



Chinese Herbal Remedies: Ancient Chinese Herbal Remedies with Proven Age Old Benefits to Cure Illness and Prevent them Naturally

Susan Kim

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Ancient Chinese herbal remedies are rooted on prehistoric practices – herbal remedies are just as old as humanity. Ancient people were hunters whose survival depended on their familiarity with nature. Personal experience taught ancient people which botanicals were harmful and which ones provide strength and supported life, and which possessed healing qualities. Today, there are hundreds of medicinal compounds and thousands of tons of herbal remedies utilized in China alone every year. About 30 herbs, majority of which are considered as tonics, account for over fifty percent of this number. It is interesting to note that licorice tops the list of herbal remedies commonly used.

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