

## Herbs for Health

Living healthy is no longer a fad but a necessity in this world of pollution, competition and stress. As more and more people are focussing on natural alternatives to food, medicine and lifestyle habits it is no wonder that those in search of a healthier lifestyle are turning their attention to using herbs for health. It is a well known fact that herbs have been used since time immemorial to bring out the flavour of food, increase and sustain health, and cure a host of ailments. Herbs have been a part of the human experience for a very long time. As civilization spread and knowledge about the human body increased, more and more herbs were discovered to have healing principles. Soon herbs for health were organized into a classification system that allowed people to take full advantage of their properties in food and medicine. However with the birth of modern medicine the medicinal qualities of herbs began to recede to the background and only their additive flavour to cuisines remained.

Of late the remedial properties of herbs are being brought back to the fore by alternative medicinal systems that believe in holistic and natural cure for any ailment. Be it the commonly used ginger that cures motion sickness or the more exotic but easily available ginseng that is good for cholesterol, herbs are beginning to play an important role in peoples' wellness routines. Traditional Chinese medicine is one such medicinal system that has been relying on herbal medicine to provide cure for any kind of ailment. Chinese medicinal herbs are known to be common cure for a host of disorders such as: Digestive problems, Eczema and psoriasis. Fatigue, Gynaecological disorders, Hepatic (liver) disorders, cardiovascular disorders Stress and Allergies and autoimmune disorders.

The best part of herbal remedies is that it has minimum side effects and so more effective than common medicine. Chinese herbal medicines are mainly plant based, but some preparations include minerals or animal products. They can be packaged as powders, pastes, lotions or tablets, depending on the herb and its intended use. Different herbs have different properties and can balance particular parts of the body. With minimum side effects, these natural herbs can effectively help to cure any ailment without interfering with your body's natural working system. As more and more people are turning to herbs to cleanse their bodies and rejuvenate their spirits, the age-old system of natural herbal treatment is making a strong and much-needed comeback. For more information on how to lead a better life using herbal medicines please visit us at [www.longevityherbs.com](http://www.longevityherbs.com)

## About the Author

Bryan is a well known author who writes on the topics related to [Herbs for Health](#) , Traditional Chinese Medicines

Source: <http://www.tntarticles.com>