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As you walk into a health food store, you will certainly witness various ways in which herbs are sold. The most familiar of these are 'Teas.' Below is provided a "at a glance" consumer's guide to various other forms:

Capsules and Tablets: The herbalists actually prefer tinctures and teas to a capsule or tablet that can be easily be swallowed. They strongly believe in the active and efficient release of the herbs.

Extracts and tinctures: Fresh herbs are, in fact, soaked for weeks in alcohol with differing amounts of water; technically their extracts are stronger as well as concentrated. Water and glycerin are used as solvents for some concoctions, making it easier to consume. It is important to shake this mixture regularly after which it is strained and re bottled. These extracts are taken two to three times daily, with drops mixed in water, as per the prescription.

Herbs: One of the most effective way to consume herbs, is to make tea out of it. The boiling water can be poured over the loose herbs to be consumed, allowing it to steep for ten minutes and then straining it. Cold water can also be poured over roots, sees, bark or tough leaves, boiling it and then letting it simmer for say ten minutes, to be strained. Honey can be added to sweeten it.

Ointments and creams: Exclusively meant for external use, it is always advisable to use such herbs as per the directions given.

We fully trust that Health is man's wealth, what better garden herbs cure could be there than healing it naturally using herbal treatment?

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