The Fifteen Most Fabulous Herbal Sedatives

by Dr. Nicole Sundene

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Do you ever just feel like you need to take a pill to take the edge off? Well a lot of us get extra stressed around the holiday season, and if you don’t want to take something that will totally knock you out, try a gentle relaxing cup of sedative tea instead of popping a [...]
If high blood pressure runs in your family, there are fair chances of you developing it, too. In addition to this, factors like smoking and consumption of alcohol have direct impact on blood pressure. People who smoke and drink excessively are at increased risk of developing hypertension. This doctor has just told me that it's not proven yet that garlic reduces high bp. Do doctors believe in natural remedies or just want us to take meds. Em trusting God for a miracle, he has done it before and will continue doing it. Tks guys for all the info, em beta informed nw. #77 - lorythan - 10/12/2010 - 04:32.