



# **Herbal Remedies: Herbal Healing Remedies For Daily Health: Using Herbal Remedies To Heal The Natural Way**

*Rohan Anderson*

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Also considered or referred to as natural medicine, alternative medicine or home remedies, herbal remedies do not need any prescription from a physician or not required to be a medication that is traditionally manufactured. Herbal remedies that are more common include cream and oils, poultices, tinctures and teas. In several countries, it is a requirement that herbalists are trained and also licensed before he or she can prescribe herbal remedies. It is a high recommendation that when an herbal remedy is chosen the ingredients are researched before bought. If traditional medications are being used for a particular illness, the individual is required to proceed with extreme caution before herbal remedies are introduced. This is because is the likelihood of dangerous contraindications when medications are mixed. Many herbs may be utilized in the treatment of a lot of different minor and also major health issues like allergy, problems with the digestive system, common cold, weight loss, sleep disorder and several others. Issues that are associated with blood circulation and the heart like hypertension, varicose veins, varicose ulcers and angina among others can be effectively treated with the use of certain herbs. Garlic, for example, is successful in treating coronary artery disease and also cut down on the level of serum cholesterol. Author Rohan Anderson, who is a firm believer in the effectiveness of herbs, has done his research in their various uses and provides all this information to readers in his book about Herbal Daily Health. He has highlighted a few herbs that are known to be unsafe for human intake as well as the fact that there are herbs that their use will not have any impact on health and there are others that might result in sickness and disease because of the poison that they contain. Rohan cautions that there are herbs that are considered toxic and these should be used only when being supervised by a professional. There are medicinal herbs that are common and can be seen out in their natural habitat. However, Rohan advises his readers that there are other types of herbs that can be grown easily in a vegetable garden or a flower bed and can serve as alternatives to prescription medications or the synthetic medications that are sold over the counter. It should be noted though that herb use should be discussed with the doctor prior to using them. Consider adding effective herbs to your daily living of adequate exercise, diet, nutrition, and emotional and spiritual solidity.

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