



<<< Back To Brochures

## Herbal Therapy



### Questions Worth Asking

Can herbal remedies interfere with the other treatments I'm receiving? What professional experience have you had working with herbal therapists. Can you recommend an herbal therapist you've worked with in the past? Discuss with friends and family any experiences they may have had with herbal therapy. The people who know you are often your best resource. Also research herbal therapy in your local library, on the Internet, or by contacting any of the following organizations:

American  
Association of  
Naturopathic  
Physicians  
1-206-298-0126

## Herbal Therapy

### Understanding Herbal Therapy

Herbal therapies have been used in both Western and Eastern cultures for centuries. Therapy is designed to both treat illness and enhance overall health and well-being. Behind this therapy is the belief that nature itself produces effective medicines.

### The healing power of plants

Herbal therapy uses plant-based remedies similar to how Western treatment uses prescription medications. Prescription medications are sometimes based on a single plant extract that may be produced synthetically. In contrast, herbal remedies may be derived from an entire plant. The root, leaf, stem, or even the pollen may be used. Herbalists believe that using the entire plant in its natural form can make their remedies more effective.

Take herbs as carefully as you would take prescription medications. Herbs should be given under the advice of a qualified herbalist. Avoid selecting your own herbs or dosages without getting professional help. And always keep your medical doctor informed about your herbal treatments.

### Is Herbal Therapy Right for You?

Take the time to learn about herbal therapy. Think about your goals. What do you expect from herbal therapy? How do you believe it may help you? Answering these questions and others can help you decide if herbal therapy is right for you.



### Myths and facts about herbs

Myth: Herbs are all natural, so they can do no harm to you.

Fact: Herbs are often powerful substances. They should be given by professionals.

Myth: All over-the-counter herbs are the same.

Fact: Herbal remedies don't have production guidelines like those of prescription medications. An herbalist can help ensure that you get high-quality products.

Myth: The more herbs you take, the better the results.

Fact: Some herbs are toxic in high doses and can make you sick.

American  
Association of  
Oriental Medicine  
1-610-433-2448

Herb Research  
Foundation  
1-303-449-2265

### **Questions for the herbalist**

Before you decide whether to have herbal therapy, talk with an herbalist. Asking him or her some of these questions may help you make an informed decision:

What is your training? How long have you been practicing?

Do herbs have side effects? Will they affect other medications I may be taking?

Have you treated problems like mine?

Will you work with my medical doctor?

What will a typical visit be like?

How long will treatment take and how much will it cost?

Where do you get your herbs?

### **The Qualified Herbalist**

Licensing standard for herbalist vary. Some states have no licensing. Many herbalists are naturopaths, acupuncturists, or other types of complementary caregivers. Look for an ND, DO, or L.Ac after their names. These and other designations show that professional training has been completed.

### **Exploring Options with Your Doctor**

When seeking complementary care, it's always a good idea to stay in close contact with your medical doctor. Ideally, you, your medical doctor, and your complementary care provider will work as a team. Together, you can ensure that the care you receive is right for you. And you can make sure that one type of care doesn't interfere with the other.

Some herbal treatments can be toxic in high doses. Be sure to tell your doctor about any herbs you already may be using. Ask if they can block or alter the effects of the prescription medications you may be taking.

---

Dr. Woodrow W. Gwinn, Jr. Owner and Director of Clinics

---

Telephone  
in Maryville 865-977-0916  
in Madisonville 423-442-4153