



DRUGS, HERBS & ENZYMES

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You've probably heard about difficulties with pharmaceutical drugs in our society—drugs that have 'side effects' that cause malformations, heart attacks, weight gain, severe constipation, or worsening of mental symptoms. You may have personally experienced illness from taking a drug, prescribed or over-the-counter (OTC), that 'didn't agree with you.' If you'd like to cut down on your prescription and OTC drug usage, then this message is for you:

**There are safe, effective
herbal, enzyme, and homeopathic
remedies available to replace nearly any pharmaceutical drug.**

Pharmaceutical drugs—the kind you get by prescription and the kind you can buy over-the-counter—typically feature one powerful purified chemical which is supposed to carry out one task in your body. These single active drugs are combined with so-called 'inert' substances—colors, fillers, flavors—to make them into pills or capsules that you can easily swallow.

Creating a safe drug using a single powerful chemical is difficult because there is nothing in the final pill or capsule to buffer its effects on the whole body. Thus the drug may address one problem as intended, but create trouble elsewhere in the body. In this situation it is easy to overdose, and it's easy to get 'side effects.' So easy, in fact, that most people nowadays actually *assume* they'll get 'side effects' from a drug. But '*side effects*' *actually indicate toxicity*—the drug is making your body sick! The more drugs you take, the greater the likelihood of 'side effects' and toxicity.

Chinese herbal remedies are *designed to avoid 'side effects'* while addressing the patient's problem. Chinese herbal remedies typically contain several herbs at once. The first set addresses the patient's symptoms. The second set counters possible side-effects of the first set. Finally, a third set of herbs is included to make the first 2 sets work well together—these are called 'adaptogens.' Taking a remedy like this means that your symptoms will be addressed, but at the same time, potential problems will be avoided.

But there is more to say. Chinese herbal remedies address the symptoms—yes—but they *also reach deeper and help heal the root problem*. Thus, if you take a remedy to alleviate spring allergies, it not only dries up your nose, but also strengthens your core, so that in future you may get fewer symptoms. This characteristic is not true of pharmaceutical antihistamines.

What can Chinese herbs address?—anything! For example, you could replace pain-killing-but-dangerous corticosteroids and NSAIDs with Chinese herbal anti-inflammatories for back, shoulder, knee, digestion, breathing...; or replace drugs that counter migraines, with herbs that do the same thing just as well. Women with menstrual cramps can use herbal remedies that counter cramps, and there are other remedies that

counter hot flashes in menopausal women. There are herbal antidepressants and herbal antibiotics and...the list goes on. If you are intrigued, **consult an herbal specialist!**

Enzyme-herb Combinations are even gentler than Chinese herbal remedies. In this case, the enzymes help the user digest their food better, and support normal metabolism, while offering selected herbs to heal symptoms. Again, the reach of these remedies is very wide—high blood pressure, arthritis pain, fibromyalgia, headaches, digestive and respiratory distress, skin disorders...and much more. To learn more, see www.loomisenzymes.com, and consult an enzyme therapist for guidance.

Homeopathic remedies are the gentlest of all ‘drugs’—and while many MDs “don’t believe in them,” homeopathic physicians and their patients have been using them with great success for over 200 years. These remedies are appropriate for everyone, but think of them especially for people who are very weak, toxic, and/or have many allergies and environmental problems. Most of these people *can* take homeopathic remedies safely and effectively. You can buy homeopathic remedies OTC, but if you want the best most focused intervention, find a homeopathic physician near you and get a full consultation. This specialist will create a formula just for you. Learn more at www.1-800-homeopathy.com, or www.hpathy.com, or www.homeopathyworks.com

Nutrients. Let us also remember that if our bodies need a particular nutrient, then providing it will make symptoms of deficiency go away. Symptoms like what?—well, like almost anything! Depression, insomnia, plaque build-up in the blood vessels, fatigue, cramps...a remarkable range of complaints respond to nutritional supplementation. The trick is to choose the right nutrients and take only enough, not too much, for excess can create toxicity. Again, consult a specialist, and read Balch & Balch, *Prescription for Nutritional Healing*.