

Longevity Herbs



Hand Book
on
Herbs for Health

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Homeopathic Remedies

The meaning of "Homeopathy" can be traced to its ancient Greek roots meaning "suffering" and "similar." The philosophy behind Homeopathic remedies is slightly esoteric. Homeopathy is the practice curing diseases with the same substances that had caused them. A little like anecdotes made from snake venom to treat snake bites. The best example of explaining the concept of homeopathy is one of injecting a patient with miniscule doses of allergens thereby boosting his immune system to fight against a later exposure to that particular allergen.

Homeopathic remedies are created by mixing minuscule quantities of substances with insoluble materials like oyster shells or quartz. Homeopaths believe that this procedure of preparing the medicine will activate the body's immune system naturally and help it stand up to the ailment for which the patient is being treated.

Now you too can greatly benefit from this ancient medical procedure by logging onto to [longevity Herbs](#). Longevity Herbs is an endeavor by Bryan Abel, L. Ac., a leading herbalist and acupuncturist to help people select and purchase the right homeopathic and Chinese herbal medicines for themselves and their families.

In Longevity Herbs you will find several [homeopathic remedies](#) like Traumeel. Traumeel is a homeopathic topical cream that is very effective in reducing the bodily aches and pains. It also subdues inflammation due to injuries. Arnica is another popular Homeopathic medicine that used to promote quick healing from trauma and surgery. Longevity Herbs is also promoting homeopathic remedies like the "[Detox Kit by - Heel](#)", which is made from Detox-herbs and helps in detoxifying the system. The body suffers a lot due contemporary unhealthy lifestyle that it's forced to lead and often gets exposed to harmful toxins and pollutants. The Detox Kit helps the body in eliminating toxins, cleansing the system and stimulating the immune system.

There are a number of Remedies made from Traditional Chinese Herbs. Chinese herbal medicines are made from immune boosting herbs. Chinese traditional medicine herbs are both safe and effective and have been used for centuries by Chinese herbalists. Now, these natural Chinese herbs are rapidly gaining popularity in the western world. At Longevity Herbs, you can purchase effective medications made from Chinese detox herbs and immune boosting herbs. Chinese Cordyceps and Reishi Mushrooms are two of the most popular herbs used by Chinese doctors and medicine men. These two herbs have amazing curative powers and cure a number of physical complications. Zi Si Fang is an effective fertility boosting formula made from 'female herbs' that has been recommended to women suffering from infertility.

So do visit www.longevityherbs.com and open your eyes to the infinite possibilities of Chinese herbal remedies.

Herbs for Health

Living healthy is no longer a fad but a necessity in this world of pollution, competition and stress. As more and more people are focussing on natural alternatives to food, medicine and lifestyle habits it is no wonder that those in search of a healthier lifestyle are turning their attention to using herbs for health. It is a well known fact that herbs have been used since time immemorial to bring out the flavour of food, increase and sustain health, and cure a host of ailments. Herbs have been a part of the human experience for a very long time. As civilization spread and knowledge about the human body increased, more and more herbs were discovered to have healing principles. Soon herbs for health were organized into a classification system that allowed people to take full advantage of their properties in food and medicine. However with the birth of modern medicine the medicinal qualities of herbs began to recede to the background and only their additive flavour to cuisines remained.

Of late the remedial properties of **herbs** are being brought back to the fore by alternative medicinal systems that believe in holistic and natural cure for any ailment. Be it the commonly used ginger that cures motion sickness or the more exotic but easily available ginseng that is good for cholesterol, herbs are beginning to play an important role in peoples' wellness routines. **Traditional Chinese medicine** is one such medicinal system that has been relying on herbal medicine to provide cure for any kind of ailment. Chinese medicinal herbs are known to be common cure for a host of disorders such as: Digestive problems, Eczema and psoriasis. Fatigue, Gynaecological disorders, Hepatic (liver) disorders, cardiovascular disorders Stress and Allergies and autoimmune disorders.

The best part of **herbal remedies** is that it has minimum side effects and so more effective than common medicine. Chinese herbal medicines are mainly plant based, but some preparations include minerals or animal products. They can be packaged as powders, pastes, lotions or tablets, depending on the herb and its intended use. Different herbs have different properties and can balance particular parts of the body. With minimum side effects, these natural herbs can effectively help to cure any ailment without interfering with your body's natural working system. As more and more people are turning to herbs to cleanse their bodies and rejuvenate their spirits, the age-old

system of natural herbal treatment is making a strong and much-needed comeback. For more information on how to lead a better life using herbal medicines please visit us at www.longevityherbs.com

Female Herbs

There are a number of effective herbal remedies that have been used by women all over the world to alleviate and heal their specific health concerns. These herbs are known as 'female herbs'. They buttress the female immune system and help it withstand the strains of today's high pressure environment. In almost all countries, the knowledge of female herbs was restricted to a microscopic class of herbalists, who zealously guarded this sacred knowledge.

Chinese herbs are one of them. In ancient China, Traditional Chinese Medicine Herbs have been used to formulate a number of effective medicines, greatly helped the locals who were not able to afford expensive Western medicines. The State sanction to Western medicine and their reactionary policies against the conventional Chinese Herbal Medicines resulted in number of people losing faith in the efficacy of Chinese traditional herbs. But despite all possible persecutions, a number of Chinese herbalists continued their practice and received patronage from the local people. They also maintained detailed records of various formulations prepared from natural Chinese herbs, which are now being treated as a goldmine of ancient wisdom.

Longevity Herbs has made it its mission to spread the bounty of Chinese female herbs to help middle class American women, most of whom lead highly stressful lives. Bryan Abel, L. Ac., an herbalist and acupuncturist and the founder of Longevity Herbs is of the opinion that American women can greatly benefit from miraculous Chinese female herbs. There are a number of allergy herbs and immune herbs that have been used to formulate effective cures for female health issues. Let's take the example of Yunnan Baiyao. Prepared from a powerful combination of herbs, Yunnan Baiyao is extremely effective and used to treat excessive menstrual flow or menstrual cramps. Menopause-Hot Flashes Formula that can be procured at Longevity Herbs can be used for both short and long term treatments. This effective formulation of **female herbs** promotes mental serenity and helps in balancing your body. It provides incomparable support to women during menopause and hot flashes. At Longevity Herbs you can also find super effective cure to treat female fertility problems. The Fertility Formula (Zi Si Fang) is a perfectly natural Chinese formula prepared from female herbs. This Chinese herbal medicine was recommended traditionally and historically by Chinese doctors to women suffering from infertility.

Apart from these, there are several other herbs like Chinese Cordyceps and Reishi mushrooms that can be used by both women and men to treat various health related issues. So log onto www.longevityherbs.com and discover more about these miraculous herbs for health.

Allergy Herbs

Streamy eyes, runny nose, ceaseless itching, body covered with angry rashes, incessant coughing – if you are suffering from one or more of these symptoms often, then you are likely sensitive to allergens. And though you must be taking medicines to help you fight the allergic reaction, you might be dissatisfied with their efficacy. This is because most western medicines treating allergies just scratch the surface of the problem. They hide the symptoms for a short period and do not tackle the root of the cause.

The usual treatment for allergies is to block the exaggerated reaction of the immune system to the allergen. This is done with medical preparations containing strong doses of steroids that are available in both oral and topical forms. Conventional treatments are ineffective in the sense that they can't provide a permanent solution to the problem. Moreover the patient runs a serious risk of suffering from serious side effects. Topical creams containing steroids can eat into your skin making it thin. Oral pills can lead to weight gain, drowsiness and stomach upsets.

It is due to these reasons that you should seriously consider alternative courses of treatment to help you win your lifelong battle against allergies. At [Longevity Herbs](#) you can find natural Chinese herbs that have proved to be very effective in mitigating the effects of allergies. These allergy herbs work on the same principle as most Chinese traditional herbs like Chinese Cordyceps and Reishi Mushroom. These are [immune herbs](#) that boost the human immune system thereby helping it withstand the effects of allergens. In Longevity Herbs, you will find several other Chinese traditional herbs like Jiao Gu Lan which is a detox herbal brew, which when used with our special herbal tea blend helps in detoxifying the body. It also increases the production of bodily fluids and helps fight cold and other respiratory problems. Allergy herbs like Jiao Gu Lan act as preventive measures and help in warding off asthma and bronchial complications.

Both traditional Chinese medicine herbs and homeopathic remedies are perfect for providing soothing relief during an allergic reaction. **Allergy herbs** like Xin Yi San, which is a sinus formula made from magnolia flower, Angelica and licorice and potent herbs. This Chinese Herb is very effective for fighting congestion and allergy attacks.

Chinese herbal medicine has a number of Allergy Herbs that are better in every conceivable way of what western medicine has to offer. So do visit **www.longevityherbs.com** to permanently bid goodbye to your allergic reactions.

Reishi Mushroom

The multi curative properties of tradition Chinese medicine herbs have to an extent dumbfounded many western medical practitioners. The 'Reishi mushroom', also known as Ganoderma Lucidum is one such example. One of the oldest mushrooms to be used in curative formulations, its name finds a mention in the ancient religious and secular texts of the Chinese. It has been used in China for centuries together and is used to cure a number of ailments.

Though the [Reishi mushroom](#) is extremely rare and expensive, technological advancements have made the mass production of this Chinese herb a reality. This has helped in lowering the cost of production thereby making it available to almost every person who needs it. The Reishi mushroom is believed to bolster the immune system of the human body and offers an incomparable succor to a system wracked by stress and disease. So what is the difference between western medicines and [natural Chinese herbs](#)? While the efficacy of most antibiotics and other modern medicines diminishes after a certain period, Chinese herbal medicines like Reishi doesn't allow the body get used to it, thus helping it increase the robustness of the immune system.

Now you can benefit from Chinese traditional herbs. By logging onto [Longevity Herbs](#), you can find patented Chinese herbs to cure whatever ailment that you are suffering from. Founded by the renowned herbalist and acupuncturist Bryan Abel, L. Ac., the site is a part of his endeavor to introduce aspects of 'magic China' in the US. It is no hidden secret that most Americans are highly stressed out and this is affecting their lives in no pleasant way. Chinese Herbs for health will definitely bring about a positive change in the life of the middle class American.

For instance, these days more people seem to be suffering from allergies than those a decade back. In addition, the increased stress levels have led to increase in disorders like insomnia, lack of concentration and depression. Reishi mushroom is also an [anti allergy herb](#) and has been found to be tremendously effective in curing these disorders. Like the Chinese [Cordyceps](#), Reishi Mushroom also prevents health disorders that may result in serious health complication in the future like heart attacks or failure of liver or kidney and strokes. The mushroom is believed to be so effective that if properly

formulated in the form of drug, it can even mitigate the symptoms of life sapping diseases like AIDS.

The mushroom can also be described as an ideal female herb because of the wonderful effects it has on the skin of the person using it. It controls acne and appearance of fine lines and age spots. Please visit www.longevityherb.com to make this wonder herb your own.

Immune Herbs

If you are continuously falling ill and have an immune system so weak that it falls prey to the lightest pollen-bearing winds, leaving you itchy, you must be desperately looking for an effective remedy. Fortunately, there are a number of wonderful alternatives that you can try, which will not only provide lasting relief but also not wreck your body with side effects.

Traditional Chinese Herbs are one of them. [Chinese herbs](#) are basically immune herbs and they boost the immune system helping it to withstand the vagaries of the environment. But despite a steady rise in the number of believers in natural Chinese herbs, most Americans still tend to view Chinese herbal medicines as a whole lot of hogwash. This can be attributed to the reactionary policies of the Chinese government. In 1928, the nationalist government of China declared the manufacturing and practice of Chinese medicine illegal, branding it as irrational and backward. This step fatherly attitude lasted for several decades and such negative emotions percolated to the other countries and became firmly rooted in the psyche of the people.

But now with the advent of the Internet age, people are rapidly becoming more knowledgeable about the efficacy of Chinese medicine. You too can greatly benefit from the curative powers of Chinese medicine by logging onto [Longevity Herbs](#). An initiative started by Bryan Abel, L. Ac., a leading herbalist and master acupuncturist, he has made it his mission to enlighten the American public to the healing properties of Chinese herbs. Chinese [immune herbs](#) are wonderful for strengthening the immune system and offer natural remedies to all health concerns. According to sixty six year old Jerry P who has been a patient of Bryan Abel for about a year, "I have lost weight and have a lean muscular look as a result of my new diet and increased metabolism. Plus I have increased energy."

The team of super specialists working for Longevity Herbs has been tirelessly scanning the globe, looking for effective [herbal remedies](#) and is proud of being able to introduce a number of immune herbs that improve the body's immunity and protect it against the seasonal attacks of illnesses and allergens. Immune herbs like Ginseng's are an extremely powerful and prized herb. This powerful root has been dubbed as the "ultimate longevity herb". Due to rarity it is extremely costly. But at Longevity, you can now purchase this and other wonderful immune herbs like Reishi mushroom and Chinese Cordyceps, at most competitive prices in the market.

So log onto www.longevityherbs.com to boost your immune system and enjoy a long and healthy life.

Detox Herbs

Drug and alcohol dependency is a major health concern all over the world as it is very difficult to treat and cure. Addicts are known to use even detoxification drugs to get their daily dose of high. A new trend is being noticed all over the world as natural detoxification herbs are being used to treat and cure a person of his/her addiction.

Completely side effects free, these Chinese detoxification herbs help to reinstate the lost harmony of the mind and the body without tampering with it. At Longevity Herbs we deal with such medicinal herbs that can help to treat drug and alcohol abuse effectively.

In modern western medicine, drug and alcohol detoxification is a program of planned withdrawal which may or may not include medication to assist in withdrawal. The length of detoxification depends on the substance ingested and the methods used for detoxification. In such cases most drugs used to suppresses withdrawal symptoms and the chronic "drug hunger" causes nausea, vomiting and constipation that are common side effects. However, most addicts are known to develop chronic physical dependence on the very drugs that have been used to treat him/her. It is here that **Chinese traditional herbs** can make a difference by treating addiction problem without any harmful side effects. Chinese traditional detoxification herbs help to you to bury the habit once and forever without messing up your body or making you dependent on these herbal medicines.

Chinese traditional medicine works within holistic parameters where each individual is examined as an individual case and treatment is holistic in nature involving not only the body but also the mind and spirit. It does not believe in generalizations. Chinese herbs are prescribed to normalize imbalanced energy, or Qi (pronounced 'chee'), that runs through invisible meridians in the body. Studies have shown Chinese herbal medicines to be successful in treating a range of drug and alcohol abuse with minimum side effects. In treating dependency, various kinds of natural Chinese herbs are used, to achieve chemical balance in the body.

Chinese herbal medicines are mainly plant based, but some preparations include minerals or animal products. They can be packaged as powders, pastes, lotions or tablets, depending on the herb and its intended use. At [Longevity Herbs](#) you will find a wider range of products that can help in detoxification, namely Detox Combo and Detox Kit. It helps to regulate and eliminate bodily toxins and waste and has Reishi, Qi ju di huang wan (chrysanthemum/lycium blend) and a gentle laxative called ma zi ren. For more information about our useful [detox herbs](#) please visit www.longevityherbs.com.

Chinese Cordyceps

Traditional Chinese Medicine herbs have been in use by most of the civilizations of the world, ever since the first foreign ship touched the shores of China. The efficacy of Chinese traditional herbs Medicine coupled with their minimal side effects have made them extremely popular with people who are sensitive to harsh chemicals and strong antibiotics used in modern western medicine.

Natural Chinese herbs help in balancing the physical body with its natural environment thereby helping it regain its health and vitality. As our surrounding environment becomes more polluted, our eating habits become unhealthy and our lives turn more stressful the body bears the brunt. Chinese herbal medicine has its roots from nature itself. There are certain miracle herbs that have amazing curative and restorative properties, while there are traditional commonplace herbs for general ailments.

One such 'miracle herb' is Cordyceps, which is an extremely rare parasitic organism that is found on the high altitudes of the Tibetan plateau. Dubbed as the "divine gift" its Chinese name is 'winter worm, summer grass'. Greatly prized by Chinese chefs, it is used in brews and soups.

The medicinal and invigorating properties of Chinese Cordyceps received international recognition when in 1933, three Chinese athletes set world records in national games and credited their achievements to intensive training and regular intake of supplements of Cordyceps mushrooms. Longevity Herbs fully recognizes the health benefits of Chinese Cordyceps. As an endeavor initiated by Bryan Abel, the specialist team at Longevity herbs has been studying various Chinese herbal medicine and is fascinated with the immunity boosting properties of Cordyceps. Like the Reishi mushroom and most other traditional Chinese herbs, Chinese Cordyceps too helps in curing a number of disorders like:

- Reducing fatigue
- Curing asthma
- Sexual dysfunction in men and women

- Kidney and livers disorders
- Respiratory tract complications

At Longevity Herbs, you can now purchase the magic of Chinese herbs along with several miracle treatments of the Orient like Homeopathic remedies. For women, there are a number of effective formulations made from medicinal plants christened as **female herbs**. These immune and allergy herbs help women battle the stressful situations of modern day life. Traditional Chinese Herbs are gaining greater acceptance in the US. Hence, open your eyes to alternatives that promise effective relief minus the side effects of modern medicine. Log onto to **www.longevityherbs.com** and discover the treasures of these treasures of herbal health.
