

HERBALS

Nature's Medicine



Internet photos

Alternative Meds

Today, the use of herbals is more popular than ever as more and more people turn to natural sources to restore and maintain health. In fact, the World Health Organization (WHO) estimates that 80% of the world's populations relies on herbs for their primary sources of medicine.

Modern Day Healing

Many of the herbs used today have common botanical names and some can even be found in the home garden or local countryside. Commercial preparations, however, often use herbs that are organically grown to ensure optimal efficacy, purity, and potency. Depending on your health needs, herbs can be found as individual or complex preparations in the form of raw herbs, tinctures, extracts, capsules, tablets, lozenges, teas, and ointments. Each has its own individual characteristics with the potential to have a gentle, cumulative healing effect on your system. As botanical or herbal remedies take longer than pharmaceuticals to show significant results, it is recommended that you continue with a course of treatment for at least 2 months.

Herb Know-How

Since herbs can, and often do, have powerful compounds, they ought to be viewed and taken with respect, care and knowledge. When choosing a herbal product, here are a few things to consider:

1. Look for an expiry date and "standardized herbal extract" on the product packaging to ensure efficacy of the product.
2. Choose a reputable brand name to ensure quality. Most well known nutritional and herbal manufacturers adhere to strict quality control and good manufacturing processes.
3. A herb should smell like a herb even if the odor is not pleasant. Herbal products that have no odor probably contain little of the actual herb.
4. Herbs are powerful healing agents and may have contra- indications (as related to conditions such as pregnancy or if you are taking medication). Always consult a health care provider before using a herbal supplement.

Information for this article was referenced from:

[Living Smart - Smart Choices for Family Health](#) brochure, Wal mart pharmacy

For more information on herbs call the Student Health Centre at 364-2163 , ask you local pharmacist, or contact your doctor.