

natureco *health centre*

natural medicine and healthcare clinic

Herbal Medicine



Herbal Medicine is the therapeutic use of plants to safely assist the body in healing various disease conditions. Regarded as the oldest known form of medicine, herbs have a history stemming from most ancient cultures of the world, including the Greeks, Romans, Chinese as well as India and Egypt. Still today, it is the primary form of medicine for most of the worlds population.

Herbal medicine originally formed the basis for modern pharmaceutical medications. By isolating a herbs active ingredient, synthesized drugs can be formed. Although orthodox medicine prefers to ignore their true origins within herbal medicine.

Herbs act to nourish and support the body's organs, restore and strengthen damaged tissue as well as detoxify and eliminate waste.

Conditions more commonly treated with herbal medicine include skin disorders, hormonal problems, digestive imbalance, infections, as well as nervous system issues such as anxiety, stress and depression.

At Natureco, herbal preparations are mixed up in the dispensary customized by our qualified practitioners to suit your current health conditions. You may receive a liquid tincture, granulated powder or herbal tea preparation after your personal consultation.

Although herbs are generally very safe to use, and side effects are rare, there are a few exceptions for use in certain disease conditions and they can have moderate interactions with some pharmaceutical drugs. Natureco, therefore, recommends against self medication of herbs over the counter and suggests a comprehensive consultation with one of our highly trained practitioners for all your herbal medicine treatments.