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A note to the readers:

This ebook covers all the necessary details on natural cures, mainly herbal natural cure. Whatever you want to know on the subject, you will get all the information in this ebook. After you finish reading the ebook, you will discover so many facts on herbs and herbal cures, which you were unaware of, until you read this ebook and also a lot of wrong notions you might have had, will be eradicated. Also, read the ebook carefully as it contains a lot of valuable information, which you can apply in your everyday life.

This is an educative piece of information, yet adequate effort has been made to make as much reader friendly as possible.

Happy reading!

TABLE OF CONTENTS

Conventional Cures VS Natural Herbal Cures

The Alternative Cure Advantage

Natural Herbs

Herbology

Alternative Natural Herbal Cures

Herbal Medicinal Cures

Chinese Herbal Medicine

Different Types of Herbal Medicine

Herbal Diet Supplements

Advantages of Herbal Diet Supplements

Are There Any Side Effects To Natural Cures?

Ayurveda

Natural Skin Remedies

Herbal Acne Remedies

Natural Herbal Recipe

Conventional Cures VS Natural Herbal Cure

According to the American Medical Association Journal, over 100,000 Americans die in hospitals every year due to side effects from regularly prescribed medications. Throughout America, a huge amount of medication is prescribed on a daily basis. The medical community openly acknowledges that fact that it does not have any cure for several common diseases that affect people.

Most allopathic medicines have side effects that can range from mild to severe. The reason for this is that most of these chemicals have certain toxic properties. This is why there have been so many prescription drugs that got pulled from the market after enjoying several years of FDA approval.

The sad thing is that very few doctors nowadays bother to inform patients about possible side effects due to close and cozy relationships with the pharmaceutical industries.

Half of the truth is that pharmaceutical companies will only tell doctors as much as they want to and not reveal the complete picture. Therefore, the doctors are not completely to blame because they cannot warn patients against side effects of chemicals they are not aware of.

The trouble is that the business is so profitable is that these medicine manufacturers are more concerned with profits and FDA approval rather than the overall effect on the patients.

This is one reason why several doctors are now beginning to recommend complementary alternative treatments, like herbal therapies and medicines.

Here are some interesting facts:

- The totally amount of annual profits made by pharmaceutical companies through sale of drugs in the United States alone is over \$100 billion
- More than 25% of all prescription drugs available contain plant derivatives
- More than 80,000 types of plants are used all over the world for medicinal purposes
- Over 75% of the global population depends on herbal remedies for regular treatment

There are several choices available for people who are looking for alternative remedies, including Acupuncture, Yoga, Qigong, Tai chi, Ayurveda, hydrotherapy, massage therapy, homeopathy, energy medicines, holistic approaches, and aromatherapy. In fact, the number of herbal remedies available for different ailments equals (if not exceeds) the number of regular drug treatments provided by pharmaceutical companies.

The point is that prevention always was and always will be better than any cure, mainstream or alternative. The advantage of herbal remedies is that they move an individual towards a lifestyle more

geared toward prevention and cure in the early stages of any affliction.

Pharmaceutical drugs work only after the problem has development, they do not try to prevent problems because then the manufacturing companies would go into a loss.

This is where herbal remedies leave the mainstream drugs behind. This is also the reason why so many people are daily turning to herbal therapies.

Herbal remedies treat the cause of the disease and not the symptoms (like conventional drugs). Herbal remedies also have almost no side effects.