

## Herbal Medicine

Herbal Medicine involves the prescription of biological products, minerals and animal products that can be used individually or in combination to restore and optimize health. Throughout human history, we have discovered that specific plants and natural substances have therapeutic benefit. Many individual herbs from around the world have been identified through traditional knowledge and scientific research. Furthermore, as a result of a few thousand years of uninterrupted medical observation, a very mature system of herbal medicine evolved in China that categorized the beneficial interaction of herbal formulas combining multiple single herbs.

While herbal medicine is the foundation of modern pharmacology, it too has evolved and provides a valuable therapeutic option. Recent scientific research proving the effectiveness of many herbal substances has increased modern medical respect for the ancient wisdom of herbal medicine.