



# Make Your Own Herbal Medicine: A Practical Guide on Herbs and How To Create Simp

*Nancy Johnson*

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# Make Your Own Herbal Medicine: A Practical Guide on Herbs and How To Create Simp

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**Make Your Own Herbal Medicine: A Practical Guide on Herbs and How To Create Simp** Nancy Johnson

Herbs have been used for thousands of years to cure all types of ailments from common cold to serious infections. Every culture and country has used herbs for their own therapeutic purposes. However, after the development of conventional antibiotics and drugs, the use of herbs has drastically reduced. Most people want quick fix and opt for fast acting medicine, but conventional medicine has its own disadvantage. Aside from being very expensive, it may also contain chemicals and artificial ingredients that are toxic to the body when used for a long time. Herbal medicines, on the other hand, stimulate the body's own defense mechanism, instead of bypassing its natural function. Herbal medicine aims to treat the main cause of the disease instead of just stopping the symptoms. While you might not feel its effect immediately, herbs are also very potent and effective especially if you follow a healthy lifestyle. You can use herbs to prevent and cure almost any disease. All you have to do is to harness its power and use it correctly. Most herbs have rare side effects and are safe to use on a daily basis unlike modern medicine. You can use herbs as a supplement to treat specific illness. While it is usually safe, it is also very important to educate yourself about the correct way to use each herb. This book contains information about the common herbs that you should have in your house. You might be surprised at the health benefits of each of these herbs. The book also contains herbal recipes to make teas and healing salves that you can keep in your medicine cabinet. Overall, using herbs can boost your immunity and help your body cope with mental and physical problems. You can also be creative in thinking of ways to use herbs and make products that will suit your needs.

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