

Baritz Wellness Center, P.C.

450 Pleasant Street, Brockton, MA 02301 • 508 583-2565 • www.baritzwellness.com

Herbal Liquid Blends

02/17/10

Advantages of Herbal Liquids

A casual search on-line or around retail outlets will quickly reveal that the vast majority of herbal products offered are tablets or capsules. In contrast health care professionals trained in herbal therapy generally emphasize liquid herbal preparations. There are many reasons for this.

There is a rich history of herbal prescribing dating back to prehistoric times. In attempts to extract the essence of herbs it was discovered that the most effective method was to soak herbs in an ethanol liquid like wine. This way the healing properties of the plant were minimally affected during the extraction process and the ethanol acted as a preservative so herbals could be conveniently transported and stored. A 5ml dose of a modern herbal liquid contains about as much ethanol as one 6th glass of wine, so rapidly metabolized that its effect on blood alcohol might not even be measurable.

Superior bioavailability is another advantage of herbal liquids. When a tablet or capsule is ingested it must disintegrate and then the solids need to dissolve before they can be absorbed. If digestion is non-optimal some of the herbal may not be absorbed into the bloodstream. The advantage of herbal liquids is that the phyto-chemicals are already a solution, bypassing most of the digestive process.

Herbal liquids have considerable dose flexibility which is especially important when prescribing low doses for children. Also a well stocked formulary allows an herbal blend to be individually customized for specific needs. Additionally many find that a liquid is easier to take than tablets. Herbal liquids can easily be adapted for special use, such as a topical skin treatment, an herbal face wash, a feminine douche, an herbal face mask, a mouth wash or a throat spray.

Taste

A perceived disadvantage of herbal liquids is their taste, however most people become accustomed to the taste and some grow to like it. With a little preparation the unpleasant taste can be minimized. The important factors of taste are time and intensity of contact. To reduce the time of contact the herbal liquid should be taken in one quick swallow. To reduce intensity of taste the herbal liquid is diluted, however if diluted too much the time of contact is increased. Usually the dose is diluted with an equal amount of water or fruit juice. Chilling the herbal liquid and adding chilled water or juice is another way to reduce intensity.

Herbal Safety and Effectiveness

Much scientific research has been done on the healing properties of herbs as well developing guidelines for their safe use and many modern medicines are based on traditional herbal remedies. Today modern herbalists draw their knowledge from modern scientific research as well as data accumulated over several centuries of herbal use, making the knowledgeable use of herbs a safe and effective alternative for many.

To have a custom program created for you or for a free consult call 508 583-2565

*****To view this and other health tips go to www.baritzwellness.com and select the Health Tips tab*****