

## Dotted Smartweed and Alternative Health

As Americans become more fascinated by alternative remedies for ailments, the interest in exotic herbs, plants, and roots increases. Deep in the Amazon Rainforest, natives have used natural resources for centuries to treat a variety of conditions. One such plant with healthful qualities is dotted smartweed. What is Dotted Smartweed? Also known as *Polygonum acre*, the dotted smartweed plant is indigenous to North and South America and defined by its long, reedy branches "dotted" with tiny, white flowers. This type of shrubby is quite small, growing only as high as three feet. What's so great about Dotted Smartweed? Dotted Smartweed has been used in folk medicine for centuries, not only by Native Americans in our country but the indigenous people of the Brazilian rainforest. Extract of dotted smartweed - the root, flower, and leaf - is known to benefit the digestive system and kill bad organisms that would otherwise make you sick. Use of dotted smartweed promotes good renal health, cleansing the body. Are there side effects to taking Dotted Smartweed? Recent research indicates no drastic side effects attributed to dotted smartweed. However, with any herbal supplement it is best to consult with a physician before taking. I believe I can take Dotted Smartweed for my digestive problems. Where can I get it? Enter Dotted Smartweed into Internet search and you are bound to find several online shops selling the extract in powder and capsule form. This wonder supplement is in very high demand in European and African markets, and has been available in milder quantities in the US for more than a century. More recently, however, alternative health shops are offering this extract in its own form. When you shop for supplements containing dotted smartweed, make sure you are getting the purest extracts of the dotted smartweed available, directly from the Amazon Rainforest. As always, consult with a physician or health professional before taking any type of dietary supplement. Be well, and be informed.

## About the Author

You can get medicine to quell this minor hormone imbalance and return your skin to normal. Ask your doctor. Creams and lotions are not going to help very.

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