



MEDICINAL HERBS & NUTRITION

Plants, along with other organic and inorganic substances, are the basis of the holistic approach to therapy. Plant-based treatments are backed by long-term experience and they have objective results in combatting illnesses. They are still in use today. A plethora of information about the recorded effects of botanical herbs comes to us from Ancient Greece, China, India and Egypt. It isn't by chance that Dioscorides (Cilicia, 1st Century AD) is considered to be the "father of pharmacology". His knowledge of the therapeutic effects of plants was not surpassed for many centuries. The other great physician of antiquity, Galen (129-199 AD), prepared natural therapeutic compounds, known as "Galenical preparations", which were in use until the 18th Century.

In Traditional Chinese Medicine, taking certain herbs and spices (most of which are familiar to all of us and form part of our day-to-day diet) is an inseparable part of the process of strengthening the patient's body. For instance, few people are aware that a combination of Chrysanthemum and Goji Berry has amazing results for eyesight. Following a good diet – in terms of the quality, quantity and the manner and time of eating the food – frequently has a great outcome and improves the quality of life and combats a multitude of symptoms.