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Herbal Antivirals and Antibiotics: Natural Cures with Herbal Medicines (Beginners Guide to Natural Healing with Herbal Medicine)

Shawn Rashid

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Herbal medicine involves the use of plants for treating disease as well as improving overall health. Herbal remedies can be most useful in curing a wide range of health conditions including high blood pressure, hormonal imbalances, anxiety, skin problems, arthritis, insomnia, and anxiety. The effects of herbs on the body can be as powerful as that of over-the-counter or synthetic drugs; as such, they should never be used in a haphazard manner. More often than not, herbs are administered by an herbal therapist. The origins of herbal medicine can be traced back to the ancient times, particularly in early Chinese, American Indian, and Egyptian civilizations. Some of the most commonly used herbs include basil, garlic, cayenne pepper, cinnamon, ginger, sage, echinacea, oregano, goldenseal, eucalyptus, licorice root, chamomile, calendula, cat's claw, lemon balm, cranberry, elderberry, and yarrow. Most of these herbs have anti-inflammatory, antiseptic, analgesic, anaesthetic, antiviral, and antibiotic properties. Some herbs contain powerful ingredients that can cure even the most detrimental health conditions such as cancer and AIDS. Thus, they should be given the same respect as pharmaceutical drugs. Most pharmaceutical drugs are made of synthesized versions of natural compounds that are found in herbs. Through the years, people’s demand for herbal remedies has increased, sparking off greater scientific interest and advances in the medicinal use of herbs. As revealed in countless studies, herbs are capable of improving health and treating health problems without causing any substantial side effects.

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