

Take control of your family's health care!

Discover time tested herbal remedies!



In recent years people have realized the value of fresh air, sunshine and healthy eating.

Non-processed food, fresh vegetables and fruits are once again the focus of good health and it is clear to everyone that packaged, canned, fast and processed foods are deteriorating our health. With this new understanding many people are back on the path to good health but many are still missing out on the most powerful, effective and proven therapy available: Herbs.

Common herbs and spices, along with healthy eating can and will restore your body to it's natural balance where the body can heal itself of most ailments.

In fact, herbal medicine is the oldest form of healthcare known to mankind. Herbs have been used by all cultures throughout history. Apparently, primitive man observed and appreciated the great diversity of plants available to him. The plants provided food, clothing, shelter, and medicine. Much of the medicinal use of plants seems to have been developed through observations of wild animals, and by trial and error. As time went on, each tribe added the medicinal power of herbs in their area to its knowledge base. They methodically collected information on herbs and developed well-defined herbal pharmacopoeias. The use of plants as medicine is older than recorded history. The knowledge of herb medicine is one of humankind's greatest achievement so every man and woman, young or old, healthy or dis-eased, can benefit from an herbal tea, formula or treatment.



Herbs are commonly prescribed by conventional physicians in Europe. In 1978, the German Commission E published a list of more than 300 herbs, noting research attesting to their safety and effectiveness, as well as possible side effects and drug interactions. Mostly people in "developing" countries continue to use "traditional" herb treatments daily while a large

percentage of people in countries such as India and China rely only on herbal medicine for all of their health care needs.

Contact me and set an appointment, and I will provide you with three customized herbal teas: one for the morning, one for the day and one for the evening to improve energy levels, digestion and sleep. Additionally, I'll provide a herbal powder to be taken regularly to address immediate health concerns such as weight, circulation, anxiety, heart health, cognitive health, pain etc. I can also provide essential oils in spray form or added to an oil for specific conditions if needed.

My products:



For effective home remedies visit and like my FaceBook Page [Simple Home Remedies](#) .

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