

Welcome to Health Help Site

Contributed by Web Master
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Nowadays, however, with our fast-paced lives and our reliance on modern medical technology, many of us are out of touch with our own health. At the signs and symptoms of disease, instead of seeking immediate attention we ignore them. We assume that we are under too much stress and don't want to wait in long lines to go to see a doctor. Although we almost all notice the signs and symptoms of flu, few of us are willing to take off any work until we are suffering from a full-blown case of it. On the contrary, when we see the symptoms and signs we start to just work harder. We think that we can put off disease by willing it away, but in fact we cannot. Disease is a natural process – every bit as natural as health. By learning the signs and symptoms of common diseases, we can better treat them and be back on our feet more quickly.

Of course, knowing the signs and symptoms alone is only half the story. Being able to diagnose a disease and treat it is the other half. Recognizing the signs and symptoms of Parkinson's disease will not help you cure your condition, but with the flu or a minor infection, you might be able to. Even many of the diseases that are thought by the medical establishment to require professional attention can actually be cured by early intervention with herbs and nutrition. Herbal cures work – that is the bottom line.

Getting into an herbalist, however, can be as difficult as getting into a doctor. That is why it is important to learn about the most common herbal treatments for various diseases. Becoming your own amateur herbalist is easier than you might think. If you can learn the signs and symptoms for about a dozen common diseases, you can probably treat anything you are likely to come across.