

(no, not the illegal kind)



Before the days of pharmacies being built every two miles or so, our great grandparents (and other ancestors for thousands of years before that) survived on herbal and other cures from their gardens or wildcrafted from the woods.

This point was personally brought home to me one summer when I was nine years old and got stung over most of my back by a Portuguese Man of War jelly fish at Pawley's Island. It felt like a thousand burning bee stings at once.

Fortunately, the owner of the inn where we were staying ran to the sand dunes and pulled up an armful of a low growing succulent aloe-like vine and proceeded to squeeze the viscous juice from the plant on all of my stings. Within minutes, the pain was 100% gone (miraculously) and I stopped screaming my red-faced head off.

More than 80% of the world's population relies on traditional herbal remedies for their primary health





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Chamomile (Anthemis nobilis) is a common herb used in traditional medicine for its calming and anti-inflammatory properties. It is often used to treat digestive issues, insomnia, and anxiety.



Individuals with a history of alcohol use or other substance use disorders have a higher risk of relapse and should be closely monitored. The following are some common signs and symptoms of relapse:

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