

## Herbal Remedy Options Can Work

It's a simple fact that man-made pharmaceuticals haven't been around forever. Long before there were synthetic drugs, people were healing others using natural ingredients. In fact, many modern manufactured drugs actually use the knowledge gained through years of herbal healing in their mix. So the concept of using a herbal remedy isn't crazy. It's not voodoo or witchcraft either. If used correctly, herbal remedies can be a great way to treat a number of ailments without chemicals.

Keep in mind though that not all conditions should be treated at home using herbal remedies. There simply are some cases that require medical advice, testing, synthetic drugs and even surgery to correct. But, for illnesses or conditions that aren't terribly serious, herbal remedies may in fact work very well and in some cases better than synthetic drugs.

For those conditions that can be treated using herbs, there are a number of different known remedies. The ingredients found in many herbs are also used in name-brand drugs, too, so the science behind some of the usages is solid. While one herb may work on a number of conditions another may work better, so it's a good idea to read up and study before deciding green tea or aloe can cure everything.

Here is a listing of some different herbs and the ailments they've been known to help:

**Aloe:** This plant is used for helping with stomach problems and also helping with digestion and circulation. It is best known for its abilities to help with skin conditions and ease the pain of burns. It can be purchased in plant form and you will find aloe is an ingredient in many over the counter drugs as well.

**Bayberry:** This is used for detoxification and also to help stop a cold from forming.

**Black cohosh:** Native Americans used this for snakebites. It's also known to help with sore throats, skeletal problems and more.

**Cayenne:** This pepper, commonly used in foods, is thought to help with circulation. It also is helped to assist with the digestive system as well.

**Chamomile:** This herb is famous for its use in tea. Its properties are thought to calm the nerves and aid in digestion. It's also believed to help with respiratory tract problems and ease menstrual cramps.

**Garlic:** This may or may not ward off vampires, but it is famous for helping with circulation, disease resistance, stomach problems and more. It is considered by many to be a natural antibiotic as well.

**Ginkgo biloba:** This botanical is thought to aid in memory and helps slow the effects of aging. It is a powerful anti-oxidant.

Keep in mind the above list is just a sampling of the herbs known to have medicinal properties. Medicine and herbology have gone hand in hand for years and although synthetics have come on the market, it doesn't mean that old fashion remedies don't have their place. In fact, many herbal "cures" can do the trick quite well and help some people where all other options have failed.

Source: <http://www.articlecircle.com>

### About the Author

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