



# **Natural Cures and Remedies**

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A note to the readers:

This covers all the necessary details on natural cures, mainly herbal natural cure. Whatever you want to know on the subject, you will get all the information here. After you finish reading the, you will discover so many facts on herbs and herbal cures, which you were unaware of, until you read this and also a lot of wrong notions you might have had, will be eradicated. Also, read this carefully as it contains a lot of valuable information, which you can apply in your everyday life.

This is an educative piece of information, yet adequate effort has been made to make as much reader friendly as possible.

Happy reading!

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# Conventional Cures VS Natural Herbal Cure

According to the American Medical Association Journal, over 100,000 Americans die in hospitals every year due to side effects from regularly prescribed medications.

Throughout America, a huge amount of medication is prescribed on a daily basis. The medical community openly acknowledges that fact that it does not have any cure for several common diseases that affect people.

Most allopathic medicines have side effects that can range from mild to severe. The reason for this is that most of these chemicals have certain toxic properties. This is why there have been so many prescription drugs that got pulled from

the market after enjoying several years of FDA approval.

The sad thing is that very few doctors nowadays bother to inform patients about possible side effects due to close and cozy relationships with the pharmaceutical industries.

Half of the truth is that pharmaceutical companies will only tell doctors as much as they want to and not reveal the complete picture.

Therefore, the doctors are not completely to blame because they cannot warn patients against side effects of chemicals they are not aware of.

The trouble is that the business is so profitable is that these medicine manufacturers are more concerned with profits and FDA approval rather than the overall effect on the patients.



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This is one reason why several doctors are now beginning to recommend complementary alternative treatments, like herbal therapies and medicines.

Here are some interesting facts:

- The totally amount of annual profits made by pharmaceutical companies through sale of drugs in the United States alone is over \$100 billion
- More than 25% of all prescription drugs available contain plant derivatives
- More than 80,000 types of plants are used all over the world for medicinal purposes
- Over 75% of the global population depends on herbal remedies for regular treatment

There are several choices available for people who are looking for alternative remedies, including Acupuncture, Yoga, Qigong, Tai chi, Ayurveda, hydrotherapy, massage therapy,

homeopathy, energy medicines, holistic approaches, and aromatherapy.

In fact, the number of herbal remedies available for different ailments equals (if not exceeds) the number of regular drug treatments provided by pharmaceutical companies.

The point is that prevention always was and always will be better than any cure, mainstream or alternative. The advantage of herbal remedies is that they move an individual towards a lifestyle more geared toward prevention and cure in the early stages of any affliction.

Pharmaceutical drugs work only after the problem has developed, they do not try to prevent problems because then the manufacturing companies would go into a loss.

This is where herbal remedies leave the mainstream drugs behind. This is also the

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reason why so many people are daily turning to herbal therapies.

Herbal remedies treat the cause of the disease and not the symptoms (like conventional drugs). Herbal remedies also have almost no side effects.

## **The Alternative Cure Advantage**

Alternative medicine believes that natural health is a consequence of a variety of different sources coming together. Thus it chooses the best from various options available, in order to provide good health.

It does so by building the strong points, preventing the weak ones, and generally dictating a lifestyle that is naturally healthy.

Alternative medicine branches that promote natural good health include herbalism, natural hygiene, naturotherapy, and nutripathy.

Nowadays it has become common to provide these, as complementary therapies to conventional methods of treatment. Terms like alternative medicine and natural health always seem to get associated with the Far East.

It should be noted that most of the core concepts behind natural health are of European origin.

In the old age the only health care that was available to the common man was self care. While medical science existed in a very rudimentary state, it was by no means as prolific as it is today.

Most of the “doctors” in that era were referred to as “folk healers” (people who heal other

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people) and their medical qualification was nothing more than a short apprenticeship under some sort of superior.

At the time of the Revolutionary War, practicing the art of medicinal healing was looked upon as a diversion, something to dabble in when you had time to spare.

It was supposed to be something that an individual did when not doing a regular job. Folk remedies were handed down from one generation to the next.

Men and women who had learned these remedies simply applied them to everyday life like their predecessors. In this way, matters like childbirth, injuries, and illness were taken care of.

Geographical distance and biological diversity naturally made these folk remedies different in different places. So, while the roots of such healing can be traced to Europe, once they had been adapted to the Americas, they were not so readily recognizable.

In 1830, Frances Wright and other reformers and activists started the Popular Health Movement.

This was a period when advances in medical science were forcing contemporary doctors to think in terms that would have been sacrilegious to their elders.

Frustrated by these new developments, proponents of the Popular Health Movement sought to enforce the usage of older methods into the practice of modern medical professionals. While some good has resulted (in the long run and with the help of understanding provided by modern research), it has to be

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admitted that the Popular Health Movement also caused some medical blunders.

Some natural health concepts that arose as a result of the Popular Health Movement are: Hydrotherapy, Herbalism, Eclectic Medicine, and Natural Hygiene.

Thomsonianism is one of the earliest approaches to modern western herbalism and it was founded by Samuel Thompson around the year 1820.

The Association of Eclectic Physicians, an organization of herbals doctors, was found in Wooster Beech.

At its very height, eclecticism was practiced by over twenty thousand qualified doctors in the

United States. By 1939, medical schools were being largely influenced by philanthropists, and when these schools failed to support eclecticism, it slowly died out.

Hydrotherapy was another branch of natural health and it concerned itself with the application of water to the human body. Though using only water as means of staying healthy might sound a bit silly, for that time period it was a good thing.

Hydrotherapy advocates were very vocal about the importance of personal habits such as diet, dress, clean water, fresh air, exercise, sunshine, and herbs. Personal hygiene as it is followed today was not always such an important issue. Hydrotherapy was conveying a very important message.

Origins of hydrotherapy can be traced back to Europe in the Roman era when spas and hot



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mineral springs were a common way for people to cleanse their bodies.

The European system of hydrotherapy was first introduced to the United States in 1844 by the founder of Natural Hygiene, Dr. Joel Shew. Dr. Shew later on enhanced hydrotherapy by focusing on its other aspects like fresh air, lots of sunshine, a good diet plan, and an exercise routine. In 1853 he established the college of Hygieo Therapy.

The American Natural Hygiene Society was founded in 1948. Eventually, hydrotherapy had to give way to allopathy. This was largely brought about by the fact that the people supporting allopathy viewed hydrotherapy as a science of quacks because hydrotherapy was so closely associated with the female social activists of that era.

The core belief of natural health therapy is that all issues related to health, sickness, and healing can be overcome through simple means like prevention and a change in individual lifestyle. Natural health follows the oldest rule of medicine: prevention is better than cure.

In view of this, natural health therapies are supposed to be totally in control of the individual and not the doctor or healer.

The “natural” in the term natural health literally refers to the physical world in which we live, or nature.

This is but another way of saying that according to natural health therapy all disease and illness is nothing more than a natural reaction to some other natural action.

It is important to remember that natural health does not have anything to do with faith or

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psychic healing which are supernatural concepts and hence, by definition, not part of nature.

This difference is also the biggest distinguishing factor between natural health therapies of European origin and Eastern alternative medicinal theories that often rely on belief systems such as spirituality, karma, ancestral forces, personal auras, or energy flows.

None of these can be perceived by our normal senses and hence the Europe-born natural health theories do not subscribe to them.

Going even further, natural health does not concern itself with the origin of life, any religious beliefs, extra-dimensional worlds, magic, and new age mysticism.

All natural health says is that all health and sickness can be affected by simple natural therapies.

At its most basic level it can be said that natural health therapy refers to only one thing: biological factors of health, especially as they apply to everyday life in western society.

In its early history, the natural health movement did show considerable interest in hydrotherapy and the relaxation it offered through the usage of spas, steam baths, and other water cures.

The more modern additions to natural health that concern themselves with the body-mind connection and how that relates to stress and tension are influenced by eastern alternative medical theories.

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Having said that, what natural health therapy finally implies is that the human body has complete capacity to heal itself from most forms of sickness (of course, a broken bone cannot be fixed by altering your lifestyle, it needs to be put in a cast), mostly through prevention. So as far as natural health thinking goes, all healing is basically self-healing and this is considered to be a basic property of all things alive.

## **Vitalism**

It is to be observed that as early 400 B.C., Hippocrates (who is considered to be the father of medicine) had written that, "the natural healing force within us is the greatest force in getting well".

This is known as vitalism, also known as 'vis medicatrix naturae' (the inherent wisdom of the body).

To put it simply, whenever there is something wrong with the body the doctor will attempt something, for example: using antibiotics to kill the infection, perform surgery to remove a poisoned part or for amputation, put a broken bone into a cast, suture a flesh wound.

All of these are part of the healing trade. The catch is that the body of patient has to actively respond to all this treatment otherwise it is wasted. Vitalism makes the body want to heal and get well.

This is a well documented fact that people who deal with their physical problems confidently and cheerfully heal faster than others. The precise reason as to why this happens is not understood but the fact is still undeniable.

## **Holism**

One explanation comes from the concept of Holism which says that the process of healing is a combined effort by the entire organism and

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cannot be achieved by any isolated part of that organism.

The Holism concept can be traced to the time of Paracelsus, 1439-1541, who is credited with being the father of modern medicine. When Paracelsus treated patients he refused to pay attention to only that part which was showing symptoms of disease. Instead, he tried to treat the whole body as one whole entity.

Holism is not a symptom=cure sort of healing technique. It involves a careful study of the defensive abilities of each individual patient's body. Practitioners have to have the knowledge to differentiate between disease symptoms and the defensive or recovery systems.

What Holism believes is that when someone falls sick, their whole body has undergone some

kind of weakness and has lost the balance of its strength. So the solution is to simply restore the strength of the body.

All western natural health therapies rely on biological factors and the better developed psychosocial approaches are a modern addition.

## **Individualism**

This concept is different in the sense that it places all responsibility for sickness and good health on every individual in a society. So everyone is responsible for their personal health.

Individualism results from an awareness of the importance of individuals in a community and the resulting virtues of self-reliance and personal independence. Well-rounded individuals are both self-reliant and independent.



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## **Victim-blaming**

What this means is that if someone gets sick then the victim of the sickness did something wrong. While it might sound a little weird what it honestly means is that personal health is a personal responsibility and no one can blame someone or something else for his or her illness. It focuses on the self.

Improve yourself because the environment around you is too big to change for one individual. In other words, health problems should be self corrected and the obvious solution is a change in the victim's lifestyle.

## **Prevention**

This is probably the most difficult concept for the modern day individual to grasp. Though everyone is aware of the phrase 'prevention is better than cure' there are few people who

actually go the extent of preventing even the most obvious trouble (think about smoking, alcohol, high cholesterol foods, sugar, etc.). Prevention does not merely suggest that troublesome activities should be avoided. What it says is that improving health is better than fighting disease.

It suggests the application of this to short term as well as long term negative effects. In the short term, a healthy body can easily ward off minor illnesses (like common cold) and injuries (razor cuts, skin peeling during sports activities for instance).

In the long term prevention suggests caution in all that is done today so that it does not result in adverse outcomes in the future. In other words, it too suggests a change in lifestyle for a healthier tomorrow.

Reasonably good health can be achieved by everyone. What is even better than the means

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to do so do not have to acquired from anyone, the capacity to do so lies within us.

The next few pages focus exclusively on herbs and subsequently on natural herbal cures.



# Natural Herbs

Any plant that is grown for culinary, medicinal, or in some cases even spiritual value is called an herb. It is common practice that, from an

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herb plant only the green and leafy parts are used.

The culinary usages are obviously different from the medicinal uses, in fact, it is often the case that the properties of culinary and medicinal herbs are entirely different to be found in the same plant. For example, medicinal herbs usually tend to be shrubs or woody plants. Culinary herbs, on the other hand, are typically more leafy and soft.

Interestingly, the seeds, berries, bark, root, or other parts of a herbal plant make great spices. These plants also bear edible fruits or vegetables.

Culinary herbs are different from other vegetables in the sense that they are not the primary objects to be cooked or consumed.

Instead, they are used to provide flavor when used as spices.

## **Botanical definitions**

Botanical science defines a herb as a plant that does not produce a woody stem. It usually dies in temperate climates. Death can be complete in case of annual herbs or the herb can simply go back to its roots in case of perennial herbs.

Examples of herbs include: bulbs, peonies, hosta, grasses, and banana.

The botanical term herbaceous means a plant having the characteristic of a herb or being leaf-like in color and texture.

## **Herbalism**

Herbalism is also known as phytotherapy. It is a very old folk medicine that is based on the use of plants and plant extracts. Human beings



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have been looking for healing powers in the vegetable kingdom for a long time.

There are innumerable types of indigenous plants that have been used by people for centuries in the treatment of many ailments. The history of such usage is long and well documented. Evidence has been found that sixty thousand years ago the Neanderthals living in present day Iraq used plants as medicines.

Radiocarbon dating of the Lascaux caves in France has revealed that cave paintings dated between 13000-25000 BCE displays the use of plants as healing agents.

It must be appreciated that our forefathers spent several centuries slowly building upon the knowledge of their own predecessors to arrive

at proper medical conclusions. It took many generations of trial and error to expand this knowledge base.

The individuals who took upon themselves the task of following this line of reasoning and medical discovery are whom we today remember as “healers” or “Shaman”.

An interesting aspect of plants is their seemingly infinite ability to synthesize aromatic substances like phenols and tannins. Plants also evolve alkaloids that serve as defense mechanisms against predatory micro-organisms, insects, and herbivores.

Plants and chemicals have a strong and historical relationship going back to several hundred millions of years.

The chemical interactions in a plant's metabolism, offense, and defense procedures is



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very complex. Human beings have found that many herbs and species that are used in seasoning of food often yielded useful medical compounds.

In recent years plants have once again come into the foreground as the search for new drugs and dietary supplements have led researchers back into the plant kingdom.

Pharmacologists, microbiologists, botanists, and natural product chemists are literally going through the entire roster of plant species with a fine toothed comb looking for phytochemicals that could lead to the development of cures for several types of diseases. Already there are many drugs on the market that have been derived from plants.

Herbal treatment of diseases is nearly universal in all non-industrialized societies. Since they do not have the resources to set up pharmaceutical industries and are quite likely to be too impoverished to purchase modern day drugs, it should not be surprising that they rely on plants that they can grow to fight off illness.

In western society, the use of herbal medicine can be contributed to the cumulation of several traditions over a long stretch of time, finally culminating at the end of the twentieth century. Some of these influences are based on ancient Greek and Rome, the Ayurvedic principles from India, and Chinese herbal medicines.

Some very common plant based pharmaceuticals that have been used by western physicians include opium, aspirin, digitalis, and quinine.

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## **Background**

In any living organism, chemical reactions define the metabolism rate and control normal metabolic activities. Some of these chemicals are known as primary metabolites (sugar and fat) and are found in nearly all plants.

Chemicals known as secondary metabolites are found in a limited number of plants. The functions of secondary metabolites can be very different. They could be used to produce alkaloids (poisons) for defense or to attract insects to enhance pollination.

Most of the therapeutic chemicals derived from plants as well plant-based modern drugs rely on the secondary metabolite chemicals in plants. A few examples are: inulin (roots of the plant dahlias), quinine (from cinchona), morphine and codeine (from poppy), and digoxin (from foxglove).

The National Center for Complementary and Alternative Medicine has started to fund clinical trials to improve the medical world's understanding of herbal medicine.

## **Popularity**

In May 2004, the National Center for Complementary and Alternative Medicine conducted a survey.

The focus of this survey was on people who had used Complementary and Alternative Medicines (CAM), what particular types of treatments were used, and why did the people choose for the complementary medicine option.

The results of this survey indicated that, with the exclusion of prayer, herbal therapy (or the use of natural products besides vitamins and minerals) was the highest used complementary and alternative medicine. 18.9% opted for herbal therapy over all other forms of complementary and alternative medicines.

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Here are a few samples of medicines used in herbal therapy.

- A variety of plants (including artichoke) help to reduce the total serum cholesterol levels.
- Plants like black cohosh (and others that contain phytoestrogens or active estrogen) have proven effective in treating symptoms of menopause
- A limited number of studies have reported that the average length of common cold can be reduced by using echinacea extracts.
- Garlic is a herb that provides multiple benefits like lowering of cholesterol levels, lowering blood pressures, and reducing platelet aggregation.



- Another highly diverse medicinal plant is black cumin (*nigella sativa*). Common ailments that can be cured using black cumin include: cough, pulmonary infections, asthma, influenza, allergy, hypertension, and stomachache.

The seeds of black cumin are classified as carminative, stimulant, diuretic, and galactagogue. Seed powder or oil from black



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cumin can be applied externally in case of skin eruptions.



Digestive tract problems including irritable bowel syndrome and nausea can be relieved by drinking peppermint tea.

- Rauwolfia serpentina is one of the oldest and most widely used herbs in India. It is applied for treating problems like insomnia, anxiety, and hypertension. This herb is also the foundation for the first plant based allopathic drug that was developed to combat high blood pressure.
- In some clinical trials it has been discovered that St. John's wort, a most dangerous chemical, can be highly effective in cases of mild to moderate depression
- Another plant root that can be used in the treatment of sleeplessness is valerian.

## **Dangers**

All modern pharmaceutical drugs need to be prescribed due to dangers of side effects or allergic reactions, or possibly reaction with other drugs.

This has resulted in the development of a myth about natural products, including herbalism,



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that has spread far and wide. The myth goes that natural products are safe. Or, anyone can take them without consulting an expert and they will do no harm.

In the end, whatever we extract from plants, spices of curative agents, we are dealing with chemicals. Over centuries the defense system of plants has led them to produce some very lethal chemicals. There are innocent looking plants that can give an adult nausea if a single leaf is smelled close closely. A small nibble of the same leaf by an infant can be fatal.

Fortunately, most such plants are found deep in the forests where predators other than man are a threat. Still, there are milder forms of toxins in plants much closer to us and even these can be lethal if caution is found lacking. For example, hemlock and nightshade are two

plants that can prove to be fatal through carelessness.

Also to be remembered is the fact that plants or herbal remedies are as likely to cause side effects and allergic reactions as other pharmaceutical drugs. However, these problems usually result from improper dosage and impurities.

Another danger is taking herbal remedies with conventional drugs when both perform the same task. In that case the cumulative effect will surely result in an overdose.

## **Effectiveness**

Scientific studies provide indisputable evidence that the herbals extracts from plants can not only cure but also prevent certain types of diseases. Further evidence of the benefits of herbal medicine can be found in the fact that

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there are many modern pharmaceutical drugs available that use plant extracts.

The need for caution comes in when reading the advertisements and other marketing materials for alternative medicines, even if they are plant based, 100% natural and completely safe.

There are no products on the market that will advertise boldly that they might not be effective in some cases. That sort of statement is usually hidden in the small print.

That should not be criteria when choosing an alternative medication. There are cases where scientific studies have shown that people receive none of the medical benefits that the product claims to deliver.

There are many alternative medicines on the market that have not undergone any sort of testing whatsoever.

The importance of scientific testing becomes apparent when you consider that these old-age natural therapy concepts were developed when there were no scientific controls and no test procedures.

If someone wanted to try out a new herb, the easiest way for to try it on themselves first. Secondly, the human mind was not as well understood as it is today.

For example, modern controls can easily make out the difference between a placebo effect, the body's ability to heal itself through its immune system, and the actual practical benefits of herbs.

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Without this understanding any herb, whether beneficial or not, can be made to look like a life saver.

Scientific investigation also helps to reveal the precise nature and structure of the chemicals in an herb. Which chemicals do what. How to they react with blood and other internal organs.

What chemical combines where to produce what compound – finally resulting in a cure or relief.

These are important facets of scientific testing that were not available in the days when herbal traditions were being established. Most knowledge in those days was anecdotal and based on personal experience.

Humanity and especially the medical workers know better today.

It is always prudent to choose a medical treatment that has been proven safe and effective. It is possible for people to get so influenced by the natural healing movement that they will abandon conventional medicine altogether.

Avoid falling into this trap. Herbal therapies have just begun to be studied scientifically and until proven safe and sound should only be used as complementary alternative medicines, not the main treatment.

The chemical composition of a lot of herbs is still not known so there is always the standing danger of violent reaction to an alkaloid. Do not underestimate this.

## **Standards**

Different countries allot different legal status to different herbal ingredients. For example,

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ayurveda, the alternative medicine therapy from India believes that heavy metals are therapeutic.

The United States however believes that high levels of heavy metals are actually unsafe for normal consumption. So ayurvedic medicines are not granted the same status as regular drugs and they are certainly not FDA approved.

Like other non-FDA-approved health products, ayurvedic drugs are sold in the United States as dietary supplements and not medicines. This is merely an evasion because as per American laws, supplements do not need to be tested for safety or effectiveness. In some cases even quality control of the active ingredients can be inadequate.

## Usage

If you intend to use herbal remedies then it is always advisable to first have a detailed and frank discussion with your doctor. Keep in mind that herbal remedies can cause adverse reactions just like conventional drugs.

This risk is augmented when herbal remedies are taken in combination with prescription or over the counter drugs. For example, if you are taking medication for hypertension (these medicines lower blood pressure) and at the same time you take a herbal supplement with the same affect, there is a very high risk possibility of blood pressure dropping dangerously.

There are also many supplements available that might contain herbs, which are to be strictly avoided during pregnancy.



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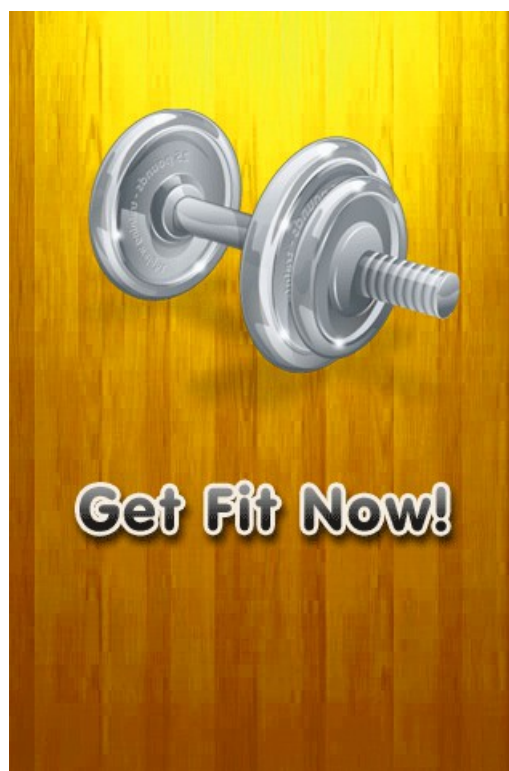
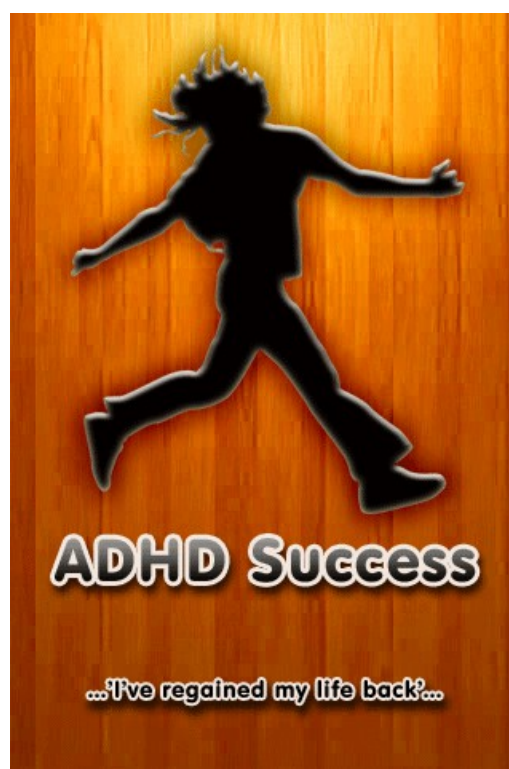
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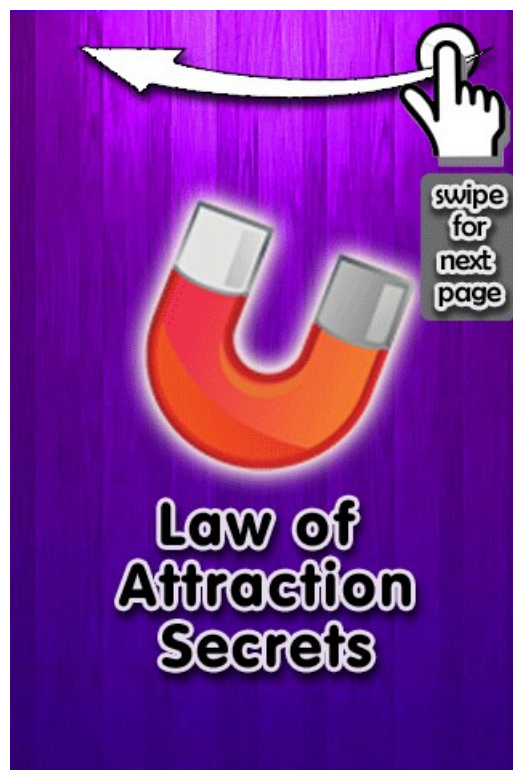
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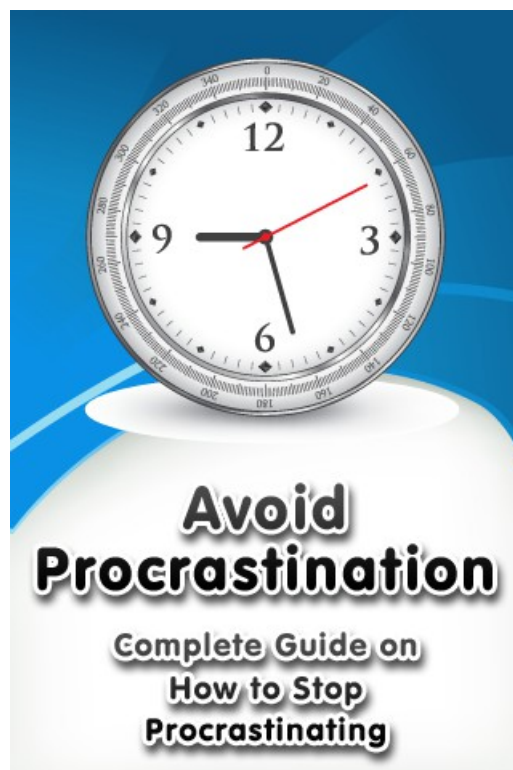
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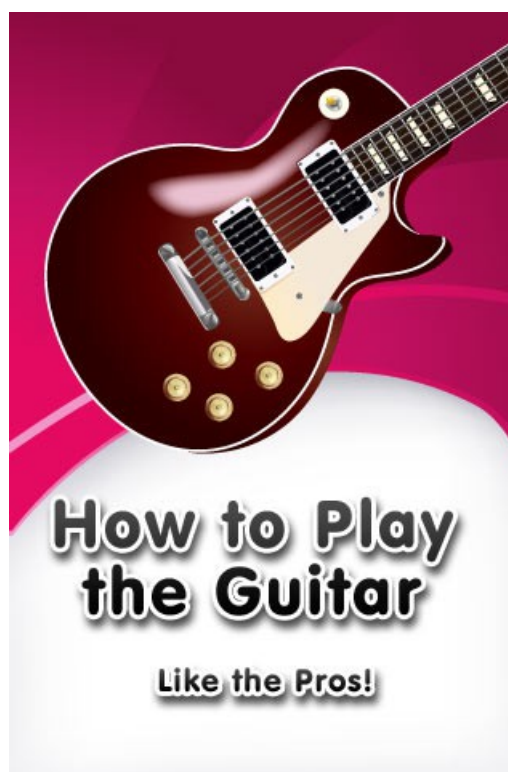
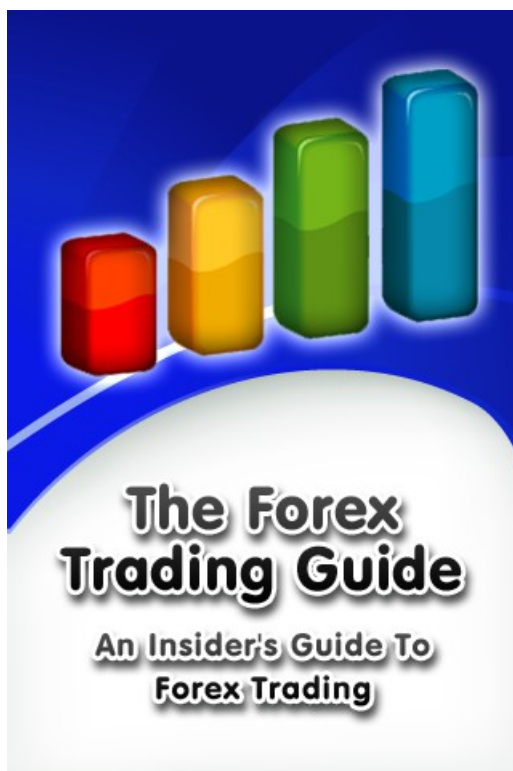
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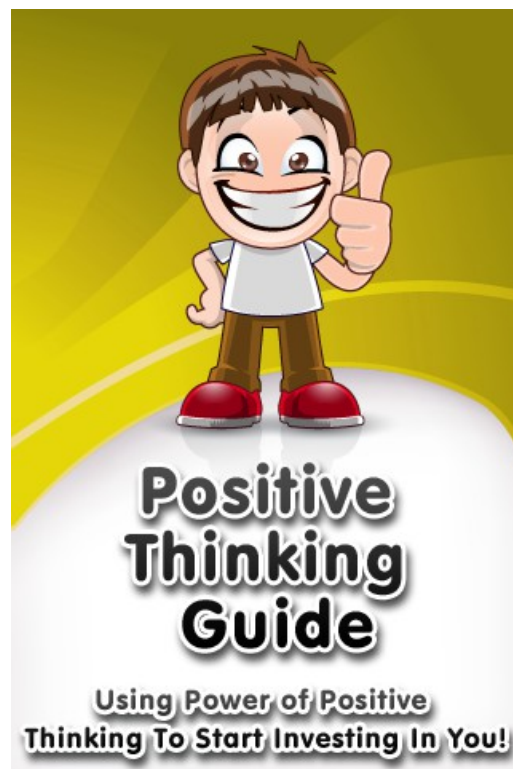
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