

Botanical Medicine



What is Botanical Medicine?

Botanical medicine is the use of plant seeds, berries, roots, leaves, bark, and flowers for medicinal application, in the form of teas, tinctures (herbal extracts), ointments, essential oils, and supplements. Botanical medicines historical roots date back to 3,000 BC and focuses on treating the underlying cause of illness, rather than solely treating symptoms. Botanical formulas initiate and direct your body's own healing process, by isolating disease-causing factors and promoting health.



Are Drugs Killing You?

Adverse reactions to pharmaceutical drugs are:

62,000 times more likely to kill you than food supplements

7,750 times more likely to kill you than herbal remedies





Patent Pending!

Despite modern medicine's prescription of pharmaceuticals, 80% of the world's population still uses some form of herbal medicine as primary health care. In fact, in 1988, \$3.3 billion was spent on herbal medicine in the US. In fact, 122 compounds used in mainstream medicine are derived from plant sources, and 80% of these compounds were used in the same way as the botanical source. Pharmaceutical companies are unable to patent natural molecules, however, patent regulations allow natural molecules to be altered into synthetic versions that can be patented.

Interestingly, the botanical medicine, Echinacea, was removed from the National Drug Formulary (FDA) of the United States in 1950. With these patent regulations, between 1975 and 1999 the FDA approved 548 new drugs and by 2000, 8.2% of those drugs had received boxed warnings for severe side-effects. In 2010, there were 38,329 drug overdose deaths in the US, and 22,134 (60%) of those deaths were related to pharmaceuticals. Pharmaceuticals also accounted for 40% of all child (<6 years of age) exposures reported to poison centers.



Botanical vs. Pharmaceutical

Ever wonder what is in Aspirin? Well botanicals, of course! Salicin, an analgesic compound first discovered in 1763 in the bark of white willow trees, was used to remedy headaches, fever, inflammation, and many other ailments. Salicin is the active ingredient in Aspirin, however, Aspirin contains a synthetic variation of salicin which means that the natural compound is chemically altered. Aspirin first entered the market in 1899, and since then has been named by the World Health Organization (WHO) as one of the most important medications to the health system. Currently 40,000 tones of Aspirin are being consumed each year, yet Aspirin's effects and side effects are still being uncovered. Aspirin is just one of the many botanicals synthetically altered into pharmaceuticals, such as codeine, morphine, and nicotine.



Decide for Yourself!

Natural Salicin Side - Effects

Itchy skin
Stomach cramps

Aspirin Side - Effects

Itchy Skin
Stomach cramps
Bruising
Confusion
Dizziness
Fainting
Vomiting
Ear pain

Tiredness or weakness
Loss of hearing
Bleeding
Stomach bleeding
**Swelling of the mouth
and throat**
Hives
Heartburn

Side-effects listed for synthetic drugs are considered reactions because they produce more than the intended effects, however such "side-effects" are reflective of normal behaviour for a synthetic drug. As shown above, natural salicin has minimal side-effects, which are common to only 2/15 listed side-effects of Aspirin containing synthetic salicin.