



Most Frequently Asked Questions About Herbs

What are herbs?

Herbs are wild vegetables that are special foods that we can turn to on a daily basis and in times of special need since most have medicinal properties. Herbs are often thought of as an extra serving of veggies.

Is herbal medicine just another fad in today's health-conscious society?

Actually, herbal medicine is humankind's oldest medicine and the subject of much current scientific interest. Herbs are referred to hundreds of times throughout the Bible. Throughout the ages, herbalism has been the mainstay of preventing illness as well as treating it. Today, more people are coming back to more natural ways of healing with herbs because most are safe, inexpensive, AND effective e.g. kinder, simpler, and safer.

How can herbs help me?

Herbs, in addition to good food, vitamins, and minerals, can become the daily weapon against illness. They help balance body chemistry to avoid dis-ease; provide energy and proper blood circulation to eliminate toxic accumulation and congestion that cause dis-ease. They can assist in digestion, assimilation, and elimination. Herbs can be used in minor sicknesses and emergencies as well as for acute and chronic conditions.

Can herbs hurt me?

Like most things in life, herbs are safe for use in moderation. It is recommended that before starting any herbal program, you work with a knowledgeable herbalist or natural health care practitioner. Professionals trained in herbal medicine will always recommend you to start slowly when taking herbs. When you eat food, your body will tell you how much to eat and if it likes what you give it. When taking herbs, you also need to learn to listen to your body and pay attention to what it tells you. Always buy herbs that are 100% pure - read the labels!



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Can I safely take herbs with my medicine?

Generally speaking, herbs can be safely taken with medicine with a few exceptions. If you are on several prescriptions, always consult with your health care provider before starting an herbal program. If you are taking heart or diabetic medicine, you need to make sure you don't take any herbs that counteract with those drugs. For instance, you would not want to take a stimulant herb like ephedra (ma huang) if you have heart problems. Drugs generally reduce the efficiency of herbs, while herbs seldom reduce the efficiency of drugs taken. Do not take your herbs at the same time as you do medicine. Take herbs at least an hour before or after taking medicine. Always take herbs with water or juice, not coffee, tea, or cola.

How long will it take to get positive results with herbs?

Some people feel results almost immediately, while others may take longer. It depends on your current level of health and sensitivity to new things introduced into your body. It is important to understand that herbs build your body's health which may take a while, whereas drugs often suppress symptoms but work relatively quickly. Be patient with yourself and give your body a chance to respond to the vital nutrition herbs can provide.