



## **Take control of your health with herbal medicine!**

**Time-tested remedies for optimum health.**

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In recent years, many people have realized the value of fresh air, sunshine and healthy eating. Adding the right herbs along with healthy eating can restore your body to it's natural balance.

### **Herbal Medicine Traditionally**

Herbal medicine is the oldest form of health care known to mankind. Herbs have been used by all cultures throughout history. Apparently, primitive man observed and appreciated the great diversity of plants available to him. The plants provided food, clothing, shelter, and medicine. Much of the medicinal use of plants seems to have been developed through observations of wild animals, and by trial and error. The use of plants as medicine is older than recorded history. The knowledge of herbal medicine is one of humankind's greatest achievements!

Every man and woman, young or old, healthy or dis-eased, can benefit daily from herbal teas, tinctures and oils.

*Herbal medicine includes leaves, roots, flowers & bark of plants taken in herbal capsules, teas,*

*tinctures, tonics, salves and more.*

Herbs have tremendous healing powers with less side effects than synthetic drugs when used properly. When added to your daily routine they can have profound effects on the mind, body and spirit. Herbs have been used traditionally by all people. It is my hope to introduce you to the benefits of coming back to a more organic way of living, by utilizing herbs and the healing potential of food as medicine.

### **Herbal Healing Today**

Herbs are commonly prescribed by conventional physicians in Europe. In 1978, the German Commission E published a list of more than 300 herbs, noting research attesting to their safety and effectiveness, as well as possible side effects. Mostly people in “developing” countries continue to use “traditional” herb treatments daily while a large percentage of people in countries such as India and China rely solely on herbal medicine for all of their health care needs. In fact, about 80 percent of the world population still relies largely on plant-based medicine. The United States has lagged behind in its acceptance of herbal therapies and treatments.

**Modern Medicine evolved from Natural Medicine:** Chemical compounds in plants work by binding to receptor molecules present in the body; these processes are similar to western drugs in how they work, but in an unmodified natural state. Most conventional drugs are derived from natural medicine. In a modern age where we are inundated by unnatural ways of living and eating, re-introducing medicine that comes from nature, can help re-establish total harmony within you.

### **Why start taking herbs for your health?**



- **Many herbal treatments are very effective handed-down home remedies.**
- **Herbal medicine worked in ancient times and they still work today.**

- **Avoid harmful side-effects of pharmaceutical medication.**
- **Save on medical bills.**

### **Why work with a professional herbalist?**

- Each person will react differently.
- Everyone's digestive system is different.
- Packaged herbal programs cannot adjust for your individuality.
- Based on wrist pulses, tongue reading and symptoms, herbs are blended.
- A follow-up appointment allows for adjustments to be made.

### **Why use custom blends**

- Herbs are not generally not used individually but in combination
- Rarely does one herb provide all actions needed.
- Blends will address the main issues and other imbalances.

[blockquote]"All that man needs for health and healing has been provided by God in nature, the challenge of science is to find it." Philippus [/blockquote]

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## **Herbal Products**



Almost any condition within the human body can be changed with the right herbs taken in the

right amount for the right amount of time.

## **Consultations**

### **Individual / Phone Consultations**

First, I assess your current state of health and discuss your healthcare goals. I will employ observation, questioning and touch to assess the current state of balance/imbalance. I will use your pulse, tongue, eyes, health history, level of toxicity and current symptoms to determine the herbal treatment. This consultation requires one session with preferably one or more follow-up sessions.

**Note:** I do not sell any nutritional supplements, vitamins or resell other products. I only provide loose [herbal] teas and [Indian] spices (not in capsules). Pictures of other products on this website are not for sale directly and information will be provided to where they can be purchased.

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If you would like to know my views about your health or set an appointment see: [Fees & Online Health Assessment Forms](#)

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**Member of the of the American Herbalist Guild & the National Ayurvedic Medical Association (NAMA)**





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[Request for testimonials](#)  
**Success Stories:**

*"I highly recommend the herbal teas given by Khabir Southwick. □ I had a stomach infection and inflammation for a long time I was not able to fight. □ After about 2 weeks of these remedies I no longer had acid reflux, bloating and the soreness in my upper stomach I had. □ Also the spices highly reduced the whole body inflammation I had. □ "* **Judy Durfey, Ventura**

*"Thank you to my herbalist Khabir....who has come along side of me the past 7 months to help me get off my anti-depressant medication that I have been taking for 11 years. I've been drug free for 10 weeks. . . . Khabir addressed my diet, supplement intake, and mixed herb teas to ease the painful withdrawals."* **Angela Stevens, Oak View**

*"Teas are great! I drink them all day! I did the PMS tea for a few days and loved it."* **Mia Willson, Carpinteria**

*"I discovered herbal teas, when I meet Khabir. □ I can't believe that my health has improved as well as my sleep. Herbal teas have proven not only to be effective and efficient, but delicious! □ I have no hesitation in recommending his services . . ."* **Zahra Alami – Rabat Morocco.**

*Thanks to those wonderful teas, I've fairly effortlessly eliminated coffee, red meat and ice cream/sugar from my diet.* **Stephen Karcher, Ojai**

[More testimonials](#)

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