe and adequate for your needs. There are many types of preparations that exist that have not been studied fully to fully evaluate the extent of their side effects and dangers. Herbal remedies contain chemicals just like other medications. These chemicals may react in your own body or with any other medications or chemicals that you are taking. In addition, it is possible that the preparation that your herbal remedy is mixed with the vehicle by which the herbal remedy is given to you can have additional chemical composition and this itself may be dangerous to you. Luckily most countries have regulatory bodies that prevent herbal remedies, and other remedies, from containing dangerous materials. As long as you get your herbal remedies from a reputable and established source, there should be very little issue with the contents and composition of the remedy itself and the type of problems it might cause you. Herbalists are well trained and reputable online sites should be able to give you information that is up to date, safe, and correct.

## About the Author

Learn about symptoms and causes of puffy eyes. This page also lists many home remedies to help you get rid of puffy eyes.

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