



About Herbs

I often recommend herbal supplements in my practice. It is important to understanding that herbs are not drugs. They work to correct imbalances and take longer to work than a symptomatic approach. Often it can take one to two weeks to notice any change with herbs and we often recommend staying on the herbs for several months to correct imbalances. It is also important to note that herbs are only one part of a program to correct imbalances. They are not magic bullets. They work in conjunction with lifestyle and dietary changes.

Herbs can interact with medications, so it is important to let me know all the medications, OTC medications, birth control pills, etc. that you are taking. Also if you are prescribed any medications after starting herbs, it will be important to check to make sure there are not any potential interactions.

Herbs are generally very safe to use, but anyone can have an allergic reaction to any new food or supplement. It can also occur that if you take purifying herbs, they can cause toxins to be pushed out to the skin. This can result in hives or a skin rash. Most people do not notice any adverse affects with herbs. The most common adverse reactions with herbs are gastric disturbance or palpitations. These reactions are very uncommon, but please do not hesitate to contact me if you notice any discomfort or adverse effects from the herbs (and stop the herbs immediately).

The Ayurvedic understanding of herbs is that they represent “packets of intelligence” that help to direct the body back to balance. They are a wonderful addition to Ayurvedic recommendations. However, there are many, many ways for us to create balance without using herbs. If you have any hesitancy to take herbs, know that it is fine to leave herbal recommendations aside and focus on the other ways of creating balance that are offered by this ancient wisdom.