Natural Remedies vs. Pharma Suppression

they aren't profitable. No. I have seen big pharma-suppressed natural remedies. Back years ago when St. John's Wort became popular, pharma researched St John Wort and said it does not work for major depression.

That was the headline news across the country. Well herbalists knew that. It's not good for a major Depression, it never was. And it's good from mild to moderate depression, but that's how pharmacopress St Johns Wort in that instance.

But of course just the Lack of talking about natural remedies, that's a way to suppress it. Keep your doctors always thinking about drugs.

St. John's Wort and Depression

Always prescribing drugs, keep your patients always think about the drugs and the ads. That's how you can suppress natural remedy. Natural remedies can be much more effective than drugs in many cases, and you have to have the diet right of course, but there's this competition for territory, if you will, in the industry between natural example.

Aspirin is a good example from I think willow bark. So because a drug comes from a natural origin, meaningless.

Willow Bark vs. Aspirin and NSAIDs

Doesn't mean anything. And he's bringing up willower bark, I use a lot of will bark in my practice. It's excellent for getting rid of pain, as a matter of fact it actually heals tissue and they're comparing it with aspirin, which doesn't heal tissue.

Now they both can get rid off pain equally, but if you take them both for six months, you have, you know, a trial, one group takes willow bark for six months, then they stop it, they continue to get better.

The people who take an NSAID or aspirin for 6 months and they stopped it they bounce back and get worse just as if they had never taken it ever before.

So in this case willower bark as an herb is better than aspirins and NSAIDS. For thousands of years people took it and turned it into salves or ointments.

Whole-Plant Herbs and Hawthorn for Heart Health

has figured out you know this is the active compound in the willow bark that's having these effects if we modify it a little bit it reduces the gastrointestinal side effect.

I've never had anybody have GI side effects from willows bark and again he's talking about this isolate and it all drugs have negative side-effects every single one because they are isolates.

That's the problem. So this is a therapeutic dose of Hawthorne. Two pills. Look at that. It's two grams of dried Hawhthorne and you're not eating a bushel full of weeds and your getting the whole plant and it's excellent for the heart.

I've used this for 20 years. He just called you a dummy for taking herbs.

Diet, Supplements, and When Drugs Are Needed

Not progress. I think isolating chemicals from plant is a regression. and you have to have a really good diet to start off with and supplements and herbs like this work much, much better as long as your diet is really.

Some people are so sick, they need the isolates and that's totally fine. They get the prescription drugs and they end up with the side effects and it can prop you up as you're health is declining.

But these herbs are totally valid therapy and more people need to use them.