

Choosing the *Right* Natural Remedies



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Is Going Natural Going Mainstream?

Evidently it is very cool these days to have an interest in yoga or natural healing. I was very surprised



(pleasantly of course) to read this week that more than **one third of all Americans use some form of alternative medicine** to enhance personal health.

Although alternative medicine can involve a very wide range of activities and products, I learned that we spend more than 5 billion dollars each year on herbal products alone and those are out of pocket dollars not health insurance.

So, saying that herbal healing and **natural remedies are part of a growing industry** doesn't do it justice – the industry is literally booming. And as their use becomes more accepted on a personal

of your physician or other qualified health provider with any questions you may have regarding a medical condition.

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Getting sick (or at least pretending to) was sort of fun back in the old da

level by so many citizens, (our Native Remedies products are way ahead here), medical and clinical authorities are standing up and taking notice as well.

For instance, recently the American Society of Clinical Oncologists released an incredibly important report for the legitimacy of natural remedies.

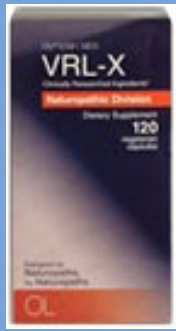
They discovered that Ginseng worked remarkably well as a complementary treatment for cancer patients, and that **Flaxseed actually has the power to slow the growth of prostate tumors.**

This is definitely exciting news, not to mention encouraging; and it does in turn mean that more and **more people will gain interest in using herbal products for personal health.**

While this is positive step, we now have to consider where these millions of people are buying herbal remedies and how to **educate them on choosing the highest quality products available.**

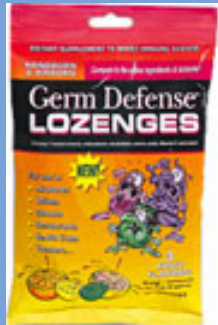
Did you know that in order for herbal remedies to be the most effective and result in the fewest side effects, they have to be made according to certain standards?

For example, the same study released on Flaxseed was careful to point out that the results they obtained when comparing how whole ground Flaxseed affected prostate tumors verses Flaxseed Oil were very different.



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Great Health Sites

Be sure to read our article on the merits of the Full Spectrum Method of herbal remedy production, which seeks to provide only the highest quality and most effective herbal and homeopathic products possible.

I hope you find our articles in this ebook both interesting and informative.

American Society of Clinical Oncologists Report Endorses use of Natural Remedies



As the worldwide acceptance of alternative medicine increases, so does the number of Americans taking the responsibility of personal health into their own hands. Studies conducted by the National Center for Complementary and Alternative Medicine (NCCAM) reveal that *more than thirty-six percent of Americans are using complementary and alternative medicine to help treat and prevent disease* and enhance their quality of life.

Natural remedies are an essential component of alternative medicine, with more than 5 billion out-of-pocket dollars spent each year on herbal products in the United States alone, according to national surveys conducted by the Centers for Medicare & Medicaid Services. As the use of natural remedies becomes more widespread and accepted by the general population, they have *gained increasing respect from the medical community* as well.

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Recently, the American Society of Clinical Oncologists released a report regarding the use of natural remedies as complementary treatments for cancer patients. This important report centered around two commonly used natural herbal supplements, Ginseng and Flaxseed, and ***the results were overwhelmingly positive.***

Researchers at the Mayo Clinic, one of the leading and most well-respected medical authorities in the world, performed a study on Ginseng to determine its effectiveness as a remedy for fatigue in those battling cancer. Ginseng has traditionally been used as an energy booster, which is often a significant issue for those struggling with the energy loss that accompanies cancer, as well as the draining effects of chemotherapy.

The results, which have yet to be released formally, showed that patients taking 1000 milligrams of Ginseng per day experienced moderate to very much improved energy levels. ***These results are very important, as they further validate the approach of complementary treatment using natural and herbal remedies.***

Fatigue is a major side effect of cancer treatment, and by using herbal remedies that can remedy this side effect, it allows for a more complete and effective treatment that not only fights disease, but promotes overall well-being, which is a vital factor in both physical and psychological recovery.

There are many natural remedies available that not only fight

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fatigue as Ginseng does, but also work to promote the body's overall vitality and health to aid in its recovery from a wide variety of illnesses, not just cancer!

Natural Products for Vitality, Energy and Organ Health

Herbal products that strengthen the immune system, detoxifying herbs that cleanse the system of buildups of prescription medication and remedies that promote systemic health all act as excellent complements to traditional treatments and in many cases, when combined in properly compounded dosages, as effective primary treatments.

- [Fatigue Fighter](#) helps maintain energy levels and feelings of well being, overall systemic and immune functioning.
- [Detox Drops](#) help maintain stable, normal sugar levels and acts as a detoxification tonic for the liver and pancreas.
- [AdrenoBoost](#) helps protect adrenal glands from the damaging effects of stress to maintain healthy functioning.
- [ImmunityPlus](#) promotes healthy immune system functioning and helps fight viral and bacterial infections.
- [Kidney Dr.](#) promotes kidney and urinary system health and functioning
- [Liver Dr.](#) promotes healthy liver functioning, resistance



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to toxin/disease damage and systemic health.

A second study performed by experts at Duke University, sought to investigate the effects of Flaxseed on tumor growth in the prostate. Flaxseed has long been taken as a supplement for its high concentration of Omega-3's, the fatty acid associated with lower risks of certain cancers and heart disease.

Men were administered three tablespoons of ground flaxseed daily, and then after surgery, the rate of growth of their tumors was compared to a group of men who took no supplements. The study showed that the cancer cells in the tumors of the men who took flaxseed were dividing at a much slower rate than those who did not take the supplement.

The outstanding results of these studies show that flaxseed can actually play a direct role in inhibiting the growth of cancer cells, which speaks volumes about its potential as both a preventative supplement and a complementary treatment.

Special Message



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Wellness

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- Scientifically Formulated
- ALL NATURAL
no side effects

XTEND-LIFE
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MORE INFO

Please note that cancer of the prostate is not the same as other prostate ailments such as BPH (Benign Prostatic Hyperplasia) or prostatitis, both of which can be effectively and naturally addressed by using herbs found in Native Remedies [Prostate Dr.](#) , such as Saw Palmetto and Epilobium Parviflorum.

There are many natural remedies that contain Omega-3's and can help to provide the same benefits as Flaxseed, whether it's restoring joint health, strengthening the circulatory system or preventing the spread of cancer.

- [JointEase Plus](#) promotes joint and muscular-skeletal system health.
- [Circu-Live](#) encourages circulatory and nervous system health, keeps healthy toes and fingers comfortably tingle free.
- [ReGrow Massage Oil](#) (contains Flaxseed) promotes beneficial effects on the health of the scalp and hair follicles.

Although personal acceptance of alternative medicine is already prevalent in both eastern and western societies, the recent recognition from significant medical professional groups such as the Society of Clinical Oncologists is well-deserved and validating. The use of natural remedies can be very effective in treating and



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preventing disease, as well as enhancing quality of life.

*"I can recommend this product for people recovering from ME (Chronic Fatigue Syndrome) like myself. There is a definite difference and the feelings of exhaustion and depression have almost completely gone. I will keep taking **Fatigue Fighter** for sure!" - Joe*

Our Full Spectrum Method of Extraction Now Validated by Duke University Study as Being Most Effective



Although the use of herbal products is a growing trend worldwide, *many people are not fully informed of what they should be looking for* in a market where there is such a wide range of natural remedies and treatments available.

One of the most interesting points raised by a recent Duke University study on Flaxseed was the *different results obtained when using various forms of the herb* - ground whole Flaxseed vs. Flaxseed oil extract.

Over the course of their study, researchers found that while using ground Flaxseed resulted in a lower growth rate of prostate cancer cells, using the oil extract had no positive effect on the growth of the cells.

The results clearly demonstrate that the whole herb form of

Flaxseed (obtained using the Full Spectrum Method™) contains compounds that work together to produce the growth-slowing effect on prostate tumors, while the isolated extract (Standardized Extracts) by itself does not contain those compounds and thus cannot have the same positive effect.

Dr. Andrew Weil writes, "Ground flaxseed provides fiber and lignans, compounds with phytoestrogenic activity that probably are responsible for the tumor slowing effect; most flaxseed oils lack both of these."

This raises the issue of a growing problem within the natural remedies industry. ***While certain herbs are cited, praised and produced for their remarkable effects on health and the body, many of the remedies available on the market today use only extracts of chemicals from the herb instead of the whole herb itself.***

This method, known as standardized extraction, uses harsh chemicals to isolate compounds, draw them out of the herb and then concentrate them. While they are often marketed as more potent forms of the helpful herbs we hear and read about, the truth is that often times separating the chemicals in the herb causes them to lose their effectiveness.

To produce the most effective herbal remedy it requires all of the herbs compounds to work together. The Full Spectrum method of extraction takes this into account.

Rather than simply making use of one particular active ingredient

in the herb, the Full Spectrum Method uses the whole herb to create remedies that represent the maximum effectiveness of the plant. This allows a more natural usage of the herb and in many cases ensures safer results.

Many standardized extracts have an increased risk of side effects because they are so heavily concentrated, and lack the natural buffers found in the whole herb that otherwise would cancel out those side effects. In fact, most naturopaths and holistic healing experts refuse to even recognize standardized extracts as legitimate herbal remedies!

Native Remedies is one of the forerunners of using the Full Spectrum Method in the manufacturing process.

All of our herbs are wild-crafted and our remedies are made using whole herbs, with close attention by our expert team of naturopaths.

With natural remedies becoming more popular and their use more widespread, it is increasingly important to make sure that the products that you buy come from a trustworthy source and are manufactured according to the advice of naturopaths.

Read more about the [Native Remedies Difference](#) »

Standardized extracts seem to be flooding the market, but just because they are readily available does not make them the best option! The only way to ensure maximum effectiveness with the least chance for side effects is to use products manufactured by experts in the fields of herbal healing who use the Full Spectrum Approach and compounds that are analyzed and measured to produce the safest and most effective dosage when it comes to all of their products.

When deciding between the natural remedies and treatments available, ***it is important to know what you are getting, where it comes from and how it was manufactured.***

Otherwise, it may not just be about getting an ineffective product; it could actually be detrimental to your health.