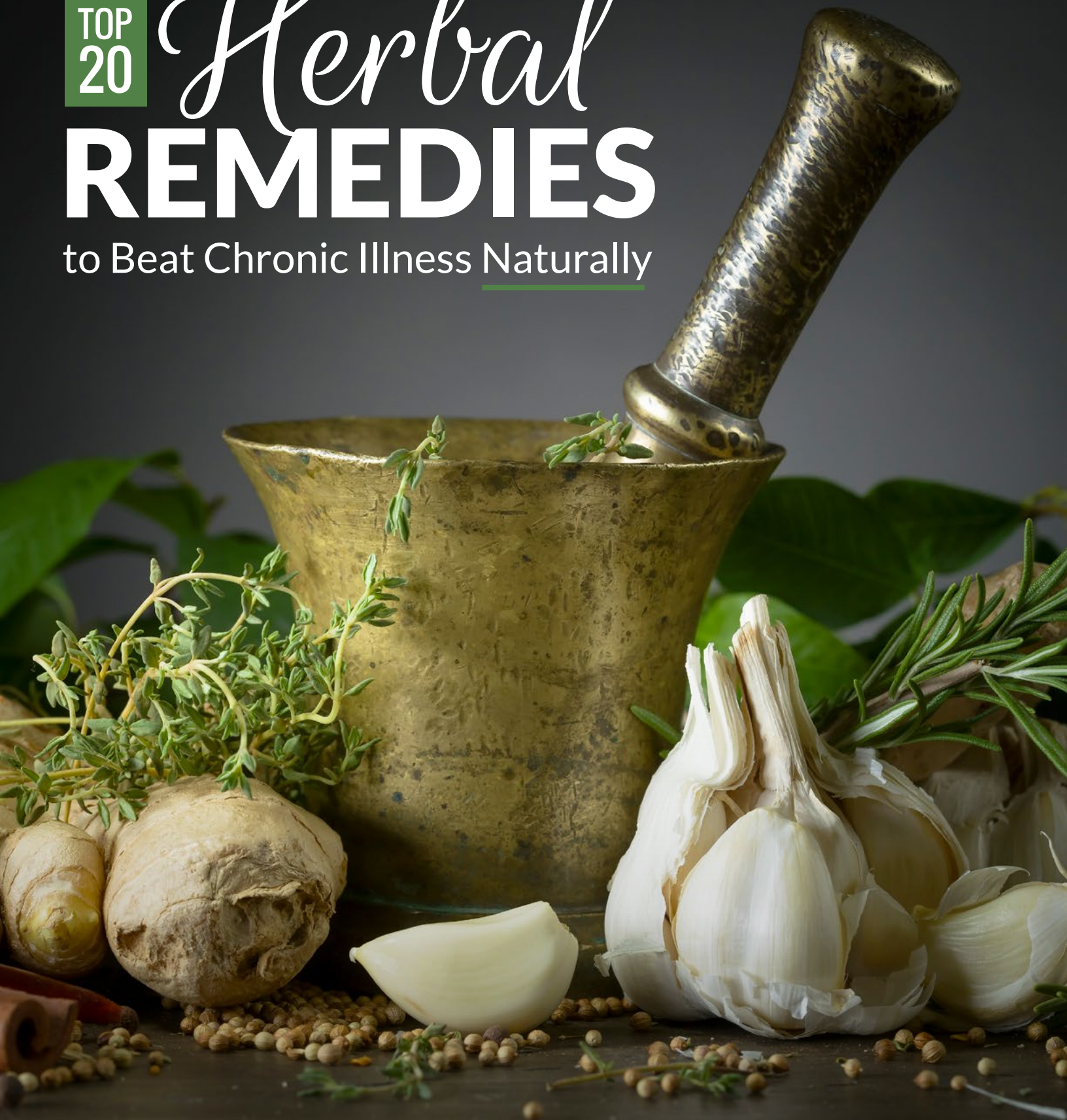


TOP
20

Herbal REMEDIES

to Beat Chronic Illness Naturally



HEALTH SECRET

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HEALTH SECRET

Top 20 Herbal Remedies to Beat Chronic Illness Naturally by Jonathan Otto

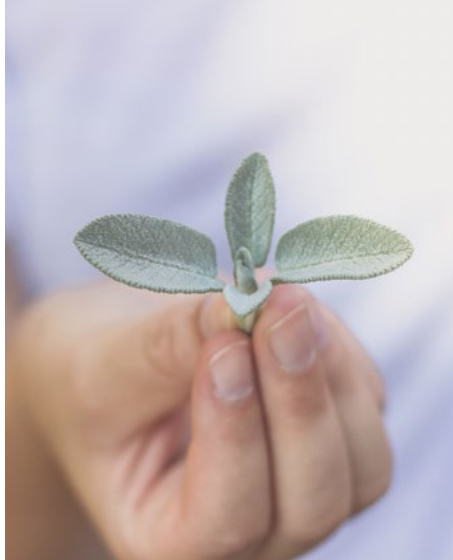
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Discover the Ancient Hidden Secrets to Fight Chronic Disease (and WIN)...

Chronic disease is one of the most debilitating health issues affecting our entire nation.

And the facts speak for themselves...

The Centers for Disease Control estimates that 6 in 10 Adults suffers from at least one chronic disease. And 4 in 10 suffer from 2 or more.

And according to the **National Council on Aging**, 80 percent of adults 65 and older have at least one chronic condition... while 68% have two or more.

What about you?

Whether you just learned that you have a chronic illness - or you've been struggling to manage for years - you may be one of the growing number of people who choose alternative medicine over conventional treatments.

We're fortunate to have access to thousands of years' of medical knowledge gained from diverse cultures around the world, including Traditional Chinese Medicine, Ayurvedic (traditional Indian) medicine, Egyptian, and ancient Greek and Roman medical systems. And although they each developed their own medical practices - they all evolved around plant-based medicines.

Plant-based medicines are often found to be as effective - sometimes more effective - than what Big Pharma has to offer. And they're far more affordable and less prone to side effects than pills produced by the pharmaceutical industry.

Safe, effective natural remedies are available to treat every medical concern. Here's our guide to the top 20 herbal remedies to help you effectively treat (or prevent) chronic illness at any age...

And do you know which popular herb's therapeutic effects was researched at the University of Minnesota and found to have "hepatoprotective and anti-carcinogenic effects, including inhibition of cancer cell growth in human prostate, skin, breast, and cervical cells." PLUS it's also the most popular natural remedy in America for treating gallbladder and liver disorders?

1 Ashwagandha

Ashwagandha has been one of the most popular natural healing remedies in Ayurvedic (traditional Indian) medicine for almost 5,000 years. Throughout the centuries, Ashwagandha has been proven to be one of the most versatile and effective natural remedies. Its name reflects its legendary healing effects. Ashwagandha means “the smell of a horse” in Sanskrit, because it was believed to impart the strength of a stallion.

Ashwagandha is prized for its many neuroprotective, brain-boosting benefits, including supporting brain cell regeneration, alleviating anxiety and depression, reducing stress, lowering cortisol levels, enhancing mood, improving nervous conditions, preventing degenerative diseases, and fighting inflammation. Ashwagandha’s ability to protect the body from the toxic effects of physical and emotional stress are what makes it such a popular herb.



Ashwagandha is one of the most commonly used and best researched adaptogenic herbs. Adaptogens are incredible healing plants that provide numerous health benefits.

Hundreds of published studies prove Ashwagandha is highly effective in balancing hormones, improving thyroid function, strengthening your immune system after an illness, increasing stamina and endurance, treating adrenal fatigue due to stress, stabilizing blood sugar, lowering cholesterol, alleviating constipation, combating parasites, supporting rheumatism, helping insomnia, and inhibiting cancer cells.

The root and leaves of the Ashwagandha plant are most commonly used for their medicinal properties. It can also be applied topically - a paste made from its root powder can be applied to treat boils, ulcers, and skin infections.

2 Astragalus root

Astragalus root is one of the most powerful immune-boosting plants you'll ever find. This adaptogenic herb has been used in Traditional Chinese Medicine for over 2,500 years - and has become one of its most revered natural medicines. To this day, it continues to be prized for its immune-boosting properties, and its ability to shield the body from the toxic effects of stress and disease.

Astragalus root is commonly used to treat AIDS, chronic fatigue, and other serious immune system disorders in people who prefer natural medical remedies.



The Memorial Sloan Kettering Cancer Center in New York City - one of the most respected cancer hospitals in the world - mentions using astragalus root on its website. "Astragalus has immune-stimulating effects and may help to reduce side effects from chemotherapy."

This miraculous herb boosts cardiovascular and respiratory systems, prevents diabetes, and helps to heal wounds. And the antioxidants found in astragalus root help you to combat disease and aging due to free radical damage.

Many healthy people take astragalus root as a general health-booster or to fortify their immune system during cold and flu season. Studies have shown that ongoing use of astragalus root increases antibodies, T-cells, and interferon - all of which strengthen your immune system and protect your body against disease.

3 Basil

Basil is not only an aromatic herb that enhances any meal, it's also great for the digestive tract. It has powerful antibacterial, anti-inflammatory, anti-stress, antiseptic, and anti-parasitic properties.

Basil contains essential oils that are rich in antioxidants and flavonoids, which are responsible for many of its health benefits. Two of the water-soluble flavonoids - orientin and vicenin - have been shown to protect cell structures and chromosomes from radiation and cellular damage.

Free radical damage is a contributing factor in many diseases, including asthma, osteoarthritis, and rheumatoid arthritis. The beta-carotene found in basil slows their progression while protecting cells from further damage.



Basil is also a good source of magnesium, which benefits heart health by relaxing muscles, protecting blood vessels, and improving blood flow.

Basil's powerful antibacterial properties provide effective protection against unwanted bacterial growth.

According to medical doctor and natural medicine specialist Dr. Sruti Lam, "It can also be used as a natural mouthwash. It can be used with coconut oil for mouth pulling or teeth pulling, we just put a few drops of basil in your coconut oil, take a tablespoon or two, swish it around your mouth for around 10 minutes. It not only cleanses out the biofilm of the teeth, it also whitens your teeth and kills unhealthy bacteria."

4 Bay leaves

Bay leaves have strong antibacterial, antimicrobial, antifungal and antioxidant properties. They have been used as a natural medicine since Roman times.

Bay leaves have a powerful effect on the gastrointestinal system. The organic compounds found are very effective for settling upset stomachs, assisting with the digestive process and nutrient intake, soothing irritable bowel syndrome (IBS) or relieving the symptoms of Celiac disease.

A study in Phytotherapy research shows bay leaves reduce inflammation throughout the body. These leaves contain a unique phytonutrient called parthenolide, which can quickly reduce inflammation and irritation when topically applied to affected areas, such as sore joints or areas affected by arthritis.

Thanks to bay leaves natural antibacterial qualities, inhaling the essential oil of bay leaves has a similar effect to aromatherapy and can loosen up phlegm and eliminate dangerous bacteria that may be trapped in your respiratory tracts. The essential oil can also be mixed into a salve and applied to the chest to help alleviate various respiratory conditions. This can also be achieved with a poultice made of the leaves. Spread it on the chest and allow it to remain overnight.



5 Burdock root

Burdock root has been used for thousands of years in traditional medicines around the world as a “blood purifier” to remove toxins from the bloodstream and promote increased circulation.

Burdock root supports the lymphatic system, which is a network of lymph nodes and blood vessels and that carry fluids from tissues around the body into the bloodstream. Strengthening the lymphatic system encourages healthy drainage and detoxification, which prevents many serious health issues. Its role as a natural “blood purifier” also has a beneficial effect on the lymphatic system.



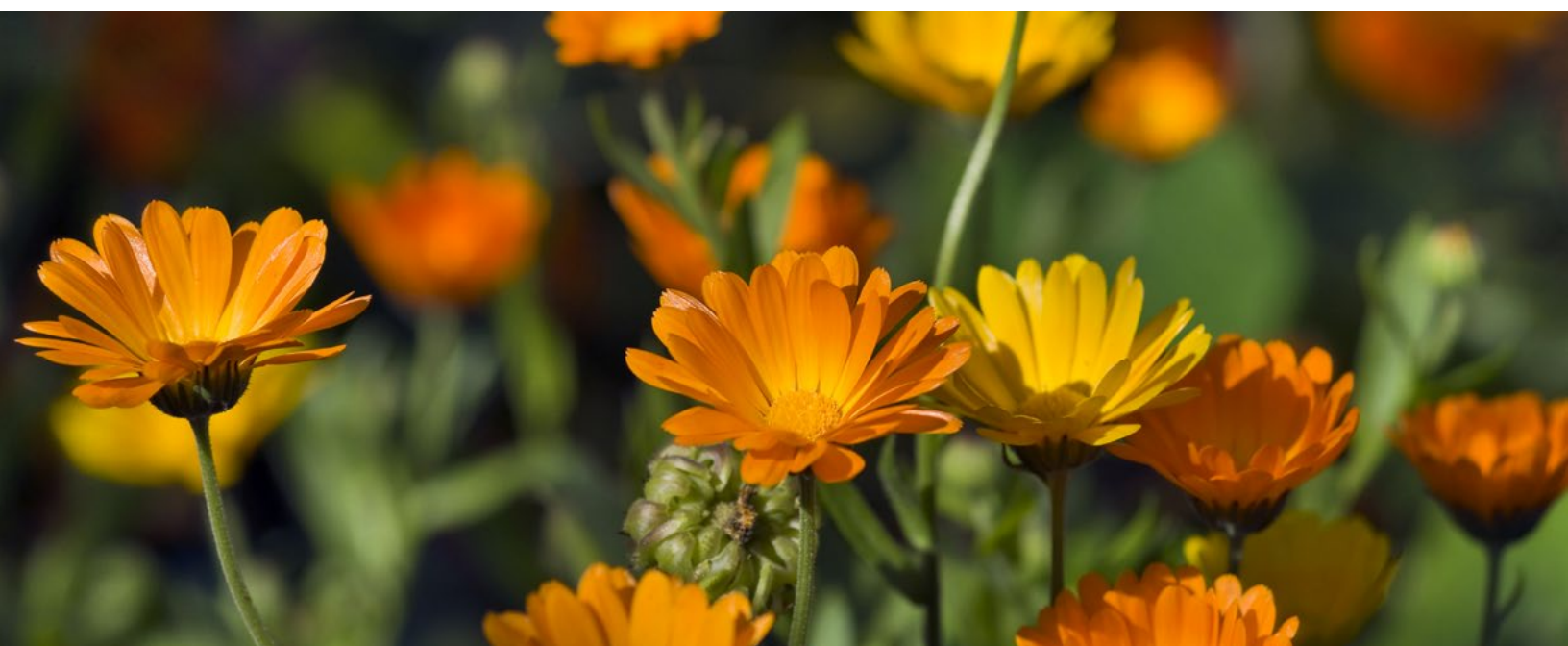
This powerful natural healer is packed with health-promoting antioxidants including quercetin, luteolin and phenolic acids. Antioxidants protect the body from free-radical damage and help reduce inflammation in patients with osteoarthritis, by reducing inflammatory markers in the blood.

Burdock root contains the prebiotic fiber, inulin, which improves digestion and lowers blood sugar. In countries around the world, the fresh root is used as a natural way to reduce blood sugar. Burdock root’s high inulin content makes it suitable for diabetes.

It is also known to heal skin conditions like acne, eczema and psoriasis.

6 Calendula

Calendula is part of the marigold plant family. It can be taken orally or used topically to treat several health conditions. Calendula contains a powerful chemical extract that can be made from its stems and leaves. This extract is rich in a variety of organic compounds, including glycosides, saponins, and other powerful anti-inflammatory and antioxidant compounds.



Calendula can help alleviate inflammation almost anywhere in the body. If you feel pain in joints from arthritis or gout, add calendula oil to a skin balm and enjoy a rapid reduction in pain. If your stomach is upset, it can help normalize your gastrointestinal system and eliminate any inflammation that may be causing discomfort.

If you are suffering from a cough or congestion, calendula tea can be a wonderful remedy. Calendula is a “go-to” natural healer because of its antimicrobial and antiviral properties. Apply this flower oil to your cuts, scrapes, bruises, and insect bites, to quickly speed up the healing process. This is due to its anti-inflammatory properties, in addition to its unique antioxidant compound. By protecting against infections, it keeps wounds and scrapes safe, allowing them to heal rapidly.

A study published in BMC Cancer Journal found that calendula extracts have certain anti-tumor properties and may play a role in cancer prevention and provide a non-toxic treatment. The study showed positive results, but more research is needed to confirm these findings.

7 Cat's claw

Cat's claw is a tropical vine that grows up to 100 feet tall in the Amazon rainforest. Its name comes from its hook-like thorns that resemble cat claws. South Americans have been using its roots and bark for centuries as a natural remedy for treating numerous ailments, especially arthritis and digestive issues.

Cat's claw effectively treats gastrointestinal disorders, including leaky gut, irritable bowel syndrome, and ulcers. It also provides intestinal support by cleansing the digestive tract and ensuring good gut flora.

It's one of the most potent antiviral herbs for boosting the immune system and fighting infections. Oxindole alkaloids, found in the bark and roots, are the active ingredients that strengthen the immune system

In addition to being a powerful antiviral, cat's claw is also antioxidant, anti-inflammatory and anti-mutagenic. It's been used as an effective, natural treatment for arthritis, allergies, asthma, diabetes, chronic fatigue syndrome, ulcers, hemorrhoids, and lowering blood pressure.

A study published in the Journal of Rheumatology found that people with rheumatoid arthritis who took a cat's claw extract for one year (along with their regular medications) had half as many painful joints as those provided a placebo.

According to a study published in Inflammation Research, people with knee osteoarthritis experienced similar results in pain reduction.



Cilantro is a versatile herb that contains several vitamins and minerals, including vitamin K, folate, potassium, manganese and choline. It's also rich in phytonutrients, phenolic compounds, flavonoids, and antioxidants beta-carotene, beta-cryptoxanthin, lutein, and zeaxanthin.



Cilantro's numerous health benefits include its ability to promote the detoxification of heavy metals, reduce anxiety, improve sleep, lower blood sugar levels, boost heart health, support the digestive system, promote skin health, and fight free radical damage that can lead to a number of degenerative diseases.

Research studies have found cilantro inhibits the accumulation of lead in the body, making it an effective, natural detox agent. The antimicrobial and heavy metal chelation properties of cilantro have made it a popular ingredient in "detoxification" juices and drinks to remove toxins from the body.

A study published in the Journal of Medicinal Food in 2015 examined the ability of cilantro extracts to protect skin against damage caused by UltraViolet (UV) B radiation. The results supported the potential of *C. sativum* (cilantro) to prevent skin photoaging

Due to its high antioxidant content, oil extracted from the leaves of cilantro has been shown to inhibit unwanted oxidation when added to other foods, delaying or preventing spoilage.

9 Cinnamon

Cinnamon was prized by early medical systems all over the world. Ayurvedic, Egyptian, and ancient Greek and Roman physicians recognized the incredible, natural healing powers of cinnamon. Although we have the option of modern medicine, many still prefer to use nature's most potent healing remedies.

A 2014 study noted that cinnamon is “anti-inflammatory, anti-oxidant, antidiabetic, antimicrobial, anticancer, lipid-lowering and cardiovascular-disease-lowering compound. Cinnamon has also been reported to have activities against neurological disorders, such as Parkinson's and Alzheimer's diseases.”



Separate research studies have found that cinnamon helps alleviate symptoms of cervical and colon cancers, diabetes, Parkinson's disease, and tooth decay.

Cinnamon's powerful healing properties come primarily from the essential oils in its bark. These oils contain active components called cinnamaldehyde, cinnamyl acetate, and cinnamyl alcohol and can be credited with most of cinnamon's medicinal benefits.

Cinnamon's ability to decrease arachidonic acid from cell membranes makes it an “anti-inflammatory” food that can be helpful in lessening inflammation throughout the body.

Since cinnamon is such a delicious seasoning, natural medicine practitioners recommend adding cinnamon to high-carb foods, which can reduce the impact on blood sugar levels. Cinnamon slows the rate at which the stomach empties after meals, reducing the rise in blood sugar after eating.

It's logical that since cinnamon has a positive impact on blood sugar levels, it may help people with type 2 diabetes improve their ability to respond to insulin and normalize their blood sugar levels.

10 Galangal

Galangal has been used in traditional medicines around the world for thousands of years. It originated in China and Thailand and has been part of Ayurvedic medicine. Modern research shows that galangal also acts as a cancer-fighting agent. It has shown to effectively fight and prevent a broad number of cancers and tumors.

Numerous studies have shown galangal to be effective in supporting patients with gastric cancer, leukemia, melanoma, pancreatic cancer, colon cancer, breast cancer and liver cancer.

Galangal contains anti-inflammatory properties that make it a great natural remedy for treating arthritis and rheumatoid arthritis. It also helps alleviate the discomfort inflammation of the abdomen and ulcers.

Studies have shown that ACA, an active ingredient in galangal root, may be responsible for its cognitive-protecting effects. Preliminary studies suggest that it can also help in reducing some kinds of age-related brain degeneration.

Galangal also provides mental health benefits. A phytonutrient in galangal can also suppress TNF-alpha activity, which may help people with depression.



11 Garlic

Garlic is rich in vitamins and minerals, especially Vitamins B1, B2, B3, B6, folate, Vitamin C, calcium, iron, magnesium, manganese, phosphorous, potassium, sodium and zinc. Garlic contains the high-sulphur compound, allicin, which has potent antioxidant, antibacterial, and antifungal properties. In fact, garlic has been used as an antibiotic to treat bacterial, fungal and parasitic infections for the last 7,000 years. Some studies have shown a diluted garlic extract helps children with tapeworm infections.



Garlic provides cardiac benefits and prevents heart ailments by clearing up blocked arteries. It's also effective in helping to regulate blood pressure and blood sugar levels.

According to Dr. Sruti Lam, "Garlic is great for the heart. It helps lower blood pressure, it helps decrease our LDL, which is our bad cholesterol, and helps increase our good cholesterol.

Garlic builds up immunity against common colds, and helps keep our digestive system clean by flushing out toxins. An additional benefit of a healthy digestive system is healthy skin. Garlic protects skin from the harmful effects of free radicals and fights the depletion of collagen. Topically, it helps heal scars and treats eczema, and fungal infections like ringworm and athlete's foot.

And although garlic may not seem like the ideal mouthwash, a very small quantity of its extracts destroys cavity-causing bacteria.

12 Lemon balm

Lemon balm is a plant in the mint family that possesses antibacterial, antidiabetic, anti-stress, anti-anxiety, anti-inflammatory, and antioxidant properties. It has been prescribed by doctors and natural healers for over 1,000 years as a natural remedy to alleviate anxiety, improve sleep, and promote longevity. This natural sleep aid has a well-known mild sedative effect, which relieves insomnia and sleep disorders during menopause when such symptoms are quite common.

Studies indicate that lemon balm improves hyperactivity, concentration problems and impulsiveness in elementary school children. When ingested with food products, it also seemed to enhance mood and/or cognitive performance in a study involving young adults.



According to a 2012 study, lemon balm oil (also known as melissa oil), can improve cholesterol and help lower high triglycerides when used aromatically. Inhaling lemon balm oil reduces some of the factors that lead to perpetual growth of a common liver cancer cell.

A 2016 study found heart-related benefits of lemon balm include its ability to protect the heart from various types of injuries. This resulted in a reduction of heart rate and blood pressure and indicated a resistance to heart injury in lower doses.

Lemon balm can also be used to aid digestion, regulate an overactive thyroid, ease PMS symptoms, boost your mood, and protect your heart and liver.

13 Maca root

Maca root has been used as a natural medicine for over 3,000 years. It's highly nutritious and a good source of protein, fiber, vitamins B6 and C, copper, iron, potassium, and manganese. Maca root powder contains over 20 amino acids and 20 free-form fatty acids.

Maca root benefits the endocrine system, which regulates energy levels, sexual function, fertility, digestion, and the brain and nervous system. Maca root acts as an adaptogen, helping the body cope with stress and bringing it back into balance.

Several studies have shown that maca can enhance mood, and reduce anxiety, and depression. Flavonoids contribute to the improvement in mental health.

It can also improve brain function, including learning and memory. It's traditionally been used by to improve children's performance in school.

Maca root powder is a popular supplement among bodybuilders and athletes. It can help you gain muscle, increase strength, boost energy, enhance endurance, and improve exercise performance.

It may also prostate size and possibly reduce the chance of prostate cancer due to its high concentration of glucosinolates. Other benefits include improving blood pressure and protecting skin from UV rays.



14 Milk thistle

Milk thistle has been used as a natural medicine for over 2,000 years, beginning with ancient Roman and Greek physicians. It works by eliminating disease-causing toxins from the body. It effectively decreases or even reverses damage that has been done to the liver due to pollution, heavy metals, and the use of prescription medications. Silymarin, the active ingredient in milk thistle, is an antioxidant that reduces free radicals and creates a detoxifying effect. Milk thistle is the most common natural health remedy in America for treating gallbladder and liver disorders, including cirrhosis, jaundice, and hepatitis.



Silymarin is composed of several active compounds called flavonolignans, which are associated with decreasing the risk for cancer development by boosting the immune system, fighting DNA damage, and reversing cancerous tumor growth.

Researchers at the University of Minnesota reviewed numerous studies about the therapeutic effects of milk thistle and found that: “There is strong preclinical evidence for silymarin’s hepatoprotective and anti-carcinogenic effects, including inhibition of cancer cell growth in human prostate, skin, breast, and cervical cells.”

Studies suggest milk thistle may play an important role in lowering cholesterol levels down. It found that cholesterol levels were lower in people taking milk thistle to treat diabetes. And further research indicates that silymarin may aid with weight loss.

15 Moringa

Moringa leaves and pods provide much-needed nutrients to malnourished people in developing countries. This drought-resistant tree is an excellent source of protein, vitamins A and C, calcium, amino acids, and potassium.

This powerful plant is used to treat a variety of health conditions, including diabetes, anemia, allergies, arthritis, epilepsy, thyroid disorders, high blood pressure, low sex drive, and cancer. It has antibacterial, antifungal, antiviral, antiparasitic, antioxidant and anti-inflammatory properties



Moringa's leaves, flowers, and seeds are rich in flavonoids, polyphenols, and ascorbic acid. These powerful antioxidants support brain health and cognitive function, as well as fighting free radicals - molecules that cause inflammation, cell damage, and oxidative stress.

It's other brain-boosting abilities include stabilizing serotonin, dopamine, and noradrenaline in the brain, which are crucial for mental health, memory, mood, and organ function.

High concentrations of polyphenols protect the liver against oxidation, toxicity, and damage. Moringa's blood-clotting properties support wound healing, and fighting fungal skin infections, urinary tract infections, and digestive issues.

Moringa leaf powder provides several cardiovascular benefits, including lowering cholesterol levels, controlling lipid levels in the blood, and stopping the formation of artery-blocking plaques.

This amazing plant reduces inflammation by inhibiting inflammatory enzymes and proteins. And in diabetics, it lowers lipid and glucose levels, and controls oxidative stress - preventing cell damage.

16 Paprika

Paprika is known to support immune function and aid in treating autoimmune conditions. It promotes healthy digestion by increasing stomach acids and saliva, which help to break down foods and make nutrients more easily absorbed.

Paprika is rich in vitamin C, iron, magnesium, phosphorus, and potassium, which help purify blood and provide protection against cardiovascular diseases like heart attacks and strokes.

It also stimulates the body's serotonin and norepinephrine levels, which help balance mood and stress levels.

Paprika contains many antioxidants, including carotenoids, that fight disease-causing free radicals. Its high vitamin B content helps produce the “good sleep” hormone, melatonin, which regulates and maintains a healthy sleep cycle.

Paprika's anti-inflammatory properties help people suffering from autoimmune and inflammatory diseases, by alleviating the swelling caused by arthritis and joint pain.



17 Parsley

Parsley is an excellent source of vitamins K, C and A, potassium, and protective flavonoid antioxidants - plant compounds that fight diseases.

One of the most exciting health benefits of this humble little herb is its cancer-fighting properties. Myricetin is a flavonoid found in parsley, which has been shown to help prevent skin cancer. Parsley contains one of the highest concentrations of myricetin found in any food.

Studies have shown that parsley and other green herbs and vegetables can block the cancer-causing effects of heterocyclic amines. These carcinogenic chemicals are produced when meat is grilled at high temperatures.



Apigenin is a natural chemical found in parsley. In a 2015 study, it was shown to decrease tumor size in an aggressive form of breast cancer. Researchers believe that apigenin could one day be a promising natural cancer treatment.

Parsley also fights several other health concerns, including inflammation, kidney stones, digestive issues, skin problems, poor immunity, bladder infection, oxidative stress, and bad breath.

Parsley is a diuretic, which helps the urinary system. It's also a bitter, so it assists with peristalsis, which is the movement of the food after we eat it. Parsley it helps our food to move from our stomach, and go through the small and large intestine.

18 Rhodiola

Rhodiola also known as “golden root” or arctic root” grows in the cold, mountainous areas of Northern Europe and Asia, where it has been used for centuries to treat stress, anxiety, and depression. Rhodiola is prized for its ability to improve brain function, benefit mental health, fight fatigue, and enhance physical and intellectual performance.

It stimulates the brain and enhances memory, concentration, and energy while fighting anxiety and maintaining calmness. It’s able to achieve these benefits by raising neurotransmitters such as serotonin, dopamine and norepinephrine.

The 140 active ingredients in this adaptogenic herb help your body adapt to physical, chemical and environmental stress. It can be used to boost athletic performance, lower cortisol levels that spike in times of stress, and burn belly fat.

In a published 2017 study, 100 people with prolonged or chronic fatigue received 400 mg of rhodiola daily (2 doses of 200 mg) for eight weeks. The greatest change was observed after only one week.



Participants experienced statistically significant improvements by the eighth week. They improved their mood and concentration, and reduced their stress and fatigue.

Additional studies, available on PubMed, the respected medical database from the National Institutes of Health, were conducted on physicians, students, military cadets. Participants in these studies showed decreased mental fatigue, and increased mental accuracy and speed. Improvements in reaction times, the capacity to perform mental work, and in the quality of work itself were noted.

19 Rosemary

Rosemary is known for its ability to improve memory, promote hair growth, relieve muscle aches and pains, improve cognitive function and soothe digestive issues. This powerful aromatic herb possesses anti-inflammatory, anti-cancer, antioxidant, detoxifying, anti-stress and healing properties.

According to medical doctor and natural medicine expert, Dr. Sruti Lam, “Rosemary’s excellent for mental clarity, and for memory. So, we always had it during our tests. We slept with it. We woke up with it. It helps with increasing circulation in our brain, and that’s how mental clarity is produced.”

Rosemary oil is excellent for encouraging hair growth. Research has compared a leading pharmaceutical, which is used for hair growth, with rosemary oil for hair growth. In 60 days, they saw the same kind of results. Says Dr. Lam, “So, when we have the syndrome called androgenic alopecia, which is basically male-patterned baldness, rosemary, a few drops of rosemary, on coconut oil or any carrier oil, you can use almond, teahobakt, coconut, and you just apply it directly to your hair or any place that you have some balding. It actually enhances growth.

It’s also a great antibacterial, antiseptic, and has been used for centuries as a poultice when you get hurt, or you have a bruise, or you just fall down and scrape your leg. You can make a poultice of rosemary and apply it directly to the wound, and that really helps with healing and prevention of any infection.”



20 Sage

Sage has been prized used as a natural medicine for thousands of years. When consumed even in small amounts, sage is a powerful brain booster. It prevents neurodegenerative diseases like Alzheimer's and dementia, improves memory and concentration, and reduces inflammation.



According to medical doctor and natural medicine advocate, Dr. Sruti Lam, “Every time I look at sage, the thing that comes to my mind is women’s health. Sage is an excellent reproductive tonic. It is also used for insomnia when you come to a menopausal age. It decreases night sweats, and hot flashes. So, it also decreases mood and anxiety, and so helps people sleep, especially by balancing out your estrogen progesterone. That is one of the main uses of sage.

Sage, like rosemary, is also antibacterial, and it has an affinity for our throat, and our bronchial tract. Just inhaling sage oil, or diffusing sage, actually helps with clearing out your sinuses and your respiratory tract.

This incredible herb fights free radicals, prevent or improve diabetes, boost your immune system, improve the health of your skin and strengthen your bones.

Sage oil can also be used for insomnia. You can diffuse it all over the house, and sage is just a beautiful plant that can just grow in your kitchen garden. It contains a lot of different properties for the guy system as well, helps with bloating and distension.”



Conclusion

Our eBook has explored the healing benefits of 20 of the most effective medicinal herbs on the market. This is a tiny fraction of the thousands of healing plants used by billions of people every day.

The World Health Association estimates 80 percent of the world's population depend mainly on traditional medicine (including, but not limited to healing plants). Of those, 2 billion people rely upon medicinal plants as their primary treatment option.

And the **Food and Agriculture Organization** - which is part of the United Nations - estimates that there are as many as 50,000 medicinal plants in use around the world.

So...why don't we hear more about national medicines? Good question. But the answer may lie with the TRILLION dollar-a-year Big Pharma industry. It's this global pharmaceutical juggernaut that spends billions of dollars each year advertising their products.

And there's absolutely no profit for them in natural, plant-based medicines. It's largely through word of mouth that we're able to reach people, and share safe, effective natural remedies.

Be part of the solution.

Please share this knowledge with your friends and family members. Send them a link to our website. Ask them to join our mission. Together, we will educate people about safe, natural alternatives to the toxic chemical concoctions that Big Pharma creates for us.