

Herbal cheer

Health-store junkies stock up regularly on herbal remedies such as milk thistle to beat hangovers, St John's wort for anxiety and feverfew to prevent migraines. Others are more sceptical about their effects, but a new study published in the Lancet last week provides the strongest evidence yet that echinacea, the controversial herbal remedy, works. A substantial review of 14 studies found that echinacea can reduce the chance of catching a cold by 58% and, should you get one, shorten its length by 1.4 days. Enough, surely, to plant a smug grin on the face of the estimated one in five adults in the UK who uses herbal medicines.

About the Author

From society.guardian.co.uk:

Typically, herbal remedies are considered a form of alternative medicine. Some herbal remedies used to treat anxiety include.

You can use this to comment on the lens or to share any experiences you have with natural remedies for anxiety or what you think about herbal.

Hepatitis associated with Kava, a herbal remedy for anxiety. Monica Escher and Jules Desmeules. Division of Clinical Pharmacology.

Herbal remedies are used by many people suffering from anxiety or depression. It is therefore important to know whether they generate more good than harm.

However, it is important to check with your medical provider before beginning to use any herbal remedies if you are already taking medication.

Herbal remedies have long been used and can be administered in many ways. For weakness with anxiety or depression Wild Oat tea is a good remedy.

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Although widely touted as a healthy alternative to synthetic pharmaceuticals, herbal remedies for anxiety must be used with caution and you do need to know.

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