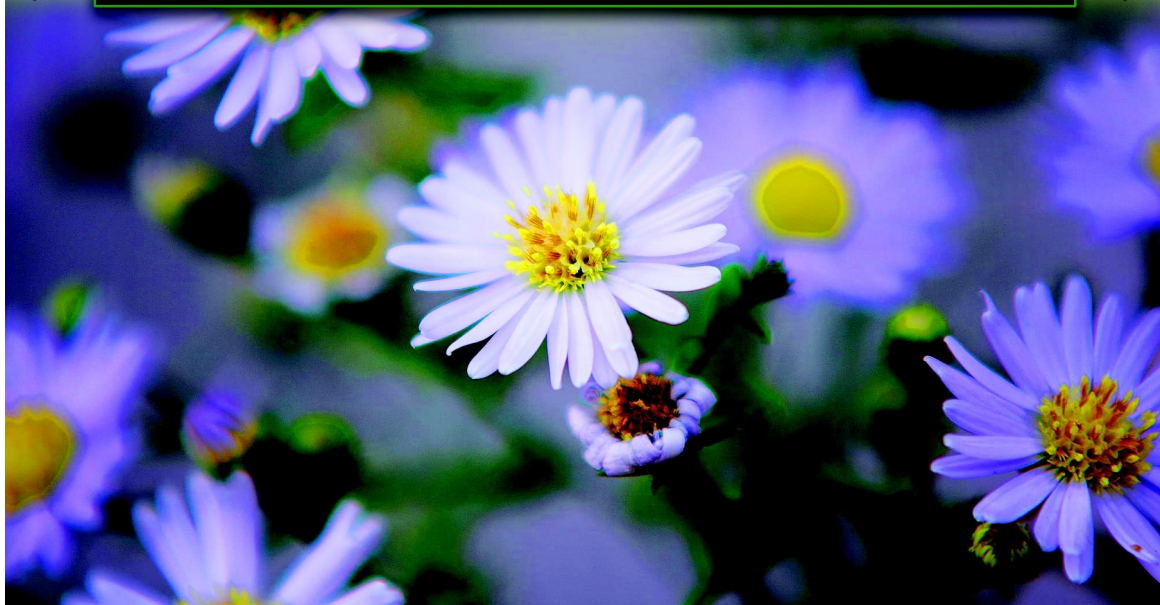


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Herbs for Health and Healing

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Disclaimer

We hope you enjoy reading our report, however we do suggest you read our disclaimer. All the material written in this report is provided for informational purposes only and is general in nature.

Every person is a unique individual and what has worked for some or even many may not work for you. Any information perceived as advice by must be considered in light of your own particular set of circumstances.

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Every attempt has been made to provide well researched and up to date content at the time of writing. Now all the legalities have been taken care of, please enjoy the content.

Introduction

Herbal medicine has existed for many centuries. For much of history, it was the only medicine; in some cultures, today, it still is.

The Internet has certainly helped the ever-increasing resurgence of interest in herbal remedies for treating a huge range of conditions and diseases.

Only a couple of decades ago, patients were reliant almost solely on their general practitioner for medical knowledge. While some were prepared to consider “alternative therapies”, many were very conditioned to their own education, which was strongly rooted in surgery and pharmacy as the main treatment options.

Now, patients and sufferers can do their own research, and more reassuringly, read the experiences of others with similar problems. This has allowed them to learn what has worked for others. It has also opened their eyes to the problems that some pharmaceutical “solutions” have caused individuals.

Western medicine research has made some great advances in improving human health, but it seems too obvious sometimes, that certain elements have conspired to prioritize financial returns over healthful outcomes. Big pharmacy is a big industry with a lot of clout.

For some people and some conditions there may be no other viable option. For most however, it is in the very best interest of their long-term health to explore natural, herbal solutions to their conditions first.

Herbs for health is not a punchy slogan, it is a truism.

Herbs for Anger

Every day we are faced with challenges or situations that can make us feel angry. Some people don't have a problem dealing with these challenges while others easily become angered and emotionally out of control.

Anger management techniques vary widely in both application and effectiveness. What works for one person may not work as well for another.

Some people choose medication; however, this is often little more than something to dull the senses. As well as basically reducing sensory inputs (and subsequently quashing feelings of "being alive"), most products have other unwanted side-effects.

For those people, specific herbs have healing properties that may prove to be more beneficial in helping them to manage their feelings of anger, without the side effects. Here are a few of those herbs.

Dandelion

Dandelion is an herb that many people turn to when needing support for problems in the liver. You may consume dandelion either as a tea or tincture.

When feelings of hostility, resentment, bitterness and anger are building up, your liver is affected and dandelion can assist to restore balance. It contains active compounds that cool down the liver, helping to regulate symptoms of anxiety, anger and other damaging emotions.



Many who use dandelion claim that its active properties work in clearing out their negative patterns of behavior. These patterns of behavior will almost certainly be contributing to the development of negative emotions that includes anger.

Marshmallow Root

If you are too upset and angry to eat, take some marshmallow root. Marshmallow root positively impacts your nerves and digestion, and helps prevent feelings of anger and depression.

If you haven't had it before, you'll love its nutty flavor. It also works to help your body absorb water, which is great if you are dehydrated. Dehydration will certainly add to crankiness, anger and other negative symptoms.

Rosemary

Rosemary is known for its ability to boost circulation in the body. Chinese practitioners believe that with improved circulation an individual will find an increase in love and other positive emotions. A healthy circulatory system has a huge impact on the heart and keeps it strong against negative emotions, such as anger and depression.



If your anger is caused by adrenal burnout, it is even better to use rosemary in combination with another herb called borage. These two herbs will work together to help heal your adrenals.

It can be very difficult not to feel irritated and angry when your health is compromised. Improving physical and emotional health with natural herbs can help buffer against negative emotions.

Herbs for Anxiety

Many of the distressing symptoms of anxiety can be naturally eased with the use of herbs. Herbal remedies for anxiety work similarly to some medications prescribed today. It is possibly more correct to say that some synthetic medicines try to replicate the behavior of herbal medicines that have worked well for centuries.

If you are looking for a natural solution to dealing with anxiety symptoms, you may find these herbs provide relieve with less side effects.

Passion flower

A team of experts conducted a study which compared the effectiveness of passion flower and a benzodiazepine drug in relieving the symptoms of anxiety.



The results showed that Oxazepam, a benzodiazepine drug used for anxiety, was found to be quicker at providing relief, however towards the end of the study passion flower and Oxazepam were found to be equally effective at addressing the symptoms of anxiety.

Passion flower was a little slower initially but just as effective as a remedy over the course of the treatment. Additionally, passion flower was a clear winner when it came to side effects, as it doesn't have any, unlike benzo drugs.

A separate study showed that patients who took passion flower before undergoing surgery were less anxious than patients who did not take passion flower.

Passion flower extract has shown no adverse effects on either muscle activity or mental processes.

Lavender

Lavender is prescribed by many natural health professionals for treating anxiety. Research on lavender reveals that lavender works just as effectively as Lorazepam for providing relief from anxiety.

It also shows no potential for being addictive and is useful for many other health problems arising from an anxiety disorder, such as insomnia, migraine, nervousness and restlessness.

Valerian

Valerian is commonly prescribed as a sedative. It is a popular herbal supplement for providing relief from anxiety symptoms. Valerian can help reduce physical and mental tension.

Valerian root contains valerenic acid which enhances the effects of GABA or gamma-aminobutyric acid, a naturally occurring hormone. GABA can help promote feelings of relaxation which reduces and alleviates stress and anxiety levels. These are the same effects that are experienced after taking prescription benzodiazepine drugs.

St. John's Wort

Most people with an anxiety disorder would have heard about the benefits of St. John's Wort. The active elements of this herb are found to work effectively in treating the symptoms of depression. Anxiety and depression often go hand-in-hand and the two disorders have overlapping symptoms. Taking St. John's Wort can be helpful in providing symptom relief for both conditions.



St. John's Wort has active compounds that are helpful in prolonging the action of serotonin in order to improve an individual's mood. This is why this herb is used as an anti-depressant and for overcoming low moods.

Chamomile

Chamomile is another herb used for anxiety relief. It is used to treat anxiety, stress and depression. Chamomile is known as the relaxation herb. It soothes and relaxes the troubled mind.

The effectiveness of chamomile in treating the symptoms of anxiety was studied by experts from the University of Pennsylvania. They found study participants taking chamomile for eight weeks reduced their symptoms of anxiety whereas those participants in the placebo group experienced no reduction in their symptoms.

Another study published in the *Journal of Clinical Psychopharmacology* also showed that chamomile extract therapy can be helpful for mild to moderate generalized anxiety disorder or GAD.



Lemon Balm

Lemon balm can be helpful for alleviating the symptoms of anxiety and stress. It is most commonly used for relaxation and easing sleep problems.



Herbal medicine experts say that lemon balm is more effective when used with other herbal agents. There are many anxiety supplements available which contain combinations of herbs that work well together to increase their effectiveness for providing anxiety relief.

Herbs for Arthritis and Joint Pain

Losing weight is one of the best remedies for arthritic and joint pain, as it takes undue pressure of the joints. Additionally, a healthy and effective weight-loss diet will mean less intake of toxins that cause or add to the problem.

However, this can be easier said than done for some people, which is why other remedies or solutions are sought after.

Although over the counter pain relievers may be helpful in the short-term, long-term use can harm the kidneys and other organs. As much as possible, it is safer to opt for the natural route. This includes using herbs for fighting against pain and inflammation.

Here are a few herbs to try:

Nettles



This herb contains iron, phosphorous, magnesium, calcium, protein and beta carotene. It also contains vitamins D, A, C and B complex. Many arthritis sufferers claim that fresh nettle greatly reduces their pain and inflammation.

If you are currently taking NSAIDs for your arthritic pain, you might consider adding nettle to your treatment plan so you can lessen the reliance on these pharmaceutical anti-inflammatories.

Willow Bark

Long before aspirin was discovered, there was willow bark. Willow bark contains salicin, an active ingredient with effects similar to that of aspirin.

A study published in Phytotherapy Research revealed that willow bark contains active properties that can reduce inflammation. When experts administered willow bark extract to almost 500 study participants, who were suffering from rheumatic pain, the patients reported significant reduction in their symptoms.

Although willow bark is available in capsule form, many suggest that its tea works better for just about any arthritis pain.

Burdock Root



One of the best things you can do for yourself if suffering from arthritic pain is to increase your consumption of essential fatty acids. In addition to oily fish and other foods that contain these fatty acids, burdock root can also be a good source.

Burdock has long been a trusted herb when it comes to treating painful joints. Burdock can be taken as a tea, or used in tincture or extract form. Burdock is also being used as an ingredient in many homeopathic remedies today.

Turmeric

Turmeric is an anti-inflammatory powerhouse and has become a favorite for treating joint pain. Its ability to provide relief from arthritis pain is attributed to its curcumin and curcuminoids which are natural chemicals that can reduce inflammation.

Many arthritis patients claim that turmeric works as effectively as the anti-inflammatory drugs prescribed for them. It is used in many natural herbal supplements for helping to eliminate pain.



Experts recommend that for greater pain relief, turmeric is best taken in tea form. Turmeric capsules are also available and of course the powder can be added to cooking.

Juniper Berry



Juniper Berry has been used for treating many joint-related illnesses. The diuretic properties of this herb make it a perfect remedy for arthritis and gout, in which fluid retention causes much of the pain and discomfort to sufferers.

Juniper can be easily applied as an ointment or taken as a tea. However, some practitioners say that this herb should not be taken orally for more than a month at a time, otherwise the person can risk having kidney problems.

Boswellia

The boswellia herb is also referred to as frankincense or Indian frankincense. This herb has gained a good reputation among alternative medicine practitioners for its ability to fight and protect the joints against inflammation. It is believed to also inhibit leukotrienes, which attack the healthy joints of people who are diagnosed with autoimmune diseases.

There are many proven herbal remedies available to try for relieving arthritic and joint pain. Many treatments will include a combination of some of the herbs listed above.



Herbs for Headaches

If you experience headaches, don't forget to look at the psychological aspects of your pain. Some headaches stem from psychogenic issues such as depression, anxiety or stress.

If you are experiencing a vascular headache, it will more likely be eliminated with the use of over the counter analgesics. A headache caused by psychogenic issues can be more difficult to find relief from the pain. This can cause excessive intake of painkillers; whose effect is little more than "mind-numbing" if this is the case.

If the type of headache you have has emotional causes attached, rather than trying to get rid of it with over-the-counter products - that probably won't help much – you will probably find better relief from using herbs.

Whether your headache is caused from emotional stress or physical stress, it is always better to opt for natural remedies first, as taking medications only masks the pain, rather than treating the underlying cause.

The following herbs will prove to be helpful for people who are prone to headache pain, including migraine headaches.

Willow

The ability of willow bark in providing relief for headaches started back as early as the 1800s. Its active ingredient is salicin. Today, there is a synthetic version of salicin, known as salicylic acid. This product we all know, is aspirin.

This synthetic version of salicin has been found to be irritating to the lining of the stomach, which is why many people still turn to the original willow herb for treating their headaches.

It has been proven to be extremely effective against pain and fever, which is why they found a synthetic version in the first place! So this herb provides the pain-reducing effect of aspirin, without the negative side effects.

Butterbur

This herb is commonly used for treating the symptoms of migraine. Its effectiveness in relieving migraine headaches has been documented in headache journals.



One of butterbur's great benefits, besides being good for treating current headaches, is that it also works to prevent the recurrence of future migraine attacks. Studies have also shown butterbur to be effective in treating cluster headaches.

One clinical trial conducted by the Albert Einstein College of Medicine had 245 migraine sufferers as their study participants. The results showed that 68% of these participants experienced a 50% reduction in their symptoms after using butterbur.

Feverfew

Its active compounds called *parthenolide* have been found to provide anti-inflammatory effects, which also prevents the production of chemicals that cause spasms in the blood vessels.



A study headed showed that feverfew helps reduce pain and light sensitivity while also alleviating nausea. For these reasons, many people also use it as a preventative medicine for migraine attacks.

Passionflower

Passionflower is famous for its calming and pain-killing properties. By soothing the nervous system, it calms emotion and helps lower anxiety levels which can trigger headache pain. The ability of passionflower to relax the mind keeps symptoms of headaches at bay.

Drinking a cup of passionflower tea before bedtime will ease headache pain and bring on a more restful state, to allow better quality sleep.



Herbs for High Blood Pressure

High blood pressure is not a disease but rather a sign that there are problems with your health. This is why BP measurement is one of the primary diagnostic tools used by general practice doctors.

If you have high blood pressure levels, you can be at risk of developing serious heart diseases, if left unmanaged and/or untreated. The two biggest contributors to high blood pressure are poor diet and stress. When these are combined, the results can be very damaging and sadly, even lethal.

You can quite often very effectively reduce your high blood pressure naturally, by changing your diet and lifestyle habits.

As part of a dietary solution, there are herbs that can assist your fight against the effects of high blood pressure and also better keep it within healthy levels.

Hibiscus



Many people from different cultures all over the world have been using hibiscus to naturally lower their blood pressure.

However, it is only a decade ago that experts conducted a study regarding the effectiveness of hibiscus. The results revealed that hibiscus acts effectively as a diuretic. This helps remove excess sodium from the body, which results in reduced pressure in the arterial walls.

Another finding from studies about hibiscus is that it is capable of mimicking ACE inhibitors. The ACE or 'angiotensin converting enzyme' inhibitors is a substance commonly found in pharmaceutical drugs manufactured for lowering blood pressure, and helps the body maintain fluid balance.

Basil



This herb not only goes well in many dishes, it also helps to reduce high blood pressure and has antiviral and antibacterial properties.

It has also been found effective for lowering blood sugar levels, while easing tension and acting as a general detoxifier.

This herb that has many health benefits and is worth adding to your list of must have herbs!

Ginger



Ginger has been used as a medicinal herb for centuries. It heals and promotes good health throughout the body.

It is excellent for improving blood circulation, which is important for healthy blood vessels and assisting in lowering high blood pressure.

It is easy to add ginger to many foods or eat on its own, so this herbal remedy is an easy inclusion in your diet.

Cat's Claw

Although its name sounds like something a witch would put in a cauldron, this herb is another herb helpful in lowering high blood pressure. Its ability to lower blood pressure is attributed to its active compounds which work to dilate the blood vessels, thereby allowing a better blood flow.

It also functions as a diuretic which is helpful for lowering the levels of sodium in the blood, and has healing properties that support the body's natural defenses against many other diseases.

Herbs for Insomnia

Are you on occasion having a hard time getting a good night's sleep? Or worse, would you class yourself as suffering with chronic insomnia?

If so, a few good herbal remedies might be just what the doctor ordered, or possibly should have. Here are a few for you to trial until you find what works for you. Sleep is critically important for good health and longevity, so don't ignore bad sleep patterns.

Valerian

Valerian is commonly used as an herbal sleep aid and calming agent.



Patients who use valerian root have claimed that they have experienced a shortened length of time to fall asleep, their sleep duration has increased and their sleep quality improved.

Valerian capsules are available and normally taken at least one hour before retiring. Reports reveal that its effects last for approximately four hours.

If your poor sleep patterns have become habitual, you may find yourself waking during the night. Instead of lying awake for hours, you can take another dose of valerian. This will help develop new sleep patterns, by keeping you relaxed and asleep.

Chamomile



Chamomile is perhaps one of the most famous herbal sleep aids. Many studies have proven the ability of chamomile to help people who have chronic insomnia as it acts as a mild sedative.

The studies have shown that chamomile helps promote sleep by allowing the person to first experience mental calmness, which also helps reduce the symptoms of generalized anxiety disorder.

Most chamomile users drink a cup of chamomile tea before bed if they need to get a good night's sleep, or ease their anxiety and built-up tension. The properties in chamomile help with deep relaxation.

Lemon Balm

The power of lemon balm to effectively help people fall asleep has been recognized for centuries. Lemon balm has been a favorite go-to herb whenever insomnia strikes since the Middle Ages.



Its clean, refreshing smell brings on a relaxed feeling. You can add a few drops of lemon balm to your pillow to help ensure a restful night's sleep.

If you are a little skeptical, and think that a few drops of lemon scent won't work, give it a try before you doubt its sleep-inducing abilities. A study published in the Neuropsychopharmacology journal showed that

lemon balm may indirectly influence sleep and relaxation by first making some improvements to a person's mood.

In addition, lemon balm is also referred to as nootropic herb because of its brain-enhancing effects, and is known to improve cognitive performance.

Schisandra

Although not as common as chamomile or valerian, schisandra is another herb which has earned a high reputation among Chinese medical practitioners, due to its remarkable ability to induce relaxation.

The schisandra berry is capable of producing potent sedative effects and helps increase sleep duration.

Experts agree that this herb shows great potential in helping people who are suffering from insomnia, and more study on this herbal remedy will be forthcoming.

Schisandra is considered an excellent herb to use for improving all-round health, due to its vitamin and mineral content, and has been called a "superfood".

One or All?

Now you've read about a few herbal remedies you can use for insomnia. You can start by making a calming cup of tea, or go all out and take a few valerian supplements and add a few drops of lemon balm to your pillow before bed too.

Let's see if one or all of those things helps you get a good night's sleep! How much difference would that make to your day?

Herbs for Lowering Cholesterol

If you have been diagnosed with high cholesterol levels, it's quite probable that your doctor advised that you begin taking statin medications. However, you may be a person who is opposed to taking these types of prescription medications for various reasons. If you are one of these people, you will be happy to know there are natural herbs that can help lower cholesterol levels naturally.

Skullcap

A study conducted by Japanese researchers showed that skullcap can help the body reduce LDL (bad) cholesterol and also boost the production of HDL (good) cholesterol.

Skullcap benefits the body in many other ways too. For example, it works as a pain reliever because of its analgesic properties. Skullcap helps balance your body's hormones, while stimulating the release of endorphins (your feel-good hormones).

People who are suffering from nervous disorders can also benefit from taking skullcap, due to its soothing effect on the nervous system, making it useful in preventing seizures and other spasmodic reactions.

Indian Gooseberry

Indian gooseberry is highly praised by traditional Chinese medical practitioners for its natural 'hypolipidemic' agent that reduces lipid concentration build-up.

Gugulipid

This herb is native to India and is derived from the resin of the 'mukul' tree. Gugulipid is known for its cholesterol lowering properties, and has been used for many years. Its effectiveness in preventing the accumulation of bad LDL cholesterol in the blood has already earned it a high reputation. Many people claim it works just as effectively as statin drugs, but without any negative side effects.

Curcumin

This herb is a member of the ginger family, and just like any other types of ginger, is known for its antioxidant properties. Curcumin is helpful in fighting high cholesterol levels as it prevents the absorption of cholesterol in the intestines. The conversion of cholesterol into bile acids is increased and the excretion of bile acids is stimulated by this potent and powerful herb.

Garlic



The potency of garlic in boosting cardiovascular health has been proven time and time again. Cardiologists recommend the use of garlic in improving heart health. Garlic is not only a powerful antioxidant, it is also a very effective blood thinner.

Many medical practitioners promote garlic for its ability to reduce the production of triglycerides, and garlic is also known to work as effectively as mainstream pharmaceutical drugs in lowering blood pressure.

Hawthorn

This herb is used for treating a variety of heart health problems. Hawthorn helps people who are having issues with an irregular heartbeat, chest pain, high or low blood pressure and increased cholesterol levels.

Its active compounds have been shown to help break down fats. Researchers claim that hawthorn plays a key role in lowering low density lipoproteins (LDL cholesterol) and triglycerides.

Therefore, the regular intake of hawthorn can significantly help lower a person's risk of developing cardiovascular disease.

Natural is Safer

Many of these herbs are found in cholesterol lowering supplements, so if natural treatments are for you, it won't be too hard to change to a treatment that suits you. Natural herbal supplements are safer than statin medications and don't give nasty side effects.



Herbs for Skin Healing

The skin is the largest organ of our body. It consists of multiple layers that protect the body against bacteria and other disease-causing environmental toxins. Adhering to a nutritious diet is one of the keys to having healthy skin, on and in all layers.

Unfortunately, some people's immune system is compromised, thereby making their skin susceptible to infection and disease.

If you experience skin problems, don't turn to over-the-counter preparations right away, give your skin a chance with natural solutions. Nature has a lot to offer when it comes to protecting and accelerating the healing process of your skin.

There are many herbs that have proven to be helpful, such as the following:

Lavender



Lavender contains linalool that aids in the healing process of several skin conditions. The same compound is responsible for the prevention of tissue degeneration and this helps reduce the signs of premature skin aging.

Lavender also assists in the growth and development of new skin cells. This is made possible with the help of its cytophylactic properties.

If your skin is looking coarse, dry and inflamed due to environmental toxins, lavender will certainly help as a skin salve. Lavender is known to

have powerful antioxidants that protect the skin against the adverse effects of these types of toxins and pollutants.

If you are constantly stressed, this can result in rough skin, and the calming properties of lavender will both serve as your skin's shield and provide you with a sense of calm.

Calendula

The blossoms of calendula are beneficial for skin healing while also acting as a mild astringent. Research shows that calendula has antiviral, antifungal and antibacterial properties. One very appreciated quality of calendula is its ability to heal even the most sensitive skin gently.

Many people use calendula in treating diaper rash, chapped lips, minor bruises, minor cuts and burns.

Others use calendula as a facial wash to help them get rid of their acne.

Gotu kola

Researchers investigating the qualities of gotu kola found that it can treat some skin problems due to the herbs natural compounds, referred to as triterpenoid saponins. These active compounds in gotu kola were found to be responsible for not just strengthening the skin, but also for improving blood flow to the skin.

Aloe Vera

Aloe Vera is a very well-known remedy for applying to many skin conditions. If used in its purest form, aloe vera helps speed up the process of healing.

Aloe vera can be used for treating minor skin infections, burns, wounds and cysts. There are studies which indicate that aloe vera can also be used for other more serious conditions such as psoriasis, canker sores, genital herpes, dandruff, skin ulcers and eczema.

Echinacea



Although Echinacea is more popular for boosting the immune system, it is also an excellent herb for treating skin problems. Native Americans use Echinacea for healing skin wounds, snake bites and insect stings.

There are scientific studies which have also proved that Echinacea extract possesses anti-inflammatory properties. Echinacea contains collagen protective properties that protect the skin against free radical damage.

Other studies suggest that Echinacea contains enzymes that are capable of keeping the 'skin jello' intact by inhibiting the spread of toxins, while also preventing fluids leaking from the skin tissues.

In addition, Echinacea has antifungal and anti-bacterial properties, so this herb provides benefits on many levels.

If you have any type of skin problem, check to see if there is an herb or herbal treatment to overcome it. You may even have one growing in your own garden.

Herbs for Weight Loss

Weight gain is compounded by numerous factors, however in almost all cases the major contributor is the excessive intake of food, especially of certain food types.

Eating the right foods will be the key to your weight loss success so you must be diet-conscious when choosing them. There are even herbs which can assist weight loss. These herbs act in different ways so review the following to see how you can best benefit from including them in your weight loss program.

Cinnamon



Cinnamon serves as an excellent inclusion to your weight loss regimen for it helps you lose weight in several ways. Cinnamon slows down the emptying of your stomach thus giving you an ongoing feeling of fullness. This helps prevent hunger pangs.

Cinnamon improves blood sugar metabolism which means your body will more readily break down sugars to serve as fuel for your energy needs. This means your body will have less unused blood sugar to store as body fat.

As cinnamon is a natural antibiotic, gut health will improve through adding cinnamon to your diet as it reduces the number of bad bacteria in the gut. A specific type of bacteria known as *Clostridium difficile* has been found to be a contributory factor in causing obesity. The active component of cinnamon, which is called trans-cinnamaldehyde, can help get reduce these types of bad bacteria.

Cayenne Pepper

Cayenne is known for its compound named capsaicin. Capsaicin has the ability to fight obesity by helping the body reduce fat tissues and lower levels of blood fats. It also triggers protein changes in the body that results in reduced fat buildup.

Its thermogenic effect provides heat that allows the body to burn more fats as fuel. Research shows that a consumption of foods that have a thermogenic effect can help boost the body's metabolism up to 5%. It also improves the body's fat-burning ability up to 16%.

Capsaicin has been found helpful in counteracting the tendency for metabolism to slow down during the weight loss process. It assists in achieving steady and healthy weight loss over time.

Ginger

Ginger is beneficial for improving a person's digestive system as it regulates the movement of food from the stomach to the intestines. Ginger helps promote feelings of satiety which decreases the urge to binge. These actions are highly effective in helping a person to lose weight gradually and naturally.

Ginger is also a natural appetite suppressant which makes it an added boon for individuals wanting to lose weight.

Ginger contains vitamin C which is an antioxidant. As such it aids in detoxification, helps improve the body's ability to eliminate wastes and works to prevent fluid retention.

Add ginger to your shopping list as this is one herb for weight loss you don't want to be without. As well as adding ginger to your cooking you may even enjoy eating a piece of fresh ginger on its own.

Turmeric

Turmeric is used for many health issues, including unwanted weight gain and high cholesterol levels. These two problems are usually found in conjunction. Turmeric has lipid lowering properties which means it can be helpful for lowering bad cholesterol levels.

Similar to capsaicin, turmeric has a thermogenic effect which promotes fat burning. The curcumin content of turmeric also has anti-angiogenic properties that lead to a reduction of fat mass while inhibiting the growth of fat tissues.

Adding Beneficial Herbs to Your Diet

After reading about these different herbs, have you decided what you are having for dinner tonight?

Whatever you do, don't think that cinnamon laden donuts are an item you can add to the list. It's all about the foods you start with and the herbs added to those foods. Think healthy first and then add your desired herbs for improved weight loss.

Conclusion

Those with little awareness of herbal medicine are usually amazed at the range of issues that can be successfully treated by it, and that it is not only used for minor or trivial conditions.

It is worth remembering that many pharmaceutical “products” are only synthetic replicas of an herbal solution that has always worked. Maybe the synthetic version was developed due to natural availability limitations, or was it simply because the natural solution could not be patented?

If the herbal treatment works, why look elsewhere? You will be less likely to suffer unwanted side-effects, and less likely to have to take another pill to overcome the side-effects of the first one.





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