

How to Help Yourself with Herbs

The history of herbal medicine goes back to unknown times. Plants always provided medicine. When modern medicine began isolating plant properties and reproducing them in laboratories, we began to see side effects. This is not to say that modern medicine is “bad”, but I suggest we take a second look.

Herbs were the origin of modern medicine. Perhaps we should continue that order-herbs first and modern medicine second. Nutritional and herbal healing will automatically bring preventive medicine into your life. By learning to help yourself with natural things, you’ll become aware of how to avoid illness. At the very least, you’ll be able to head it off at the pass or take a shortcut through illness. This kind of wellness gives us control of our lives. It allows us to feel independent and connected to all living things. Some healing plants are as close as your backyard and some you will find halfway around the world. You don’t have to be a rocket scientist to help yourself. Anyone who uses common sense can incorporate natural healing into daily life.

I don’t advise you give up your doctor and run through the fields, eating as you go. But I suggest you take responsibility for your health. Never accept medication without asking what and why. In fact, if you look at your environment, you may find what is causing the pain and save an office call. If you discover what caused your illness, you’ll find it isn’t too difficult to determine what to do about it. Best of all, you can prevent it from recurring.

There are many paths to good health. I suggest you include herbs and nutrition on this trip. Whatever else you do, these will help support emotional and physical health. Today, many physicians recognize the importance of herbs and nutrition. As a result, it is easier to combine old remedies with modern medicine to improve quality of life.