



# Healing Power Of Herbs

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# WELCOME

## GET TO KNOW ME!



Thank you for taking the time to read my book. I hope you will find that adding herbs to your diet is beneficial to your body. You can use fresh or dried herbs and still reap amazing results. I use them in my cooking from infused oil's, fresh or dried in my recipes. You name it herbs are a big part of my life. I use them as medicine with Medicinal tinctures and salves and more.



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## Introduction

The use of alternative herbal medicine can be traced back to ancient times. The lack of modern medical technology has made our ancestors improve their healing arts by making use of nature's gifts. Even today, current medical discoveries are mostly based on the findings and usage of natural herbal components by early civilization, improving it to become useful in today's health-related concerns.

### Where It All Began

The use of alternative herbal medicine started out as trial and error. Application looms large in the practice than actual research; though the latter came sometime later when medical practices started its evolution.

The basic application of herbal medicine involves disinfecting wounds or used as a poultice. Later discovery on the method involves pounding leaves and roots to paste for directly administering it to patients.

It later evolved into combination with other potent medicine to improve its effects and was even later introduced to meals and normal human diet to promote better health and improve physical, emotional, and mental recovery.



## Variation Of Use

The use of herbal medicine varies according to the customs, traditions, and beliefs of the different races. Medical practitioners of the Orient tend to use herbal components in all aspect of their daily lifestyle -- integrating them into a person's daily diet to promote healing and longevity, as well as improving their normal rejuvenation capabilities.

Oriental medical practitioners are also known to use herbal products alongside energy therapy, like Qi Gong and Reiki. Energies provided by an experienced practitioner of the arts stimulate the healing process from the outside, while nutrients and extract from herbal components works its function on the inside to achieve total body rejuvenation.

North American's use of herbal medicine varies; aside from its basic use to treat wounds and cure minor ailments, these natural components are also utilized in tribal ceremonies and customs - to drive away evil spirits, blessing during weddings and celebrations, and so on. Some of these healing traditions involving herbal components are carried on even today.

## Uses Of Herbal Medicine

Alternative herbal medicine has many uses today. Aside from being utilized for physical ailments -- like sore throat, fever, flu, diarrhea -- herbal concoction are now being used to address emotional and mental problems.



Certain plants have the capability to help a person relax to cope with their emotional and mental problems. Peppermint, for example, is known to have a minty quality that can cool a person's temper or help a person relax during stressful times.

Also, herbal products today are also utilized to improve the body's overall performance -- boosting a person's stamina, improving the body's defense against infection, and so on.

## **Safety In Usage**

It's true that alternative herbal medicine is safe to use as compared to its synthetic counterpart, but it is essential to take some necessary precaution to ensure that there will be no side-effects or allergic reactions to its ingredients to promote body wellness.

Consultation of a medical expert is necessary to determine whether it is safe for you to use herbal products or not. Even if the medicine worked on others, there is a possibility that it will have a reverse effect depending on your body's chemistry.

Such is the case; it is essential to have doctor look at your present medical condition to determine if you are compatible with the alternative herbal medicine or not.

# Chapter 1: Advantages And Disadvantages Of Alternative Herbal Medicines

Alternative herbal medicines are considered to be the best solution to address the growing number of health-related concerns today.

Rather than making use of synthetic medications commonly prescribed by their doctors, smart consumers today are looking for an alternative solution to address their health problems without having to dish out hundreds of dollars for treatment, as well as potential allergic reactions to the chemicals used on synthetic products.

Before starting out on your journey towards alternative healing, it would be best to know the advantages and disadvantages of herbal medicines to ensure that you are getting your money's worth in addressing your health-related concerns.

## Natural Ingredients

Medical and pharmaceutical companies that bring you herbal medicines only make use of natural ingredients for their products. Extracting the natural compounds found in plants is carefully formulated to ensure that every pill or tablet is filled with the essential nutrients to address your health concerns improve your body's natural recovery process.

If you check out the labels of herbal products, you will see that they are mostly from the extracts of plants. No synthetic chemicals and formulas are needed to complete the medicine.





There might be a few others that are integrated into the mix to improve its effects, but government health agencies ensure that it will not get in the way of your treatment.

## **Cost-Effective Solution**

One of the advantages of herbal products is their price. They are a lot cheaper compared to synthetic medicines commonly prescribed by doctors today.

In fact, low-budget consumers are opting for this solution to their health problems in order to get as much savings they can get to address their health-related concerns.

The reason why alternative herbal medicines are cheaper is because of the ingredients used in it. No expensive chemicals are used in the formulation of the medicine and the ingredients can be grown almost anywhere under the right conditions.

## **No Allergic Reactions**

You don't have to worry about what you eat when you take in herbal products for your health problems. Since the ingredients are 100% natural, you don't have to be careful about your meals causing allergic reactions that will compromise your health.

But it would be best to have a doctor look at the herbal medicine you plan to use and undergo a series of laboratory exams to determine that your system is compatible with it.

Even if the product worked for some, there are no guarantees that it will have the same effect when you take it in yourself.



## The Disadvantage Of Using Herbal Medicines

With all the advantages stated above in the use of herbal medicines as a treatment method, many would think that there are no complications when using it whenever they feel like it. This is a common misconception that often leads to more health-related problems.

We can never deny the fact that herbal products are classified as medicines and should be treated as such. Proper formulation and dosage are necessary for a safe use.

Consumers are urged to follow the dosage indicated on the label of the herbal medicine or to consult a health expert or your family doctor to safely determine the proper usage of the product.

It is also advisable to undergo a consultation and physical or laboratory examination to ensure that your body will not react with alternative herbal medicine for your health problems.

## Alternative Herbal Medicine For A Healthier You

Alternative herbal medicine offers a healthy solution for a total body makeover. You don't have to dish out thousands of dollars a month just to keep your body in top shape.

It's true that there are plenty of high-end medical equipment and synthetic drugs made by pharmaceutical companies to help you fight health-related problems, but the cost of the treatment and side-effects might prove to be a hindrance to you rather than a benefit.



## Healthy Facts About Herbal Medicines

As the name suggest, herbal medicines are made from plants. There are certain plants that contain chemicals and extracts that is highly beneficial to the human body. Herbal products sold in health and fitness shops today uses only 100% natural ingredients to fight certain health conditions.

The aim of this natural healing method is to boost the body's immune system to fight off ailments naturally, rather than subject your body to synthetic chemicals that might prove harmful to your health.

## Herbal Medicine and Weight Loss

One of the most common uses of herbal medicines is for weight loss. There are certain plants that are used as dietary supplements to reduce your waistline without having to drink fat-burning pills using synthetic compounds.

Weight loss herbal products contain certain ingredients to help you get rid of unwanted fat. you can go for hunger suppressant if you are prone to excessive eating or look for ingredients that will help your body burn more cholesterol or fat easily.

Also, weight loss herbal products are partnered with physical exercise for better results. You can take them along with your daily meals and wait for the effects to appear on your body.

If you want a speedy weight loss, then you might want to undergo a physical weight loss program so you can help your body get rid of fats and calories faster.

## Herbal Medicines To Promote Proper Health

Our body needs a specific amount of nutrients for it to function normally. Vitamins you can buy in the local pharmacy can provide you with enough energy to help you last for a day, but it can only do so much if your body itself is deteriorating rapidly.

Herbal medicines are formulated to address all the body's basic functions. Instead of just providing you with the vitamins and nutrients you need to keep it functioning, these natural products were designed to enhance each and every area of your body for it to perform better - - and taking vitamins on top of your herbal supplement will only boost the effects.

## **Safety Precautions In Using Herbal Medicines**

Herbal medicines are not without its danger when used. The problem is not with the ingredients that the product is made of, but in the actual use of the product the certain medical conditions may arise.

One of the common problems attributed to the use of alternative herbal medicine is self-medication. There might be certain instances wherein the proper dosage indicated on the label is not the prescribed measurement for our use.

It is essential that you consult an expert first so that they can determine the exact content of the herbal product and come up with a safe way to use it to avoid complications.

Also, consumers are urged to avoid taking in more of the product to avoid having problems with it. Many would think that alternative herbal medicines are safe to use and drinking more of it in one sitting would hasten the process this is wrong.

Instead of being beneficial to the body, over-dosage would only result to more health concern cropping up in your system.





## **Chapter 2: Growing an Herb Garden Outdoors**

For some cooks, having an outdoor herb garden is the ultimate in luxury. Not only will everything be beautiful, but it'll taste delicious too. Good cooking relies on good ingredients that inspire you to cook at a whole new level. An outdoor herb garden can make all the difference. What's more, it's not hard to do.

### **Location**

The location of your herb garden is very important. You want it to be close to your kitchen, so you can easily go out and get some for dinner.

Consider using pots so that you can easily move them inside if needed for inclement weather. If you do that, you can grow herbs right on a trolley in pots and move it around where you want it.

### **Prepare The Soil**

You can simply buy a premixed soil for herbs and edible gardens. You can get that soil from any garden store including Lowe's, Home Depot, and Walmart. It's easy to find and easy to use. You can also mix your own if you compost. However, you'll need to know what each plant needs to ensure that you get it right.



### **Choose Your Herbs**

Determine which herbs you want to plant. If you use the pot method instead of putting them directly into the ground, you can plant anything you want.

Otherwise, you need to learn which herbs should be planted together and which shouldn't. Planting herbs as companion plants with the rest of your garden can work wonders too.

### **Start from Seeds or Plants**

If you're starting from seeds, you'll probably need to get them started inside to baby them a little. If you're starting with plants, just plant them in the spot you've set up for that plant.

### **Water**

Of course you need water. Make sure you have good water. If your water has a lot of minerals in it or smells a lot like bleach, you may have issues. You may need another way to water your plants such as rainwater catchment or water that is filtered without added minerals.

### **Prune/Trim/Pinch**

Each type of herb is a little different regarding its care. Research your herb so that you know how to prune it properly as it's growing to get the most from it. Also, learn how to properly harvest herbs from your plants so that you can keep them growing for a long time.

Finally, enjoy your efforts with your first harvest. Start looking up recipes that use more herbs so that you can get the most enjoyment out of your outdoor herb garden. You can even dry them or freeze them so that you can easily use them all year long.

To freeze, add to an ice tray, then add water. To add to soups and stews, just add an ice cube. To dry, hang upside down in an airy place and store in a cool, dry place.

## Herbs To Grow In Your Spring Garden

If you are looking for an affordable, easy and great way to enhance the flavor of your foods, then start an herb garden. Herbs take little effort and do not need much space. In fact, it's best to plant herbs in containers to keep the soil well drained. This way you can bring them inside during the cooler months too.

### Basil

Basil has a warm and spicy flavor that pairs perfectly with soups and sauces. The best way to use up basil is to make pesto. Basil can be seeded directly into the garden during late spring and needs lots of sunlight.



### Chervil

Chervil is an herb that has a similar flavor to anise seeds. It's an uncommon herb that won't traditionally be found in grocery stores, but it adds great flavor to your morning eggs. Plant chervil when there are no signs of frost to come, because it's sensitive to cold temperatures.

### Cilantro

Cilantro is a great herb to add a fresh flavor to guacamole and salsas. Cilantro aids digestion and is high in potassium. Make sure to keep your cilantro and parsley separate to not confuse the two. Pick a spot in the garden that offers the most sunlight and well-drained soil. Cilantro is sensitive to drought, so make sure to keep the soil moist.

### Epazote

If you enjoy cooking Mexican food then you need epazote in your garden, because it is unlikely you will find it in a grocery store. It has a peppery and minty flavor that is often found in beans and stews at Mexican restaurants. Once the danger of frost has passed, plant epazote in well-drained soil with access to full sun.

### Dill

Dill is widely used in Europe to enhance the flavor of fish, potatoes, and dairy. It is most commonly known for pickling. It has an earthy flavor and aroma similar to fennel. You will want to sow dill seeds directly into your garden because they do not grow well when transplanted.



### **Lemon Balm**

Lemon balm is an herb from the mint family that has a mild lemon aroma. Lemon balm is commonly used for its medicinal benefits as it helps upset stomach and bloating. Lemon balm can be seeded indoors during the colds months and then transplanted outdoors in late spring.

### **Mint**

Use this herb to add a nice kick to your tea or water. Mint even pairs well with lamb. Mint, like most herbs, should be grown in a pot to allow the soil to drain. Not only that, it tends to take over any space that is available, so growing it in a pot helps keep it manageable.

### **Parsley**

Parsley is mostly used as a garnish but provides a lot of nutritional value and can be added to pretty much any dish. Parsley can grow in full sunlight or partial shade and needs moist, nutrient-rich soil.

To have the best results this year, keep each herb separate and make sure they have plenty of sunlight and water. A great idea for herbs is to use individual terracotta pots for planting so that you can plant whatever you want and move them around as needed



## Supplies You Need To Grow Herbs

When you decide to start growing herbs, the next thing you need to do is figure out what supplies you need to buy. You may be able to find some things at home that you can use, at second-hand stores, as well as at the garden store. Plus, of course, you can find supplies to buy online via Amazon.

### Seeds

If you want to grow herbs from seeds, they can be purchased from many stores like the grocery store, Home Depot, Lowe's, and more traditional neighborhood garden stores. But you can also order them online via Amazon kits, like this 5 Herbs from Organic Seeds kit. The important thing is to buy seeds from someone you trust.

### Space

You're going to need some space to grow herbs. If you're doing it indoors, you'll need shelving that allows you to either move the plants to a window for direct light or that offers space for grow lights to be added. If you want to do it outdoors, you can even use a little portable outdoor greenhouse for your herb garden.

### Pots

The best pots to grow herbs in are pots that allow for easy irrigation. Terracotta pots are a good choice because they soak in water and help keep your seeds from drying out. But you do need to be careful not to overwater anyway.

### Potting Soil

Go to any garden supply store or even Walmart's Garden Center to find the right soil. The soil mix really depends on exactly what you're planting, but most of the time a premixed potting soil is enough for your herb garden.

### Plant Fertilizer

While you don't really need that much fertilizer for herbs, feeding them on occasion is a good idea. It'll make for a superhealthy plant, but you don't need to overdo it. The type of fertilizer you use will depend on the herbs you are growing, as well as where you're growing them. Try to use organic fertilizers for the best results.





## **Water**

Naturally you'll need water. But one thing a lot of people don't realize is that sometimes tap water isn't the best choice. If your water is treated a lot or has a high level of limestone in it, you may need to ensure you have filtered water to use.

## **Sunlight**

Some herbs (such as basil) need full sun to grow, but others don't. You'll need to learn everything you can about the particular herb that you're planting to find out how to properly care for it. If you don't have sunlight, you can also use grow lights to help simulate the same thing that the sun does for the plants.

## **Darkness**

Some people don't realize, but your herb plants also need darkness to fulfill the entire plant day cycle and grow properly. Ensure that no floodlights are directed to your garden area if it's outside, and that you turn off lights in the house at night.

After that, the most that you need to grow herbs are your hands and a will to learn how to do it. It may take some practice to get it right but growing your own herbs at home is a wonderful way to brighten up your cooking for not a lot of money.

# Chapter 3: Famous Alternative Herbal Medicines Used Today

Alternative herbal medicines are being used by many in today's societies to promote a healthy lifestyle. Despite the availability of modern medical treatment methods, many are still opting for the natural healing method to avoid side-effects and getting as much savings as possible from the treatment.

In most cases, herbal products today vary according to their formulation and functions. Most of the ones you see today are carefully formulated for weight loss.

Some comes in the form of diet supplements to give the body enough energy to last the day, as well as to build up the immune system to ward of any signs of ailments easily.

## Why Go For Herbal Medicines?

Herbal medicines are proven to be safe by many doctors and medical experts today. It is formulated with 100% natural ingredients that have no side-effects in the body unless taken in large doses outside the boundaries of the prescription.

Since the ingredients are mostly from plant and animal extracts, they are cheaper compared to synthetic medicines developed by pharmaceutical companies today.

One of the advantages of using herbal medicine is that it promotes the natural healing method. Unlike synthetic drugs that only affect a specific part of our body or only address one type of health problem, herbal medicines are formulated to boost every single function in the human anatomy



If you see that one herbal product is for weight loss, then you can be sure that it has some extra ingredients that has other functions that is related to weight loss like hunger suppressant, added nutrients, and so on. To add to your knowledge about herbal medicines, here are some examples of the famous ones being used today.

## **The Ever-Popular Garlic**

Garlic is one of the most potent herbal medicines used as home remedies today. It has the greatest number of uses compared to other plants used in herbal products.

Aside from being a useful kitchen spice for a great recipe, garlic can also be used to keep you heart and liver healthy. They are great for the common cold and offer a tasty brew when used as a health drink.

One of the medicinal qualities of Garlic is its ability to treat heart problems. It is a common remedy for people with high-blood pressure, lower cholesterol levels, and reduces the risk of heart attacks. Many also use garlic as an anti-bacterial agent for many skin conditions.

## **Green Tea Leaves**

The Green Tea Leaves you see in the market today is actually a potent herbal medicine if used correctly. Drinking it at least twice a day can help oxidize your fat to make it easier for your body to burn. This a great dietary supplement for people who are suffering from overweight or obesity with high cholesterol levels.

Many say that Green Tea Leaves also has a calming effect that is perfect for those who are always under the mercy of stress. Its extracts have the ability to get rid of nasty toxins in our body that usually cause signs of aging to appear on our face or in other parts of the body. You can either take them as tea or buy them as pills.

There are other alternative herbal medicines used to promote a healthy body. Keep in mind that you have to be specific with what you want for your treatment before using them to avoid complications.

Just make sure that it is from a credible medical or pharmaceutical company, as well as follow the exact prescription or dosage to ensure that you won't be having any problems with it during and after use.





## **Natural Healing Method Using Alternative Herbal Medicine**

Medical practitioners of the Orient are known to incorporate natural healing methods with alternative herbal medicines. Instead of undergoing expensive medical treatment using synthetic and modern technologies, many find the natural method along with alternative herbal medicine a cost-effective solution to achieve the perfect health.

The belief of natural healing involves the use of 100% natural techniques and ingredients to promote better health. Synthetic medicines and modern medical technology are known to have sideeffects that may prove to be fatal if not properly administered or performed.

### **The Benefits Of The Natural Healing Method**

The natural healing method delves into the capability of the human body to adapt and recover without any outside help. Our bodies are equipped with its own defense mechanism towards illnesses and diseases.

The method aims to strengthen this ability to boost the immune system to fight off health-related problems without any side-effects or complications.

Natural healing doesn't only deal with physical health problems. In fact, it has been documented and proven that this method can also be used for mental and emotional ailments.



Certain herbal compounds are known to induce relaxation to help a person deal with stress without having to take in synthetic products that can cause side-effects to crop up during use.

Certain plant extracts and aroma can directly affect the mind when inhaled and is most often used on patients suffering from behavioral problems.

## **Acupuncture**

The art of acupuncture originated from the Chinese. It delves into the energy pathways in the human body called meridians. The oriental health experts believe that ailments and diseases are caused by blocked meridians that disrupt the flow of positive healing energy from circulating throughout the body.

Needles charged with positive energy are inserted into these meridian points to clear up the blockage, as well as to stimulate the flow of healthy energy deep within the body.

Certain herbal medicines and concoctions are administered to their patients to increase the volume of healing energy for a full-body recovery.

## Reiki and Qi Gong

Reiki and Qi Gong involve the healing of an individual using the positive energies of both the practitioner and those that stem from the universe. The practitioner of the art inscribes symbols upon the afflicted area on the human body and directs their energies into it for healing. Herbal medicines are given to their patients to amplify these positive energies for the treatment to yield beneficial results.

## Proper Use Of Herbal Medicines

Despite the safe and beneficial results of using natural healing methods with alternative herbal medicine, there is a possibility that some adverse reactions might take place that might become a problem when left unchecked.

Despite the natural ingredients used in herbal products, we can never deny the fact that our body's chemistry might react to it. There are even some natural healing methods that might cause problems instead of getting rid of it.

Such is the case; it is very important to consult an expert first before undertaking this solution. Have a full body check-up with your doctor and subject yourself to a complete laboratory exam to determine whether your body can use the treatment method safely or not.





## Chapter 4: Herbal Healing Basics

Disease isn't complicated it's really very easy and the application of good sense techniques may defeat any disease. All microbes and viruses are weak and may be defeated easily with cleaning and nutrition. Disease is a joke if you recognize what to do and you're willing to do what it takes to heal yourself. And as they state "the truth will set you free"; and that's simply where you can, free.

### Learn About The Powerful Healing Properties Of Herbs

If you require drama and a health system that's more about disease than it is about wellness, simply go to your nearest doctor or hospital solely. If you're seeking vibrant health and a long and fruitful life you've come to the correct place for complimentary therapy.

With the increase of diseases, illnesses, and ailments sometimes turning to just medical science is not enough. Besides being costly some of the treatments can be long and stressful, further adding to the already depressive conditions.



The use of herbal healing as a form of treatment is almost considered normal in non-industrialized countries. Here the traditions dictate the use of herbal healing. Herbal healing is fast gaining popularity in the past decade. Though practiced in many ancient cultures as the first recourse to healing, it is just becoming a sought-after style of healing for the modern world.

The availability of herbal healing products is no longer limited to what the older generation can prepare but is now available for all, in drug stores, supermarkets, pharmacies and other conventional outlets. With thousands of herbs and combinations available to treat the various ailments, all it takes is a little research to find the ones that suit the needs at hand.

Though considered relatively safe because of the natural factor these herbs consist of, nevertheless it would be wise to seek the guidance of someone who is well versed in the practice of using herbs to heal, treat or control a certain condition. As most of the herbal concoctions are fairly concentrated there may be the danger that some of the ingredients though natural may have adverse effects on the individual.

The basis of many pharmaceutical forays is in the vast possibilities of herbal healing compounds and ingredients. A lot of money and time is put into the researchers of finding and promoting the next best herbal cure for the various medical conditions the world faces today. This is further recommended because of the little or no side effects in its consumption and also because of all the natural elements it contains when compared to chemically based and produced medications.

## Treating Wounds With Herbs

There are lots of different herbs for different uses, made available by nature itself. Treating wounds with simple ingredients found in a household is not uncommon. A person who prefers to treat ailments the natural way should take the time to compile a simple list of some common herbs and keep these herbs at hand to quick and easy use.

It's very handy to have some knowledge on herbs used for treating wound for children. Almost every day a child will manage to get him or herself hurt while playing, thus having these quick easy remedies available would eliminate the need to run to a medical facility often. The aloe herb contains compounds that can reduce inflammation, swelling, and redness of wounds. This herb should be applied directly to the wound after a simple cleaning exercise is done to rid the wound of any unwanted particles. The naturally secreted gel works wonders for superficial wounds.





*Calendula officinalis* is another herb that can successfully treat wounds. The flavonoids and antioxidants it contains help to speed up the healing process by increasing the blood flow to the wound. This ingredient can be applied topically and is also a popular ingredient in creams and ointments.

Slippery elm, a tree native to North America, can also be used to treat wounds. Slippery elm is also found in powder form but should be applied around the wound and not directly into an open wound. Other more familiar herbs used to treat wounds are lavender, which not only helps the healing process but also acts as a germ-killing agent. Tea tree oil also disinfects while healing wounds. This particular herb works at quite a fast pace in the healing process.

Echinacea, Marigold, and Myrrh are also good healing agents for wounds. All these can be applied to the wounds by simply diluting a little herbal tincture with water.

## **Treating Cancer With Herbs**

As cancer is now becoming a common and feared disease, the race is on to find a cure that is quick, easy, and accessible to everyone. Most of the current medical options available are either too costly or simply too stressful. However, as most people have no choice, they either opt not to have any treatment or decide to go through the suffering with the hope of gaining back some semblance of their previous lives.

Herbal remedies offer an alternative. Some people recommend that these herbal remedies be used alongside the current ongoing treatments and some don't. The deciding factor would be the level of advancement the cancer stage is in. Also, to be noted is the type of cancer the patient is suffering from, as different herbs work differently to address the various conditions caused by cancer.

Below are some tried and true herbs used to treat specific cancer conditions:



- Breast cancer – broccoli and green tea
- Colon cancer – broccoli
- Esophageal cancer – green tea
- General cancer – aloe vera and periwinkle
- Liver cancer – green tea
- Lung cancer – aloe vera and broccoli
- Pancreatic cancer – green tea
- Preventive cancer – broccoli, carrot, tarragon and tomato
- Prostate cancer – aloe vera, fennel and green tea
- Rectal cancer – broccoli
- Skin cancer – green tea
- Stomach cancer – aloe vera, broccoli, garlic and green tea
- Testicular cancer – periwinkle
- Cancer treatment – aloe vera, Echinacea, lantana and violet
- Cancer sores – goldenseal, lavender

There are also some herbs that help to keep the body in better shape, so it then is equipped with the necessary elements to fight off the cancer cell or arrest its progressive destructive state. Herbs like:



- Astragalus
- Dong quai
- Echinacea
- Shiitake
- And maitake mushrooms

All have these properties to help in the fight against cancer. However, relying on these herbs alone is not advisable.

Another herb that is popular in arresting the cancer cells from its destructive nature is the mistletoe. Mistletoe preparations are commonly used to stimulate the immune system and to kill cancer cells effectively.

In some extreme cases it has been noted to shrink cancer causing tumors.



## Chapter 5: Tips For Herb Growing Success Indoors

Growing an herb garden indoors can be rewarding and fun. And it can be simple if done the right way from the start. Proper education before you get going is the key to success. Here are eight tips to keep in mind when growing an herb garden indoors:

### **Adequate Sun Exposure**

Most herbs need sun for about six to eight hours a day, so make sure you find a location in your house that offers this amount of sunlight. Proper sunlight is also responsible for the flavor of your herbs. The more sunlight they get, the better the flavor.

### **Proper Temperature**

Keep the temperatures in your house or the room the herbs are located in at around 65 to 75 degrees Fahrenheit. If you need to reduce the growth of herbs, reduce the temperatures to about 60 degrees Fahrenheit.

### **Water**

Herbs need a moderate amount of water daily. It is best to keep the soil of herbs damp. Watering can easily be forgotten, so make a plan and keep to a schedule. Remember, now that the herbs are indoors, they do not get water from rain, so it is up to you to keep up with it.

### **Keep Herbs Separate**

For long-term success, you should keep your herbs separate. This way they can each get the individual attention they need. It also helps with plant rotation, and if one plant gets infested with pests the others don't have to suffer.

### **Proper Containers**

Containers need to have proper drainage so that the herbs are not sitting in too much water. Add a thin layer of rocks to the bottom of your pots before filling with soil to allow the water to settle there instead of in the soil. You may even need to poke or drill a few holes in the bottom of the container if they don't have any to start with.



### **Rotate**

Herbs need proper rotation under the sun to help with air circulation and to prevent mold. Turn your plants or rotate them a little every day so that each side gets the right amount of sun. This will also promote even growth.

### **Soilless Potting Mix**

Indoor herbs need special attention when it comes to soil because it needs to provide more drainage. Dirt from the ground is too compact and usually less nutritious. Make sure you pick a soil that is listed for indoor gardens.

### **Feed With Fertilizer**

Fertilize your herbs once a week to promote strong growth. The best fertilizers for herbs are seaweed extract or fish based.

Keep these tips in mind when starting or growing your indoor garden. This way you are sure to have a garden that will keep up with your delicious recipes. You'll wow your family and your guests.



## Ten Herbs To Grow In Your Kitchen

Fresh herbs are a wonderful addition to meals, providing great flavor and health benefits. The amazing thing is that there are plenty of herbs you can grow in your house without the need for a home garden. All you need is a few windowsills with proper sunlight, water, and a few plant pots.

### **Basil**

Basil is an amazingly versatile herb that can be used for just about anything, from pesto to sauces or even frozen desserts like watermelon sorbet. Basil offers a nice peppery mint flavor and is said to be a powerful antibacterial.

### **Chamomile**

Chamomile is an herb traditionally used as medicine due to its anti-inflammatory and calming properties. Chamomile is best in teas to help ease an upset stomach or help you sleep.

### **Chives**

Chives have a mild onion flavor that goes great with soups and vegetable dishes. Add chives to butter or cream cheese to make a savory spread.

### **Lavender**

Lavender is a beautiful herb that can be used in foods or even for cosmetic uses like homemade face masks. Lavender can help ease anxiety and depression and has anti-inflammatory properties.

### **Mint**

Growing mint indoors is actually a better option overall because mint tends to run wild and take up the whole garden. Keeping mint by itself, in a small container, will control the growth. Use mint to enhance the flavor of water or even throw it into a delicious smoothie.

## **Oregano**

Oregano is a bright green leafy herb that is traditionally used in Greek or Italian dishes. Oregano has a strong but appealing flavor, so a little goes a long way.

## **Parsley**

This bright green leafy herb has a peppery flavor that is traditionally used as a garnish but can also make a great flavor enhancer to many protein dishes. Parsley is also an anti-inflammatory and high in vitamin C, calcium, iron and fiber.

## **Rosemary**

Rosemary is a highly aromatic herb that has wood-like stems and short pine-like needles. This herb can be used by itself as an air freshener or used to enhance the flavor of meats like lamb, pork, and chicken.

## **Sage**

Sage is an aromatic herb that has a bitter taste that pairs best with dairy. This herb is high in antioxidants and helps improve digestion.

## **Thyme**

This herb is used in the Mediterranean, Italian and French dishes that we all love. It's also often paired with other herbs such as rosemary, parsley, and oregano. Thyme has a sweet, pungent flavor and has small leaves with a woody stem.

The best part about having an herb garden in your kitchen is that they are readily available. Readily available herbs also have the best flavor and health benefits. Plus, they unleash creative cooking ideas.







## Common Mistakes When Growing Herbs

Starting an herb garden is a great way to add flavor to your foods or decoration to your garden or home. If you are looking to set up a garden and never have before, then an herb garden is a great place to start because it's fairly simple.

Before you get started, though, here are a few common mistakes people make when starting an herb garden that you should avoid.

### Starting From Seed

Starting herbs from seeds can come with some unknown complications. There are plenty of starter plants that can be found at gardening stores that will bring better luck and less stress to your herb garden, especially if you are new to herb gardening.

### Picking Unhealthy Plants

When looking for starter plants, find ones that are bright in color, have plenty of foliage and no signs of bugs or eggs.

### Too Much Variety

Starting an herb garden can be quite exciting with all the options available, but it is best to start small. This way you are not too overwhelmed and can learn what each variety of herb likes as they grow. For example, some herbs like cilantro are sensitive to drought and can die easily if not watered properly.

### Incorrect Planting

When you are first starting an herb garden, it is best to keep the different types separate and not overcrowd. Be sure to do your research on what herbs to grow well together as well. Herbs like mint will take over pretty much any space you put them in.





### **Not Enough Water**

It is easy to confuse herbs with houseplants when it comes to watering. They are small and seem delicate, so less water seems right, but most herbs actually prefer daily watering. Make sure the water mostly touches the soil and not the leaves.

### **Using Bad Soil**

Most soil on the ground lacks the proper nutrients to allow an herb garden to flourish. Use organic soil or potting soil with organic compost for best results.

### **Not Pruning Soon Enough**

Pruning your herbs is an important step because it encourages even and fast growth. Skipping this step prevents the herb from re-growing and producing more herbs. Cut the herb down to just about a set of growing leaves and always cut from the top, not the bottom.

### **Wrong Environment**

Not enough sun, too much sun, too cold outside or too hot outside... these factors all play a role in how well your herbs grow. Most herbs need about six hours of proper sunlight but prefer an environment at around 65 to 75 degrees F.

If you keep these common mistakes in mind when starting your own herb garden, you will have a fun and great time gardening. And if you do make mistakes, it's OK - just keep learning and keep growing.



# Chapter 6: Alternative Herbal Medicine And Weight Loss

Herbal products are not only being used for treating diseases or common health-related problems. Alternative herbal medicine is now being integrated into weight loss programs to promote proper body functions while shedding excess fat to achieve a trim and lean body.

## Herbal Weight Loss Program

Weight loss programs today are making use of herbal medicines considering that it is safe to use and without any side-effects. Synthetic weight loss pills are often laced with restrictions that may prove to be a problem for individuals who have a fixed dietary preference or lifestyle. In most cases, this weight loss solution may limit a person's meals, physical movement, and can be very expensive to purchase.

Herbal weight loss medicines use 100% natural ingredients from plants and animals. The concept behind this method includes the right nutrients integrated into the body in order to promote normal body functions, and to activate certain hormones for breaking down cholesterol, burning calories, improved metabolic function, and so on.





## **Usage Of Herbal Products For Weight Loss**

The use of herbal products depends upon the potency and nature of the medicine. Most are taken before or after meals, while some are termed as supplements to boost a body's performance during physical workout.

However, it is very important for an individual to consult an expert first before taking in herbal medicine for weight loss. There are possibilities that usage might result to allergic reactions with your normal body chemistry that could lead to health complications. It would be best to check out the labels of these herbal products to determine their exact ingredients that would be useful for your weight loss program.

If you have no idea what an ingredient does, then you can either consult an expert or do some research on the Internet to tell you what it is all about. Such is the case; it is essential for an individual to utilize herbal products effectively for their weight loss program by taking in measured doses according to the prescription of your medical expert, as well as avoiding self-medication that would lead to complications.

## **Some Herbal Ingredients Useful For Weight Loss**

There are different types of weight loss herbal medicines being used today and each varies according to the ingredients used in it. Keep in mind, however, that no herbal product can address the entirety of your weight problem. They work only to promote a specific function that will help you get rid of excess weight.

For example, Guggul is a well-known ingredient used in herbal weight loss products today. The extract from this plant is known to regulate the cholesterol levels in the human body. This is a very effective medicine for obese or overweight individuals.



Hoodia Gordonii is also one of the well-celebrated ingredients in weight loss herbal products. The flower of this desert plant has the ability to intercept the stimulus of hunger from the brain and lessen a person's food intake. Aptly termed as a hunger suppressant, Hoodia is perfect for those who have eating problems.

There are also other herbal products that utilize some ingredients that would help in your weight loss program but is considered to be dangerous due to its adverse effect when the dosage is not properly controlled. Senna is a well-known laxative that is mainly used for removing waste materials in our digestive tract. Possible reaction to this herbal component may include diarrhea, dehydration, and constipation.

## **Properly Using Alternative Herbal Medicine Effectively**

Herbal products are the perfect choice for individuals who want to avoid using expensive synthetic medical products and their documented side-effects.

It's true that synthetic medicines are carefully formulated for maximum treatment, but we can never deny that there might be certain reactions on our bodies when we take them in.

## **The Safe Alternative Solution To Health Problems**

Being an affordable medical solution, herbal medicines can be seen in large quantities being sold in the market and quite a lot of consumers today are opting for this method than those normally prescribed by medical practitioners. Doctors and other medical specialist today are even prescribing the use of alternative herbal medicines for a speedy recovery and boosting a person's immune system for a permanent health improvement.

These products make use of 100% natural ingredients and none of the components used in synthetic medications distributed today. But despite the safety that herbal medicines promise to everyone, it is quite possible to incur some problems with it if we're not careful.

### **Safety First: Get The Right Product For Your Health Problem**

Don't just buy any herbal product in the market without properly consulting a professional whether it would work for you or not. Also, we can never be too sure how the herbal ingredients would react in our body's composition so it's best to let your doctor or any medical practitioner check you out first to avoid allergic reactions from happening in your system.

Keep in mind that pretending to your doctor about your illness so you can make use of this affordable health solution is not safe. You might leave some important details out that would prove to be a problem later on when you proceed to take the medicine in regular doses.

Always be honest during the consultation with your doctor for them to arrive at an accurate diagnosis whether the herbal product is the one for you or not.

### **Check The Company That Made The Herbal Product**

Even if you have a name of the herbal product to use, it would be best to take matters into your own hands and do your research well to avoid complications during use. You can look for information about the herbal medicine on the Web, specifically about the company that created it and consumers who used it to address their health problems.



While you're at it, you might want to check out the ingredients used in the herbal product, as well as the proper formulation to ensure that you won't suffer from overdose when you take it in.

You can also search for consumer comments and suggestions about the herbal medicine to determine whether it's safe for you to use or not.

## **Follow The Proper Dosage**

Many would think that herbal products are 100% safe to use and would often take more than the prescribed dosage in order to speed up the effects. This is a misconception that often leads to more complications than getting rid of your health problem.

Before using your herbal product, it is very important to read the label for the correct dosage. You can also ask your doctor for some advice if you don't trust the indications on the herbal product.

As with the old medical adage, following the right process of healing will result to a speedy recovery; and making up your own prescription and instruction would only bring around disastrous results. Just follow the prescription and instructions in taking in your alternative herbal medicine to get the best treatment for your declining health.



## **Chapter 7: Natural Home-Made Remedies**

A fever, flu, or a sore throat doesn't necessarily mean that you should be going to the hospital to have a doctor look at it. It would be safe to say that you will only be wasting your money for being diagnosed with a mild fever and prescribed with expensive medicines just to get it out of your system.

A solution to common health-related problems can be easily found in your family kitchen -- alternative herbal medicines that you can easily make in the comforts of your own home.

### **Alternative Herbal Medicine Facts**

It is a proven fact that herbal medicines are very safe to use. Doctor approves them for their patients to assist in recovery. You can either purchase herbal diet supplements from health shops in your area or you can make some for yourself in your family kitchen.

Keep in mind, however, that not all herbal supplements sold in the market today are safe to use. Due to its popularity, there might be scammers out there that replicate a product with no health value in it whatsoever.

Consumers need to check the labels carefully to ensure that it came from a credible pharmaceutical company or better make your own herbal concoction at home using 100% natural ingredients.



## **Preparation Is Important**

Preparation is very important if you plan to make your own herbal remedies at home. Make sure that your ingredients are clean and fresh. Ladles and pans should not be made of metal or stainless-steel materials to avoid chemicals being included in the mix.

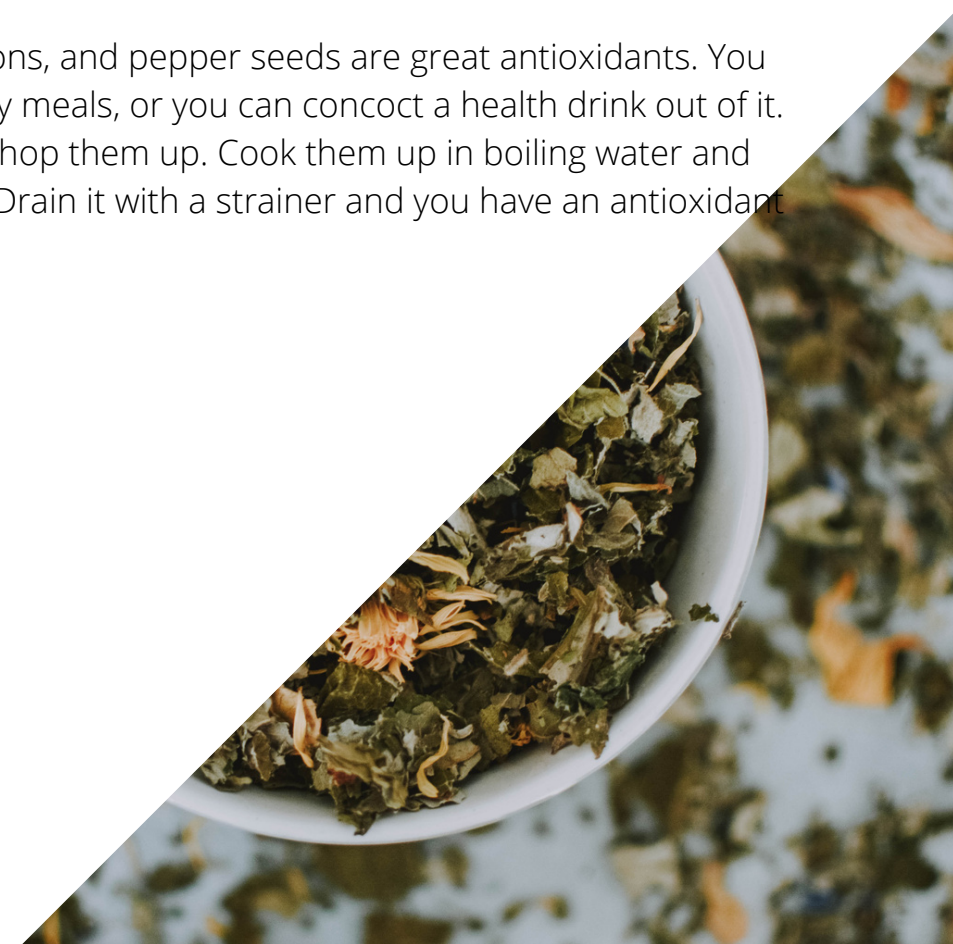
You might also want to check out some tips and tricks on how to properly prepare and process your herbal remedy for better results

## **Antioxidants - Garlic, Onion, And Pepper**

Most of the spices found in our kitchen are antioxidants. You can practically see a lot of diet supplements that offers to get rid of nasty toxins out of your system they are expensive yes, but they do work.

You can get the same out of your kitchen ingredients without having to dish out your savings for it. The good part about it is that you don't have to worry about side-effects what you take in is 100% natural.

Kitchen spices like garlic, onions, and pepper seeds are great antioxidants. You can include them in your daily meals, or you can concoct a health drink out of it. Clean them thoroughly and chop them up. Cook them up in boiling water and let it stew for a few minutes. Drain it with a strainer and you have an antioxidant drink ready for you use.





## **The Best Medicine - Ginseng**

Ginseng is one of the widely celebrated herbal medicines used today. Asians and North Americans use it extensively for their healing arts -- from ancient time to the present. This is mainly used to help a person relax and adapt to any forms of stress. The root is a known panacea that can help the body recover from any types of disease.

It has been known to be used for enhancing physical and mental performance -- usually for added stamina without any side-effects. Ginseng can also lower cholesterol level of patients with high-blood pressure and can improve the body's natural resistance to common health problems. You can use it as a tea or stuff it in a bottle with water to age for a more potent brew.

## **Eastern Alternative Herbal Medicine for Western Children**

The pharmacologic industry is one of the most promising and progressing business of the present. An increase in the awareness and focus of research and development on medicine has triggered a big push to drug manufacturing.

With the main driving force of improving the lives and promoting human longevity; researchers, scientists, and businessmen have jumped into the business of creating medications for the sick, as well as for those who want to prevent further illness.



The western civilization brought industrially prepared medicine and sold at commercial markets while the eastern part of the globe saw the need for intervention of natural means of preparation through alternative herbal medicine.

## **East Meets West**

It may very well be said that Western medicine is technologically advanced and came about with the notion of curing an existing illness. It is on the forefront of stopping and getting rid of a susceptible disease or complications.

As for Eastern medication, it is historically rooted and is based on centuries' worth of human existence, with the idea of preventing illnesses from happening in the first place. It is in the background of keeping our bodies healthy and sickness free.

As for the fusion of the old and the new, past and present, technology and tradition, and western and eastern ideologies, alternative herbal medicine was produced. Pharmacological firms embraced the idea of herbal and natural medication in line with their own synthetically made variants to provide an option for everyone in need of medicine.

## **East Meets West**

Those who are in need of medication take prescribed drugs, some of which are quite harmful to other cells, and organs. The liver is one of the body's organs hit hard by drug intervention when it synthesizes and tries to bind the specific components to our body's cells.

The more unnaturally existing and synthetic the drug is, the more it is at risk for our body to react against. This is even more risky for fragile bodies such as our kids.

Our kids' bodies are still growing, their minds and way of thinking still developing. They are also prone to infection and sickness because of their increased activity without much conscious protective measures. Giving them industrially created drugs expose their bodies to harmful chemicals even if these drugs cure them of their sickness.

They too have their own immune system to provide immediate and automatic protection from harmful elements both in and out of their bodies. However, bacteria and other environmental factors overpower them much like with adults. The only difference is that young children are still building up their body's defenses.

## **Prevention and Herbal Medication**

With the application of research and development on naturally occurring plants in our environment, it is now possible to give alternative herbal medicine to our children.

Certain drug companies adhere to the idea of natural medication since it is beneficial not only to children, but to anyone in terms of less adverse reaction of the body. This is because the components of alternative herbal medicine are naturally occurring, organic, and supports life processes.

Administering alternative herbal medicine to children does not stress their livers because organic compounds from the plant source can be easily synthesized as compared to synthetic ones.

Herbal supplements also are safe to take on a daily basis as prescribed to prevent sickness and illnesses from occurring.



# Chapter 8: Detoxing With Herbs

Bad eating habits and poor lifestyle practices will eventually lead to a serious level of negative elements store in the body over time. These elements also known as toxins can cause serious damage, which can and will eventually lead to illnesses, ailments, and diseases.

Addressing this critical issue is of utmost urgency and doing it with the help of herbs is a prudent choice to make. This is because herbs are natural compounds and will not further add to any existing negative conditions.

## Clean Up The Body

While some herbs are smooth others can be rough on the body, thus it is always better to start off with the gentler choice when attempting a detox session.

Psyllium is an herb derived from the seed of a fleawort plant. When in contact with liquid it expands. Psyllium is ideal for cleaning out the intestines by removing the toxins. Because of its high fiber content, it also assists in “scrubbing” the digestive system effectively. However, as this herb tends to absorb a lot of liquid, it is important to drink a lot of water when choosing to use this method of detox.

Aloe vera juice is also great for the digestive system as it works to kill the parasites, yeast, bacteria, and viruses. The laxative effect it helps stimulate is for detox purposes. Cascara sagrada has long been used in ancient traditional concoctions for its detox qualities. It not only functions as an effective laxative but also helps ease constipation problems. However, because this herb is rather strong, it is not advisable to use it for longer than one week.

Fennel seed is also another herb popularly used in detox exercises. Mainly used to induce bowel movements it also helps relieve gas pains and cramps in the gastrointestinal tract.

Individuals who tend to consume mainly meat and processed foods should attempt detox sessions, but it should not be done too regularly.



## Top Herbs To Keep On Hand

Using herbs to treat certain simple medical conditions have become quite common today. This eliminated the need to seek a medical practitioner every time there is a mishap, especially when there are children involved.

### Mint

There are so many uses for mint that the discovery of its uses is never ending. It's wonderful refreshing and energizing qualities is useful in pepping up teas, as a breath freshener, as an energizer, to name a few. It is also popularly used in salads and drinks. This herb is also useful to help boost poor digestive systems and eases any gas buildups and stomach aches. Mint has antifungal properties



### Ginger

This herb is not easy to grow but is readily available in any supermarket. It comes in either a dried form or a fresh. It is also used in many candies in its milder form. Ginger helps in calming indigestion, painful gas buildups, other stomach discomforts, and upsets. It also helps to increase circulation. It is also a popular ingredient in Chinese style cooking.

### Lemon Balm

This herb has long been used to treat anxiety and insomnia issues. Besides its antiviral and antibacterial properties, it is also a great health booster and helps to shorten the duration of colds and flues in kids. In the summertime when insect bites, minor scrapes, and tummy upsets are the norm having this herb handy is an advantage.

### Chamomile

Is a favorite for treating colic, gas restlessness, and anxiety issues. It contains properties that can induce drowsiness and help calm irritable kids. It also makes for a great relaxing cup of tea.

### Thyme

Great herb for cooking, mainly for chicken and fish. It is also great in soups and stews. Tummy cramps and gas buildups can also be treated with this herb.



## **Conclusion**

If you are like most Internet marketers, you often find yourself wearing a variety of hats. Although popularly looked upon as harmless, herbs taken without proper knowledge and supervision can have adverse and sometime serious effect on an individual. Having some knowledge about what the herb can do, how it effects in general and specifically and at what dosage is most important.

Also, to be noted is that herbs should not be taken in place of ongoing medical treatments without the approval of the medical practitioner involved. Some herbs when taken with other conventional medication can cause the medication to lose its usefulness and this may be detrimental to the individual who really needs the medically prescribed medication

Herbs can also alter the makeup of some medication when ingested along with it. Thus, instead of being an added value it becomes a problem instead. Therefore, again medical advice should be sought before considering the line of treatment even if it is only a supplementary element. Upon understanding and getting the approval from a medical practitioner, the dosage to take is also a very important item to consider.

As the herb maybe new to the body system, taking it in large doses or too frequently may shock the system and at worse cause a complete shutdown. In some extreme cases death has been the result of ingesting unfamiliar herbs.

People who are easily influences should be especially weary and careful as to what herbs they buy. Many unscrupulous vendors will promote the positive side of their herbal products without ever disclosing the possible negative findings.

In some cases, the negative findings are played down so as not to frighten a potential customer off. Sometimes instead of seeking medical advice immediately upon discovering an illness, ailment, or disease, the choice is made to embark upon trying to treat the condition with using herbs. This may cause the individual to lose precious time in arresting the negative condition or even worse cause further damage.

The healing by plants is the most popular and oldest therapy for healing on the globe. The info regarding herbal nutrition has been transplanted from one generation to other since the very start.

Due to the development of the process of synthetic medicine or drug making, the utilization of herbs got to be a movement of past. All the same, there's a sudden increase in the practice of utilization of herbs for treatment of ill health, which is inexpensive, secure and natural.

The key aim of utilizing herbal remedies is to expand the procedure of natural healing inside body by rebalancing and cleansing. A few herbals hold antiviral and antibacterial qualities like synthetic medicines and drugs.

The advantages of the technique of herbal healing are that it brings the body back to normal state without presenting a lot of side effects. The right combination of herbs may be used to heal and tone up body or tainted tissues.

Herbs may be utilized to focus, heal, control or tone any part of body if they're recommended or combined in suitable manner. Herbs ought to be consumed with proper counsel of a practitioner.

