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Facts and Benefits of Herbal Remedies



People mostly talk about **herbal remedies** when they experience certain medical conditions and issues. Of course, besides talking about the herbal methods, they're also considering the possibility of having medical procedures. These two ways are often talked and considered about because each of them has their own benefits and downsides.

Herbal remedies are also called as natural cure, medical herbalism, or natural treatment. Herbal remedy is taken from herbalism, which is a traditional usage of plants – including the plants extracts – to cure illnesses. In the past, it was called as folk medicine. This method is considered very good and it relatively works well because it's been around for centuries. In the ancient time when the technology of medicine and medical knowledge wasn't as sophisticated as today's, this herbalism method has been practiced and used to cure sick people. Ancient people believe that the nature has provided natural cures for its inhabitants, so they wouldn't have to worry in case they're sick or injured. A research in 2001 has shown that even medical medicines also contain about 80% of the natural ingredients. This finding has backed up the theory that herbalism is basically safe and effective.

Most people like to have medical procedures and treatments when they suffer from certain illnesses or diseases; but many of them prefer having [herbal remedies](#) treatments because of several reasons:

- Some people have particular fear of hospitals or everything related to the medical practice. These people often refuse being treated by doctors or being within medical facilities because of their fear. Believe it or not, there's even phobia about it.
- This method has been used for centuries, so it's proven to be effective and safe to consume.
- The natural ingredients are fairly easy to find. People can always find the needed ingredients around them. Since it's easy to find, it's also inexpensive.
- This method is safe because it won't cause any side effects. When natural ingredients are compared to the medical medicines, of course the natural ingredients are a lot safer.
- The **herbal remedies** can be used and consumed by everyone; adults, kids, youngsters, teenagers, and so many more.

Of course, there're also several downsides to this herbalism. When people want to treat their medical issues, they need to be patient because herbal remedies can't work instantly overnight. When they suffer from [gout](#), for example, they need to regularly consume cherry juice, artichoke herb, or yucca herb to treat the issue and to prevent such thing from happening again. When they incorporate herbal remedy into their life, they may have to experience life style change, but it's actually good for their own health. They may solve the issues quickly when they consume gout medicine, but who knows what kind of side effects that may happen or what other medical problems that may arise from consuming the medicine.

In short, people know that a natural remedy is better than the medical ones, but some of them may not be patient enough to wait for the result. Some patients may experience emergency situations where medical procedures need to be done quickly. But of course, they can combine medical and also traditional treatments if they want to. People can learn more about *herbal remedies* and treatments if they want to have a healthier and a better life style.

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