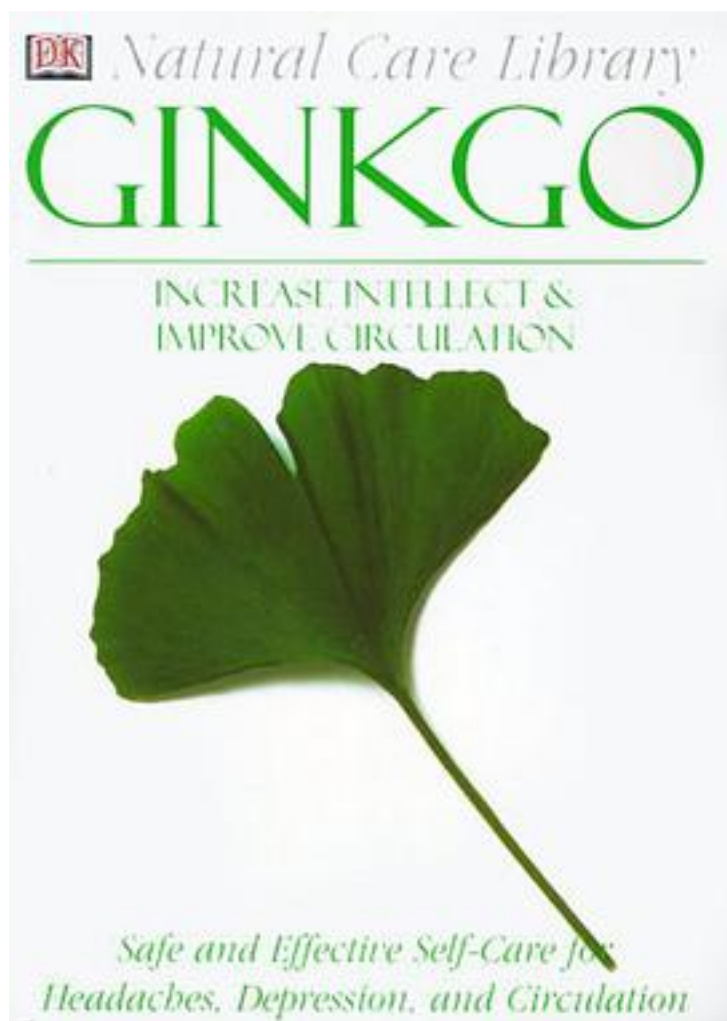


Natural Care Library Ginkgo



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HERBAL HISTORY
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and prescriptive drugs have come on the scene. Herbal plants can be powerful allies. Every culture such as a culture of medicine has used herbal medicine. In traditional herbal usage is more than 2000 years old in the burial site of a Neanderthal man who lived over 60,000 years ago. When it comes to herbal medicine many healing systems are brought by nature. In perhaps the best known are Ayurveda, traditional Chinese medicine and Western herbalism. Ayurveda is a system of diagnosis and treatment that uses herbs in conjunction with diet, herbs, yoga, and yoga. It has been practiced in India for systems more than 2,500 years. Ayurveda gets its name from the Sanskrit words "ayur" meaning health and "veda" meaning knowledge. In Ayurvedic healing health can be achieved through their medical practices of balancing a person's physical and mental health characteristics (doshas). Then proper preventative habits that are therapeutic are prescribed to help an individual maintain health and balance. Chinese medicine is another healing system that uses herbs, acupuncture and qi gong. A combination with acupuncture and qi gong is called Somen medicine (TCM) this medicinal system is thought to be rooted as far back as 2800 BC. The Chinese people have known as the first creation of healing plants. Chinese medicine attempts to help began to be refined according to certain active characteristics such as heating remedies, cooling, moistening and drying and prescribed according to how medicines will influence the activity of various organ systems. Americans have always believed that Western medicine can side effects trace its roots to the ancient Sumerians who according to a famous medicinal recipe dated 3000 BC boasted a refined

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