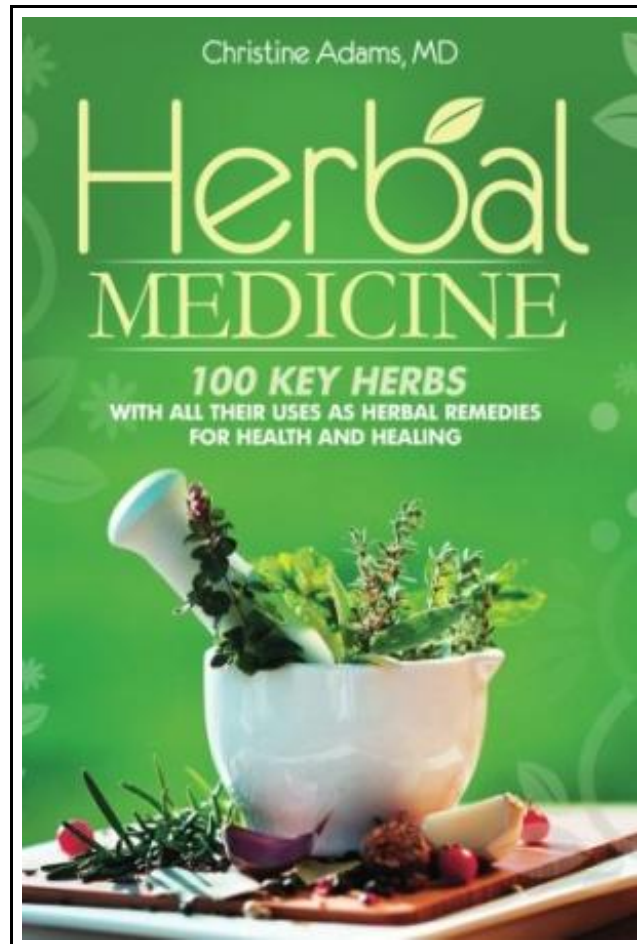


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Createspace, United States, 2014. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****.WHY HERBS IN OUR DIET.? THE BENEFITS OF HERBS ARE ENDLESS. IN FACT, HERBS ARE MEDICINES IN SMALLER DOSAGES Herbs contain a host of antioxidants, vitamins, minerals, essential oils and phyto-sterols that help to armor our body to fight against germs, protect against toxins, and boost our immune system. Various volatile oils, vitamins and antioxidants found in herbs are said to have cytotoxicity action against colon, prostate, pancreatic and endometrial cancer cells. Herbs have been shown to contain unique compounds that reduce blood sugar levels in people with diabetes. In addition, they can decrease total cholesterol as well as blood pressure therefore preventing against heart disease and stroke. Other chemical compounds in herbs have stimulant, analgesic, diaphoretic, carminative, aphrodisiac, digestive, lipolytic (weight loss) and deodorant action when taken in appropriate doses. Herbs have been found to have an anti-inflammatory effect due to the presence of essential oils they contain; they inhibit the the enzyme cyclooxygenase (COX) which is responsible for mediating the inflammatory cascade in the body. This means that herbs can potentially relive symptoms associated with rheumatoid arthritis, osteoarthritis, ulcerative colitis and many more anti-inflammatory disorders. The medicinal use of herbs and other parts of plants predates Western medicine and most of the other healing traditions, such as Chinese and Indian medicine. Medicinal plants were and are frequently used to treat both acute and chronic conditions in Traditional Chinese and Ayurvedic medicine, and surprisingly similar plant remedies have been used by native North and South American practitioners. Herbal medicine entered Western medical history around the time of Hippocrates, and herbs were used from the 5th century BCE on, not only to alleviate the manifestations of a particular...

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