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## 10 Reasons Why Herbal Medicine is Important for Self Care

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1. You can grow your own herbal medicine.
2. Herbal Medicine gives you options.
3. Herbal Medicine is readily available.
4. Herbal Medicine is inexpensive.
5. Herbal Medicine is gentle.
6. Herbs, when skillfully blended, work together in the body rather than conflicting with each other.
7. Herbal medicine can be custom blended and custom dosed for your specific situation.
8. Herbal medicine lets you adjust the formula and dosage as you heal, ensuring that you receive exactly what your body requires as health is restored.
9. Herbs teach and coach your body to relearn what it already knows how to do.
10. Herbal Medicine allows you to be self-sufficient.

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## 5 Ways to Practice Self-Care with Herbal Medicine

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1. **Define your health goals.** What imbalance in the body do you want to restore? What symptoms are you tired of having to live with?
2. **Consult with an Herbalist to get started.** An herbalist will give you a thorough assessment as to your current state of health, and can define a program that will allow you to achieve your health goals.
3. **Educate yourself.** Don't just rely on advertisements in health magazine. Do your research, talk to Herbalists and other wholistic health care practitioners. Read books written by practicing herbalists.
4. **Start by making small changes.** There is no magic pill. There is no magic pharmaceutical. There is no magic herb. Ultimately good health comes from eating the right foods, daily exercise and spiritual endeavours.
5. **Plant herbs in your garden and learn how to use them.** The nurseries always have plenty of herbs in stock that you can plant in your garden or even keep in a pot in a sunny window or deck. You can also take part in courses to learn how to use herbs for medicine, and how to gather herbs in the wild.

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*The information contained in this handout is for educational purposes only. It is not meant to be of a diagnostic nature and does not replace the advice of a qualified health care practitioner. Please seek medical attention as required.*