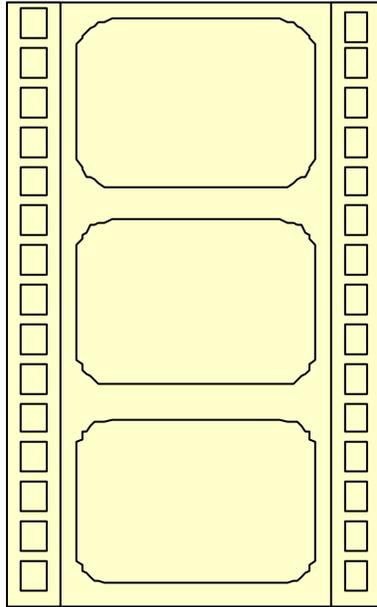


# SHORT TAKES



“HERBAL REMEDIES”

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Short takes are information crammed into a small space/time frame. For example, in film, the “movie” may be only three minutes long and still pack a powerful punch. The subject can be anything.

In publications such as newsletters, ebooks and magazines, up to one page is a short take. As you will see in these pages, a topic is presented in short take format. This gives you enough information to kick start the thinking part of your brain.

It is up to you to take it from there, if you so desire.

That in a nutshell is a short take.

Enjoy ours...

**Herbal remedies are coming back into favor given the high cost of prescription medicines. Enjoy!**

**Disclaimer: Nothing in the book is meant to be medical, financial or legal advice. It is for information purposes only and it is your decision whether to act, or not act, on any of it. Always, repeat always, contact a competent professional in the field in which you are interested/involved/active.**

Created by <http://www.senior2senior.org> just for you.

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## HERBAL REMEDIES

**This list covers only the ten best known and most often used herbs. We would encourage you to research herbal remedies as well as alternative health care programs. I no longer suffer, for example, from acid reflux and I don't take any of the over the counter tablets heavily advertised on television. Thank you research...**

**Aloe – Comes in both cream and gels; very effective in healing burns, minor cuts and skin irritations; if possible, buy “pure” aloe rather than aloe extract.**

**Chamomile – Sold in tea; calms upset stomachs; digestive aid; prevents insomnia; mild sedative effects.**

**Echinacea – Comes in capsules and extract; immune system booster; fights off infections; cold and flu suppressant.**

**Garlic – Uncooked glove a day or its odorless pill counterpart helps lower blood pressure and cholesterol; fights colds, flu and bacterial infection.**

**Ginger – Ground, or capsules, helps fight motion sickness, gas, colds and flu; taking more than 4 grams a day may depress the central nervous system.**

**Ginkgo – Considered to be a memory aid; improves alertness; stimulates the flow of blood in older people's brains thereby reducing headaches.**

**Ginseng – reported to stimulate the immune system; lessen depression; reduce stress. Sexual potency claims still not proven.**

**Horseradish – Its root, either dried or made into juice, treats respiratory problems.**

**Peppermint – Both the tea and essential oil is a digestive aid; ointment under the nose relieves sore throat and chest congestion.**

**White willow bark – Reduces fever and inflammation; relieves pain.**