

The Many Faces of Herbs 2017

Compiled by Linda L. Peterson, CNC, CH, D.I. Hom.

Why Do We Need Herbs?

1. To feed the body – many herbs are good sources of nutrients
2. To prevent and fight infectious disease, especially antibiotic-resistant microbes
3. To build the immune system needed to prevent and deal with all disease
4. To help support specific organ functions
5. To alleviate everyday discomforts
6. To detoxify the body of foreign agents

All foods in their natural form provide nutrients and co-factors that support growth and healing. Proteins, carbohydrates, fats, vitamins, minerals, plant sterols, and phytochemicals provided by food are necessary for growth and the maintenance of life. It is the **synergy** of all the components in plants that nourishes the body with what it needs.

To provide our bodies with the nutrients **each cell needs**, we will build an eating plan around organic vegetables and fruits, herbs, and grass-fed meat products. Avoid anything that is processed or GMO.

Herbs are basic to the human food chain. In early times people found what they needed to be well in Nature. Today the food supply, water, and our environment are full of many types of contaminants that were not found in Nature. Anything NOT found in Nature is foreign to our bodies and must be detoxified.

Herbs have been used for healing since early cultures. Many herbs are both nutritious foods and have medicinal properties.

The advantage of using herbs over man-made chemicals is that **Nature** packages her components in well-balanced, minute amounts that are safely assimilated by the body. When herbs are standardized (fractionated), they lose the synergy and are not as bio-available to the body. Supplements do not have the synergy that is found in natural foods and herbs.

It is this synergy that makes herbal combinations so powerful in treating illness, cleansing, and restoring the body. When certain herbs are mixed together the results are much greater than just the sum of the herbs' properties.

Precautions: Know your herbs before using! I would never use an unfamiliar herb or wild plant without checking several very reliable sources.

- Some herbs are poisonous--avoid them.
- Herbs and drugs don't mix well--always check with your pharmacist, practitioner or the internet for interactions.
- Never dose yourself unless you have consulted a reputable guide or practitioner.
- Women who are pregnant should not take herbs medicinally unless working with a knowledgeable practitioner.
- Dosage of herbs for infants, children, and the elderly needs to be adjusted.
- Some herbs cause reactions. For example, licorice can raise the blood pressure in some people.

Not all herbs are good for all people. It is important to understand the properties of herbs before using as some may be contra-indicated depending on your individual condition.

If you are interested in using herbs, I recommend that you purchase a couple of good medicinal herbal books by reliable herbalists. My website will have a list of my favorite herb books. Find me at www.holisticmamalinda.com

My book, Nurify and Detoxify: Manage Today's Health Challenges, is designed to provide a guide for healthy options for everyday living. The book is available at www.amazon.com.