

Baritz Wellness Center, P.C.

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Herbal Therapy, Quality Issues

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While many conventional drugs are derived from plants, there is a fundamental difference between administering a pure chemical (a drug) and the same chemical as part of a plant complex (an herb). And therein lies the fundamental difference between the conventional physician who prefers to prescribe single agents and the holistic practitioner who prefers to prescribe chemically complex herbs.

Single agents (drugs) have a blunt effectiveness, overriding the body's natural balance to produce results. They work by blocking the natural complexity of human physiology and dictating an artificial regime. While drugs may be life-saving, they tend to weaken the body's natural control mechanisms over time, reducing health and producing unwanted side effects. The complexity of human physiology is well-complemented by the complexity found in plants. Just as our bodies thrive on chemically complex foods, many physical problems respond well to the complexity of herbs.

The natural complexity of herbs presents definite challenges in maintaining quality. While all generic brands of a drug are chemically identical and produce identical results, different brands of an herb vary widely in their composition and effectiveness. Some important factors in herbal quality are:

- The quality and source of raw materials
- Contaminants in the soil, air and water where the herb was grown
- The use of pesticides and herbicides
- At what stage of maturation the herb was harvested
- What part of the plant was used to manufacture the herbal
- How the harvested plant was stored
- How potential biological contamination such as fungus was addressed
- How the essence of the herb was extracted
- How each batch is assayed to ensure quality standards are met
- Sanitation during the manufacturing process
- Freshness of the raw material and the final product
- Substitution (a less expensive species may be substituted for a more costly one)
- Adulteration (an expensive herb may be mixed with fillers or spiked with chemicals to reduce costs)

MediHerb starts with a careful selection of raw materials, ensuring the plant is from the growing region that produces the highest quality herb, the plant is of the right species and the part of the plant used has the most therapeutic qualities. Raw materials are subjected to numerous tests to check for contaminants such as pesticides, heavy metals, and microbe levels. The herbal extraction is done without subjecting the plant to high heat that can damage the delicate healing properties of herbs. Each batch is then subjected to numerous quality control tests and given an expiration date to ensure potency and freshness. Many manufacturers use faster and cheaper ways of making herbal products, not surprisingly the final product is quite different. At Baritz Wellness Center we use MediHerb products to ensure that you can experience the legendary effectiveness of herbs that have been used since before recorded history in all major healing systems such as those of the Chinese, Indian, Greco/Roman, North American Indians, South American Indians, Africans and other indigenous peoples.

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

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