

Herbal Remedies and Supplements Help Support Physical Health

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1. What is an herbal remedy?

Herbal remedies are dietary supplements prepared from plants for their therapeutic or medicinal value. The approach of an herbal remedy is to address the underlying, core cause of the illness.

Although we may not realize it, many conventional medicines found in stores today originally came from plants. However, conventional medication is synthetically manufactured and goes through many chemical processes, causing it to have a high chemical content and risk of side effects - often doing as much harm as good.

Correctly manufactured herbal remedies, on the other hand, use properly extracted active properties of herbs to maintain and support stability of an organ or body system of an individual as a whole in the long-term.

2. Are herbal remedies safe?

Yes. With a wide range of natural remedies and treatments on the market today, we understand that it can sometimes be difficult to make sense of it all. There is no standardization in the herbal industry, meaning unless you use a qualified source, there is no guarantee as to the consistency, safety or potency of the herbal remedies you buy.

All herbal remedies from Native Remedies are manufactured using the Full Spectrum Approach of herbal extraction-which ensures strict safety standards to bring customers therapeutic effectiveness, consistency, safety, and potency-unlike the methods used by other manufacturers.

3. How long does an herbal remedy take to work?

It is important to embrace [herbal remedies](#) as part of a holistic lifestyle, and not simply a "quick-fix". Although herbal remedies give immediate support, time is usually needed for full benefits to be felt. While this can sometimes take longer than synthetic medicine, this is not always the case, and many medicinal herbs are fast-acting, bringing quick relief.

As consistency is so important in obtaining optimal benefits from our natural remedies, be sure to continue taking as directed.

4. What else can I do?

Depending on the situation and the individual, other holistic treatment modalities compliment herbal remedies very well, including acupuncture, aromatherapy massage, homeopathic remedies, flower essences or meditation. As with all approaches to health, taking into consideration proper lifestyle, diet and exercise are also crucial for optimum health and results.

About The Author:

Tess Thompson is a Homeopathic Practitioner, Reflexologist, Certified Aromatherapist, and Herbalist who contributes regularly to Native Remedies, where you can find Guaranteed, [Herbal Remedies](#) for a myriad of health conditions.

Author: Tess Thompson

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