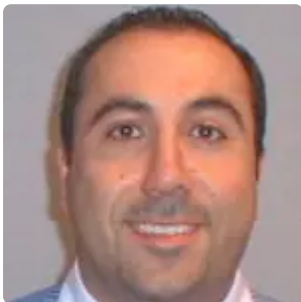


## The Benefits of Natural Medicine

It is important to know what you're getting yourself into when you decide to purchase any form of medicine. Whether it is produced by a giant pharmaceutical manufacturer such as Merck or Pfizer, or obtained from your local Chinese herb shop, being in the know is what is best for you. In this day and age of the internet, lack of information is not an acceptable attitude. If you take any medicine too often or [Michel Alkhalil](#) for the wrong ailment, you could be putting your health in jeopardy; however, there are some medicines that are considerably less risky. It is a well known fact that a person should visit their doctor on a bi-yearly basis if they are taking a number of prescription medicines. The reason for this is that the normal doctor, busy as they are, does not generally take the time to review each medication you are taking at your time of regular visit. Perhaps you are going in for treatment of the complaint of gout, for example, and your doctor treats you for this ailment at that time. But the doctor, usually distracted and in a hurry, does not review your current list of meds to determine that what he prescribes you for gout may interact with the medication that he has you on arthritis or rheumatism. It is the patient's responsibility to discuss these concerns with the doctor at time of visit. Natural health medicine has been documented to have less or no side effects when compared to its chemical counterparts. That is because natural health medicine is generally made with products taken out of nature without being refined. They have generally been used for decades by different cultures, with little or no side effect. The medicine is made out of natural ingredients that will work in conjunction with the body, whereas their refined counterparts might have an adverse affect. One must also consider too that the compounds and inert substances used to bind prescription drugs may cause an interaction in the system. At the very least, the body cannot process naturally these agents. These natural ingredients are normally plant and root extract, which have been used for centuries by countries such as China, which is known for its herbal medicines. That is why it is evidently clear that natural health medicine is good for the body, particularly when it comes to strengthening your immune system. When you use natural health medicine, you know that you are getting the best of both worlds. You are getting help from Mother Nature as well as man through the extraction and compilation of these products. And you get the benefit of a medication that has been tried and tested sometimes for centuries. (Think Vioxx) The American culture has a bad habit of treating the symptoms, not the underlying cause. Hopefully, this will be addressed in the future, as more and more people become aware of what they are introducing into their bodies.



Any attempt to improve your health should always include natural health medicines. If you have an illness, then the effects of natural health medicine will work faster, as it will provide your body with all the vital ingredients it needs to combat the illness without seriously damaging or impairing it in the process. You feel better faster and can resume your way of life without being held down by your illness. That is indeed the best way to tackle and handle the winter cold and flu. In addition to all of the other benefits, natural health medicine will also boost your immune system, which will make you less prone to contracting any illnesses in the future. As always, one should carefully research any medication, and make every attempt to determine if there are side effects, adverse reactions to other drugs, or complications from allergic reaction. A search of the internet will reveal over 2,660,000 websites utilizing the keyword "natural herbal remedies." The information is out there...