



*Six Common
Misconceptions of
Holistic Home
Remedies*



The Six Common Misconceptions of Using Home Remedies

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The Six Common Misconceptions of Using Home Remedies

Introduction

Home remedies have been used for thousands of years, and were considered a normal way to treat injuries and illnesses. It was mostly a process of trial and error, trying different methods to treat a condition.

For every success, there were many failures. But it was the only alternative ancient man had in these situations.

In some societies, there were shamans or “witch” doctors who were the keepers of the healing knowledge that had been passed down from generation to generation. In others, there were healers, often women.

They became quite knowledgeable about the plants and herbs which healed different conditions, and grew them in gardens which served as their apothecaries.

The use of natural remedies is still popular in countries around the world, especially in India with its long history of Ayurvedic medicine and China where the practice of traditional medicine includes herbs, acupuncture, exercise, and cupping.

Unfortunately, in Western societies, superstition dogged healers. In some cases, there was a belief that illnesses were a punishment for sinful conduct and that healing could only be achieved by divine intervention.

In these cases, healers, who were predominately women, were seen as witches. They were persecuted and, in many cases, tried and executed for their alleged crimes.

Another development which dealt a devastating blow to holistic remedies, was the development of universities and professional schools during the Middle Ages. These institutions of learning excluded women as students, and at that point in history, women were the bearers of much of the knowledge regarding these long passed down remedies.

As civilization advanced, so did our understanding of the human body. Medicine

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was now a science not a healing art or spiritual exercise.

his reliance on scientific methods made home remedies seem old-fashioned and the purview of grandmothers. Invasive tests, prescription medicines, and even surgery replaced natural medicine.

Eventually, we came full circle. Modern medicine, with its reliance on treating rather than preventing, became the subject of much attention. We were getting better at treating diseases but no better at helping people stay healthy in the first place.

In fact, some of the medical treatments and prescription drugs were making people feel worse. The list of dangerous side effects on many drugs were alarming. And many people started to show interest in natural therapies and holistic remedies.

Even still, there's a lot of confusion about home remedies. Here are 6 examples of the most common misconceptions which prevent some people from trying a more natural approach:

Holistic home remedies are only offered by alternative health practitioners.

Many alternative health practitioners are also medical doctors, osteopaths, or chiropractors. These trained medical professionals have studied and practice integrative medicine which combines conventional and alternative medicine.

Other treatment providers such as acupuncturists, herbalists, and bodywork trainers, work closely with medical doctors to coordinate care. You should let all of your health care providers know about all the treatments you receive so they have a complete picture of your health. This will ensure that your care plan works together effectively for the best results.

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Holistic home remedies do not work.

Many home remedies are quite effective. For example, peppermint has been used for over 100 years to treat a variety of ailments including cramps, bloating, gas, diarrhea, constipation and headaches.

Other home remedies which have been proven to work include:

- **Honey** -This natural sweetener is just as effective for a cough as an over the counter cough medicine. Just remember not to give it to a child younger than one year of age.
- **Turmeric** – Several studies have confirmed that turmeric contains anti-inflammatory properties. It has also been used to heal ulcers and help with skin rashes, but there are no current studies supporting these reports.
- **Ginger** – This root has been used in Asian medicine for thousands of years to treat nausea, stomach aches, and diarrhea. Studies back these findings up. However, some people do report heartburn and other gastrointestinal distress when consuming it. And it may interact with some medications, so consult your doctor to make sure it's safe for you to take.
- **Green Tea** – A warm cup of tea is comforting and can help keep you alert and awake when you need a little boost. It's also an incredible source of powerful antioxidants that can protect your cells from damage and help you fight disease. Studies have found that It may lower your risk of heart disease. It may also reduce the risk of skin, lung, breast, and colon cancers.
- **Garlic** – A popular addition to many dishes, garlic is packed with antioxidants. It also has antibacterial properties which contribute to its infection fighting abilities. Garlic has been found to help lower cholesterol, reduce systemic inflammation, and help keep blood pressure stable. For the best results, use fresh garlic since supplements don't provide the same benefits.
- **Chicken Soup** -You've probably heard the Old Wives' Tale about chicken soup. Well, it turns out that it's true: Chicken soup can be good for a cold. Studies show it can ease symptoms and help you get better sooner. It also reduces nasal swelling and clears out sinus fluids.
- **Hot Bath** –As simple as it may sound, a hot bath can provide relief to aching bones, tendons, and muscles. If you suffer from joint pain, arthritis, sore

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muscles, or back pain, then soaking in a warm tub can help direct blood flow to the areas where it's needed. Gently and carefully stretching your sore spots, is easier once you're muscles in joints are warmed. Don't make the water too hot, since it can irritate skin. The ideal temperature is between 92 and 100 degrees. Adding a cup of Epsom salts, or a few drops of an essential oil like lavender or rosemary can provide added relief and comfort.

- **Dandelion Tea** – A cup of tea made from dandelion leaves can help relieve bloating since it acts as a mild diuretic. It also stimulates the production of bile which can help break down fatty meals which may also be contributing to the feeling of being bloated. The tea's diuretic properties also help detox the body by allowing the liver to release toxins.
- **Apple Cider Vinegar** – Apple cider vinegar, which is made from fermented apple cider, has been promoted as everything from a miracle weight loss remedy to a cancer fighter. There are no studies verifying either of these claims. But apple cider vinegar has been found to be an effective topical treatment for poison ivy rashes and dandruff. It also helps balance blood sugar levels, helps boost the immune system, and it contains probiotics which help keep your digestive system healthy.
- **Chamomile** – Chamomile tea is an effective remedy for stress and sleep disturbances. A cup of tea will help you relax and unwind due to the herb's sedating properties.
- **Garlic** - It has anti-inflammatory and antispasmodic properties which make it ideal for a variety of ailments. Ginger's warming effects help alleviate bloat, nausea, and other digestive issues. It can also stimulate circulation, which combined with its anti-inflammatory effects has made it an effective treatment to relieve the pain and stiffness due to rheumatoid arthritis.

Holistic home remedies are expensive.

On the contrary! Home remedies mainly rely on herbs, spices, plants, and activities such as taking hot baths, meditation, and stretches. You can grow many of the components in home remedies, and even if you purchase them, they are readily available and more affordable than most over the counter or prescription medications.

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And treating aches and pains with ice packs, gentle stretches, and hot baths in the comfort of your own home, is practically free.

You can't use modern medicine with home remedies.

Many prescription drugs work better when used with a home remedy. For instance, a person who is suffering from a tooth infection can swish with a salt-water solution while taking antibiotics to clear up the infection faster.

They can use apple cider vinegar, too. Neither of them can interfere with any other medication.

However, it would be foolish to say that there aren't cases of this occurring though. Many remedies block the absorption of important medications, so be cautious when using them together.

Consulting your health care practitioner will help you avoid any complications. While you may be hesitant to share your new practices with your doctor, it's imperative in order to make sure you're supporting your health properly. And you may be surprised by your doctor's reaction. More conventional medical doctors are adding alternative remedies to their treatment plans.

Doctors don't approve of home remedies.

While used to be the case, more and more physicians today are recognizing the healing properties of natural remedies.

Modern medicine is moving in the direction where it encourages patients to incorporate natural and alternative remedies into their healthcare routines, instead of relying solely on prescription medications.

In the case of pain management, the opioid epidemic has caused many physicians to reevaluate their guidelines for prescribing pain medications. Healthcare providers and institutions are aware that they're being held accountable for the

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huge number of people who've become addicted to prescription painkillers.

Many treatment plans now offer patients other pain relief options before prescribing painkillers. Some of the recommendations include applying capsaicin creams, soaking in a hot tub of water, or adding turmeric to their diet.

They're also more likely to suggest trying alternative therapies such as massage, acupuncture, or even chiropractic manipulation.

Home remedies can worsen your condition.

This one is a yes and no. It's a misconception that all home remedies will worsen an existing condition. But it's true that some home remedies are useless at best, and harmful at most. The best way to avoid complications is to consult with your health care professional. As we discussed in Misconception No. 5, modern medicine has come a long way in accepting holistic remedies. Many doctors prefer to take a more natural approach to treating their patients and will be totally onboard with trying home remedies before resorting to more drastic measures.

In order to counter these prevalent misconceptions, we'd like to present a few of advantages of home remedies. They're numerous but we've narrowed them down to these 6 powerful benefits:

Holistic health remedies are cost effective.

It's no secret that the cost of prescription medicines and medical treatments have skyrocketed in the last 30 years, and they continue to increase. And due to the lack of affordable health insurance, many Americans are finding it difficult to pay for their medical care.

But holistic health treatments primarily rely on readily and inexpensively available natural ingredients, or lifestyle changes such as walking, massage, or meditating. The cost savings are immense and they add up quickly. And by being proactively

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engaged in caring for your health, you may also be preventing future illnesses which can take a toll on you physically and financially.

Home remedies are readily available and easy to administer.

All you need is to do some research on the conditions you'd like to treat or prevent, and you'll find a wealth of useful information. Most of the ingredients are readily available and you don't need any special skills to use them. Dosages and other relevant information are easy to find on the internet, in books, or by consulting a naturopath or herbal medicine practitioner.

1. Fewer or no side effects.

Pharmaceuticals often come with unpleasant or even dangerous side effects. In the U.S. alone, close to 100,000 people die each year due to medical interactions. While some plant-based medicines do have side effects, or should be avoided by people taking certain medications, or with some conditions, doing research and consulting your physician will eliminate these issues.

2. You're in greater control of your health.

With home health remedies, you can tailor your health care to your own needs. You'll know what ingredients are in the treatments you take, assured of the amount and purity contained. And taking a holistic approach means that you can design a complete plan which will address your diet, exercise regimen, sleep, and stress levels.

3. You know what you're taking.

If you prepare your own remedies, you'll be able to control what goes into them. You can grow your own plants and herbs or ensure that you acquire them from reputable sources. You'll know how much of the active ingredient is in your formula, instead of relying on commercial products which may not provide the dosage you need for best results.

4. Additional benefits you didn't know about.

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Holistic medicine treats the entire person, not just the condition. Every part of your life is studied to determine not only which type of remedy will best suit you, but to improve other areas of your lifestyle which may be contributing to your illness.

In addition, if you're using a plant-based remedy, you'll find that instead of side effects, you'll have side "benefits". That's because plants contain dozens, and often hundreds, of compounds which work synergistically to offer additional healing benefits. In many cases you may be treating one condition, and also helping your body boost its immune system.

Conclusion

We're in a unique time in history, where we have access to incredible medical advances and have unprecedented amounts of information at our fingertips. This allows us to be better informed about the medical options we have available.

At a time, where our lifespans have increased, we're now focused on improving the quality of our lives. The combination of cutting-edge medicine, and the time-tested value provided by looking at our health from a holistic point of view, will allow us to prevent illness rather than just treat it.

Joining alternative treatments, many of them readily available as home remedies, and the latest in modern medicine can also provide relief from many of the chronic conditions which are prevalent in our society.

High blood pressure, heart disease, cancer, auto-immune disease, diabetes, and dementia may have a variety of causes, but our diet, level of physical activity, sleep, stress levels, are risk factors which can trigger their onset.

An examination of our lifestyle and the implementation of corrective measures can reduce and even eliminate some of these risks.

There are still skeptics in the medical community who aren't convinced that natural remedies are effective. They are focused on medical advancements to provide the breakthroughs necessary to fight these diseases and consider

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alternative medicine new age nonsense and its proponents deluded or modern-day snake oil salesman.

That's why it's essential to do your own research and not allow common and persistent misconceptions to negatively color your exploration of holistic home remedies. Your health depends on your keeping an open mind.

Start simply with a safe and commonly used remedy such as peppermint or chamomile tea to enhance relaxation. Cook with garlic to boost your immune system and lower inflammation in your body.

These small steps will get you on your way to making lasting changes which will better your health and allow you to remain active throughout your life.