

The Mystic Powers of Alternative Health Herbs

Alternative health herbs—the mystic solution to your problems! Boy that would have sent people in Medieval Times running for the merchants. However, in this day and age we no longer believe in magic. We have put our trust in government, in science and in the miracle of medical technology. All of these essential philosophies of modern man seem to run against the philosophy of alternative health herbs.

Indeed, alternative health herbs are quite detested by some in the medical profession. The idea that these natural pills, herbs and spices can cure everyday pains and aches, or perhaps even reduce the symptoms of disease, is indeed shocking to a scientific community. Scientists want to see studies and facts, whereas consumers just want the pain to go away. It's testimony vs. study...you might even say it's faith vs. science.

What is the Alternative Health Philosophy?

The fundamentals of alternative health herbs are deeply entrenched in faith. The origins of homeopathy are actually very spiritualistic. Homeopathy has been called a “vitalist philosophy” and one that interprets diseases as a disturbance in one's life force. The disturbances manifest themselves through a variety of painful symptoms. The philosophy of the holistic healer would be that a person's vital force has the ability to react and adapt to these disturbances. Alternative health teachings also state that a negative state of mind can actually attract disease entities.

Most alternative health herbs and related treatment are considered safe, with a relatively low risk of side effects, usually only occurring when certain drugs are already in the person's body. While scientists are quick to explain that alternative health herbs are not scientifically proven, neither is there any evidence suggesting there is anything detrimental to taking in vitamins, minerals and other healthy extracts—all of which are classified as food, not drugs, and therefore do not have to be monitored by the FDA.

What Are the Advantages of Herbs?

Alternative health herbs are preferred by many because of their safety, gentleness on the body, and their low cost. Herbs cost much less than prescription drugs and do not require a doctor's prescription. Many people claim to lose weight using herbal supplements, while others claim their stress and anxiety levels are significantly reduced after treatment.

For some consumers, they simply prefer these herbal supplements to OTC or prescription drugs because they seem to work, whereas chemically based medication doesn't. You go with whatever works, right? If what is bothering you can be solved with some extra calcium or ginger, why risk forming a drug addiction?

What consumers should bear in mind that is that alternative health herbs should never be seen as replacement for a doctor's medical opinion. A doctor can advise a patient

against the dangers of using certain substances, natural or not, that might interact with other medications or with a preexisting medical condition. A doctor can even help you get started in herbal treatment.

There is no such thing as magic today, but if you believe that within nature there is sustenance and care for your body, then herbal treatment is right for you. The philosophy here is that we are beings of this planet, and the best solutions for our aches and pains lie in our own resources.