



HERBAL REMEDIES & TEAS FOR EVERYDAY LIFE

By The American Institute of Health Care Professionals, Inc.

The background of the page is a repeating pattern of various food and drink icons in a light yellow color. These icons include items like apples, bread, coffee cups, chef hats, pizza slices, burgers, watermelon, and various kitchen utensils and appliances.

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5 Key Thermogenic Herbs That Support Weight Loss

You have probably seen thermogenic herbs everywhere, though they aren't labeled as such. They are usually called "Fat Fighters" or "Fat Burners." Well, if you have wondered what these fat fighters are all about you need to know all about thermogenic herbs.

First thing first, what is thermogenesis?

Thermogenesis is the process where the body heats up. This production of heat and rising of body temperature causes your metabolism to respond to the increased energy needs. The theory is that thermogenesis can cause you to burn more calories simply by running at a higher temperature and increased heart rate.

Thermogenic Herbs

Here we are going to provide you a list of the most common thermogenic herbs and how they affect your body to help support weight loss.

Guarana

This is one substance you are probably familiar with if you drink energy drinks. Guarana is a thermogenic herb because of its naturally high levels of caffeine. It is a stimulant and will have similar effects on the body. Some people who are sensitive to caffeine may experience anxiety or mood swings when taking guarana.



Yerba-Mate

Another herb that affects your thermogenic response through high levels of caffeine; yerba-mate can be found in herbal teas and through supplements. Those with caffeine sensitivities should enjoy with caution. The Mayo Clinic did note that those who smoked cigarettes and drank high amounts of yerba-mate tea were at an increased risk for cancer due to the presence of a known carcinogen in yerba-mate. This is one fat fighter that should be enjoyed sparingly.

Green Tea

The International Journal of Obesity and Metabolic Disorders published a study on the thermogenic effects of green tea. This study did note that most of the thermogenic effects seen in this tea were from the volume of caffeine found in the tea leaves. However, Green Tea EXTRACT produced a thermogenic effect that was higher than could be attributed to the caffeine level found in the tea leaves themselves. This may be because of how the caffeine and a chemical called catechin-polyphenols interact with the release of norepinephrine.

Garcinia Cambogia

This herb has gotten a lot of hype and is often found listed as an ingredient in many fat fighters. However, Garcinia Cambogia is not a thermogenic herb. In fact, this herb has a completely different function than a thermogenic herb. Garcinia Cambogia is full of Hydroxycitric Acid. In a study published in the Journal of Obesity, it was noted that Hydroxycitric Acid hinders the body's ability to convert sugar into fat (lipogenesis). This is probably the reason that it is found in combination with many fat fighting herbs.



The One-Two-Punch

Often with thermogenic supplements, you will see a combination of ingredients. Keep in mind that just because there are more herbs in one product doesn't necessarily make it better. Thermogenic herbs are good for temporary use and have been proven to aid in short-term weight loss.

When combined with an herb like Garcinia Cambogia that prevents lipogenesis (the body's ability to turn sugar into fat), these herbs can become very powerful aides in weight loss.

They aren't magic pills, but they can help you get the jump start you need.

Ma Huang (Ephedra) – The Bad Herb

The National Institute for Health notes that Ephedra is currently illegal in the United States and that the FDA has banned its sale. That doesn't mean that people aren't still buying this herb. Unfortunately, they risk permanent damage to their cardiorespiratory system in the name of weight loss. While ephedra works to speed up your metabolism, it causes damage to your heart. The herb was so damaging that the FDA deemed it a health risk and took it off the market.

Not only can ephedra cause heart problems and stroke, but it's been known to increase anxiety, cause seizures in those with a seizure disorder, and may also affect blood sugar levels. This is one herb that you should stay away from!



5 Natural Ways To Heal Body Aches And Pains

Experiencing daily aches and pains can be tiring. The only thing worse than dealing with chronic pain is dealing with the side effects of medication designed to help treat body aches and pains.

Learning natural remedies to help with daily aches and pains can be a huge asset in personal health. We have compiled a list of five natural ways to heal your body's aches and pains.

● Physical Therapy and or Exercise

One of the best things for pain management can be exercise. Most people don't think about getting up and moving when they are in pain. In fact, it may be the last thing that you want to do. But getting up and exercising can help reduce your body's response to pain. If your pain is due to an injury or mechanical imbalance in your body then you may want to consider physical therapy.

Physical therapists can help you retrain your movement patterns or help you strengthen weak joints to alleviate pain. Everyday Health notes that physical therapy can help you restore your range of motion and strengthen your body.

● Acupressure and Myofascial Release

These two techniques are great ways to relieve muscle pain and tension. Many times you can get tension spots in the fascia. Acupressure can help release the trigger points and painful spots allowing you to have less painful movements and eventually less pain during the day. Prevention magazine recommends that when you apply the pressure you hold it for at least 45 seconds. Even if it hurts, the pressure is what will cause the release of the trigger point. Without the extended pressure there will be no release.

● Herbs and Spices

Many herbs and spices can invoke anti-inflammatory responses which will cause a drop in pain response. Things like capsaicin, derived from spicy chili peppers, can be applied topically to help relieve pain, this works by conveying pain responses from the peripheral nervous system to the central nervous system.

Other herbs taken orally can reduce inflammation. Ginger, cinnamon, and turmeric are all excellent spices for reducing inflammation in the body and reducing pain caused by chronic inflammation. You can easily add these powders to teas and breakfast items like oatmeal to increase your intake of these healing herbs.

● Epsom Salt

Web M.D. advocates for the use of Epsom salt baths and soaks to relieve pain for many chronic pain conditions and occasional stiffness. Epsom salt works by breaking down into magnesium sulfate and that you absorb these through your skin. This theory has not been proven but it has been shown that soaking in warm water can loosen stiff joints.

● Meditation

Training your mind to meditate when in pain can help you reduce your body's response to pain. Meditation has been shown to produce lasting results and can be more effective than distraction techniques that are often used for pain management. Spine Health notes that with practice perception of pain can be significantly reduced with mindful meditation.

There are many options for learning how to meditate. Mindful meditation techniques can be learned in classes, through audio recordings and even on YouTube. The great thing about meditation is that it is a technique you can bring with you anywhere. Once learned the benefits of mindful meditation can be seen in as little as three 20-minute sessions a week.

With these five techniques you should be able to find a natural pain management technique that works for you. Combining one or more of the pain management techniques can help by alleviating pain in multiple ways. Attacking pain management from a natural and holistic view will enable you to not only address your aches and pains but to nourish your body and spirit.

Black Cohosh Helps Menopause Symptoms

Menopause is a natural process for women as they age. The body stops producing reproductive hormones, and it can cause many symptoms for women. These symptoms range from hot flashes to mood swings. There are several options for women facing the symptoms of menopause. One of the most common treatments for women can be hormone replacement therapy.

Hormone replacement therapy can be scary for many women. This widely used method to treat the symptoms of menopause has been shown to have long-term health risks. According to the Mayo Clinic, a large clinical trial found that hormone replacement therapy posed more health risks for older post-menopausal women. Despite these risks, the symptoms of menopause are unbearable for many women, and they are looking for relief from their symptoms.

For those who do not want to take hormones, there are herbal therapies. One of the most effective herbal therapies to help with menopause symptoms is Black Cohosh.

How Black Cohosh Works

According to the University of Maryland, it is a phytoestrogen. A phytoestrogen is a plant-based estrogen that can provide the body with elevated levels of estrogen. This can help eliminate several symptoms of menopause by replacing some of the estrogens that the body stops producing after menopause.

What Black Cohosh Treats

In a study published by Women Living Naturally, Black Cohosh was reported to relieve a wide array of menopause symptoms. 49% of women who took the supplement reported relief of headaches, hot flashes, night sweats, and vertigo.

In another study, those who took Black Cohosh twice a day had definitive improvements in their menopause symptoms. 76 to 93% of study subjects reported a decrease in irritability, hot flashes, depression, headaches, heart palpitations, and insomnia.



Alternative to Hormone Therapy

Black Cohosh is used as an alternative to hormone therapy for many people. In Germany, the government oversight has approved it as a prescriptive alternative to hormone replacement therapy. The United States has not approved the herb in the same way, as it is only available without a prescription. There are standardized options for Black Cohosh that can be taken.

How Much Should You Take?

Because Black Cohosh is not available by prescription, there are differing opinions about the amount of Black Cohosh that should be taken to treat menopause symptoms. Finding the different recommendations on the internet is not recommended. If you are considering taking this herbal supplement to help treat your menopause symptoms you should discuss your options with your physician or a qualified and licensed herbal medicine practitioner.

Is Black Cohosh Safe?

Black Cohosh may cause elevated liver enzymes, and this could be a concern if you are on medications that also affect your liver enzyme levels. This is why it is especially important to discuss supplementation with your doctor. In 2007, the Australian Department of Health required all Black Cohosh to carry a warning label about the risk of liver damage.

Aside from liver damage, there are other side effects that can occur when taking black cohosh. These included breast pain and enlargement, infection, vaginal bleeding, musculoskeletal complaints. Typical studies showing the use of Black Cohosh ran for less than 6 months.

Final Thoughts

Any herbal therapy should be discussed with your doctor. Many people have the impression that herbal therapies are automatically safe and interaction free. This is not true, and Black Cohosh is not immune to side effects and drug interactions. Discussing dosage and drug interactions with your doctor can help prevent serious health complications from occurring.

Once you have permission from your physician, Black Cohosh is often an effective treatment for a variety of menopause symptoms. The best part about using Black Cohosh is that it can treat so many different menopause symptoms. This can provide women with a highly improved quality of life.

Only you can decide if your menopause symptoms are enough to warrant supplementation with Black Cohosh. If you do need relief from your menopause symptoms, you may find that Black Cohosh is one of the more effective therapies.

Herbal Teas That Reduce Stress And Promote Relaxation

Teas have been used for centuries to help promote health and wellness. The process of drinking tea in and of itself can be relaxing. The warmth of the tea can be very relaxing and soothing. The teas that you drink can have an added bonus of providing a relaxing boost. We have compiled a list of some of the most relaxing teas along with how they are prepared.



Passion Flower Tea

This tea can help promote relaxation and relieve anxiety. Passionflower is so effective that Buzzfeed reports it is used to make a medication called Oxazepam that treats Generalized Anxiety Disorder.

Don't worry, though, you don't have to go to your doctor to enjoy this great tea. To make this tea, all you need is one teaspoon of dried passionflower leaves too steep in a cup of hot water.

Chamomile Tea

Drinking a cup of Chamomile tea can make you feel relaxed and often helps people fall asleep. It is one of the main ingredients in the name brand Sleepy Time Tea. Chamomile has been used to help treat insomnia, relieve stress and anxiety, and it has a mild muscle relaxing capacity. All of these benefits can make it the perfect cup of calm right before bed.

To make this tea you need 3-4 tablespoons of dry chamomile, or you can steep fresh chamomile flowers.

Rose Tea

A rose by any other name would still smell as sweet. Apparently, roses are not just good for their looks and smell. Rose petals can be used to make a calm evoking tea. Rose tea can help reduce stress and anxiety and tastes excellent!

To make this tea, you can use a tablespoon of dried rose petals. If you want, you can steep washed fresh rose petals as well. The fresh petals should be steeped for about ten minutes or until the petals turn dark.

Ashwagandha Tea

This Indian tea has a mild sedative effect and has been shown to be safe for short-term use. The herb affects the central nervous system and slows the body's response to stress. This is an adaptogenic herb, which can help the body relax while providing powerful antioxidants. This is one potent tea so make sure that you start slowly!

Dr. Oz recommends that this tea be made with boiled milk instead of water. You can add a half teaspoon of dried leaves to the boiled milk and let steep for about 15 minutes.

Kava Kava Tea

The Calm Clinic recommends that you get Kava tea from an herbal tea shop because it contains enough of the active ingredient to cause relaxation and stress reduction. This is a very strong herbal tea and should be taken with the permission of a physician because it can interact with some medications!

To make Kava tea you should combine it with something high in fat like butter or coconut milk. This creamy tea will have you relaxed in no time.

All of these herbal teas are great ways to help you relax at the end of a stressful day. They can be used to take time out of a busy day and keep you calm and focused.

Remember that since some of the herbal teas do cause drowsiness you should try them at home before bed first, before deciding to use them to help with daytime stress.

Top Herbs For Insomnia

Insomnia is a horrible condition that can disrupt sleep for people in a number of ways.

According to The Sleep Foundation, there are five main types of insomnia that people typically suffer from:

- Acute Insomnia - Brief episodes of difficulty sleeping usually triggered by stressful life events that resolve without treatment
- Chronic Insomnia - Long -term difficult sleeping patterns typically consisting of trouble falling asleep and staying asleep three or more days a week for three months or longer
- Comorbid Insomnia - Insomnia that occurs as a result of another condition like anxiety or depression and will clear with the treatment of the other condition
- Onset Insomnia - When insomnia occurs at the beginning of the night when the sufferer is trying to fall asleep
- Maintenance Insomnia - When a person has multiple wake ups during the night followed by difficulty getting back to sleep

No matter what your type of insomnia you have, finding a gentle aide to help you get through your insomnia can be the key to survival.

Many of the over the counter sleeping aids like Benadryl have extreme hang over the next day. When the medicines leave you feeling groggy and foggy it's almost better if you had not slept at all.

There are herbal options for you to take in order to **help with your insomnia**. These all-natural herbs are usually taken in the form of teas or pills and can easily help to replace those hangover inducing over the counter insomnia treatments.

As with all new medications or supplements make sure you discuss your use of herbal medicines with your doctor, some may interact with medications.

Passionflower

Passionflower is a mild sedative and can be used to treat stress and insomnia. A study in *Current Neuropharmacology* (2015) listed passionflower as an effective treatment against insomnia.

There are several teas available that use passionflower as the main ingredient or you can purchase supplements.



Be careful when purchasing supplements in the United States because the supplement purity and quality is not regulated and you could be getting something other than what is listed on the bottle. For this reason when trying passionflower for insomnia it is best to stick with teas and whole ground products of this herb.

Chamomile

Almost everyone knows someone who drinks a glass of chamomile tea before bed. This herb is one of the oldest forms of herbal medicine and has been used to treat many common human ailments. A study published in the *Molecular Medicine Report* showed that Chamomile has a flavonoid in it called apigenin that binds to the benzodiazepine receptors in the brain. This acts as a central nervous system depressant and an anticonvulsant. Both of these factors are thought to be why chamomile is so good at helping people fall asleep.

Valerian

Valerian has been used since ancient Greece as a sleep aide and sedative. Recently science has taken this ancient herb to task to see if it holds up to the scrutiny of statistical significance. A study published in the 2009 issue of *Clinical Geriatric Medicine* noted that valerian showed some improvements in slow wave sleep patterns. In addition, those who took valerian had a significant subjective improvement in their sleep pattern.



What Should I Take?

Herbs have the ability to bind to neurochemical transmitters in our brains as chamomile does with the benzodiazepine receptors. Because the herbs often act like traditional modern medicines, you should always talk to your physician about adding in an herbal supplement to help you sleep. This will make sure that they do not interfere with any of your current medications that you are taking.

You can find teas that contain one of the herbs or all of the herbs listed above. Depending on your bodies response you may only need a small dose of passion flower in order to fall asleep. If you have severe insomnia you may find that a blend of all three works better for you.

Try them out and see which herb helps you hit the hay faster.

The Health Benefits Of Licorice Root

There is nothing more distinct than the taste of licorice. This flavorful candy comes in black and red. While black licorice is a love hate relationship, you may be surprised to know that it doesn't contain any actual licorice root.

The taste that we associate with "black licorice" is actually anise oil. In teas and other herbal medicines, the smell that people often think is licorice is actually anise.

Whether you love the taste of licorice or not, there is no denying the health benefits of licorice root. Licorice root has many healing properties when taken in small doses. Be careful when taking licorice to treat a medical condition, though, too much licorice can be toxic!



Medical Uses

- Licorice is used intravenously to treat multiple forms of hepatitis
- Licorice root is effective for treating eczema when applied as a gel
- Treating heartburn and other gastrointestinal issues
- Reducing stomach acids and treating peptic ulcers

Breaking Research

Licorice root is being studied in many different areas for effectiveness. One of those areas is in the treatment of obesity. According to the University of Maryland, people who ate licorice over a two month period had a reduction in body fat.

Another study showed that a topical ointment prepared from one of the acids found in licorice reduced the thickness of fat found on the thighs of human subjects.

Finally, a third study looked at the effects of licorice flavonoid oil. This was the most effective of the research studies aimed at analyzing licorice's ability to help combat obesity.

Those who consumed the licorice flavonoid oil over an 8-week period saw a reduction in body fat, body mass index, LDL cholesterol, and body weight. There are more studies needed as the long-term health risks of licorice use are yet unknown.

Menopause

Early findings point to licorice as a possible source of relief from hot flashes for women in menopause. The University of Maryland highlights a study that found licorice root to be more effective than hormone replacement therapy when treating hot flashes.

This may come as good news for many women who have learned that hormone replacement therapy may not be the safest option to treat their menopause symptoms.

Toxicity

Licorice is one root you do not want to play around with. Studies have shown that those who ingest more than 20 g of licorice a day may experience increased levels of aldosterone. This hormonal increase can cause headaches, high blood pressure, and heart disease.

If you already suffer from heart disease, kidney disease or high blood pressure, these negative effects could be seen with as little as 5 g of licorice root a day.

The National Institute for Health highlights a Finnish study of mothers who ate a lot of licorice root during their pregnancy. This study indicated that there might be a link between the consumption of licorice root during pregnancy and brain development issues in children leading to behavior issues, attention problems, and aggression.

Interactions

Licorice root will interact with many prescription medications. There are major interactions noted on Web M.D. with the medications, Warfarin and Coumadin.

Those drugs with lower levels of interaction include but aren't limited to:

- Digoxin
- Lasix
- Medications changed in the liver
- Ethacrynic Acid
- Medications for high blood pressure
- Corticosteroids
- Diuretics

Licorice root may have interactions that can complicate surgery. It is recommended that you stop taking licorice root 2 weeks before a scheduled surgery. In addition to surgical complications, licorice has been shown to lower libido in men.

It can also worsen the symptoms of erectile dysfunction by lowering levels of testosterone. These hormone-altering effects are also seen in women because licorice can act as a source of estrogen in the body. If you have hormone-sensitive conditions like uterine fibroids or breast cancer, you should avoid the use of licorice root.

Using licorice as a form of medicine should only be done so under the supervision of your physician. Even with their permission regular blood pressure, monitoring may be necessary to avoid any long-term damage.



THANK YOU

Please visit our website at

www.AIHCP.net