

"If your law had not been my delight, I would have perished in my affliction."

Psalms 119:92

Health Parameters Research

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What can herbs do?

Herbs correct imbalances in the body and stimulate the self-healing process.

If you read my bio you can skip this paragraph. After I got well, I became curious about what 'secret ingredient' in the supplements was responsible for what I considered a surprising and remarkable recovery from a serious condition in such a short time. I was shocked when I read the ingredients list, "Burdock, Dandelion, ... These are weeds!! I am eating weeds!! And getting well!!!" I still recall my total disbelief as I kept searching the ingredient list for the powerful secret ingredient responsible for my healing besides just weeds, aka herbs. My next thought was, "Who knows about this? How have I missed this?" (I have lots of education and I guess I thought someone as educated as myself would surely have heard that people can eat weeds and get well. Not so, obviously.) So I began searching out the people who knew these things...and the rest is history. But I am here to say, people eat herbs and get well.

So let's discuss disease first, since this is why we need herbal remedies. (And if you have taken herbs before and NOT gotten results, it could be a result of [Herbal Quality](#) or practitioner protocol.)

A disease is nothing but a collection of imbalances within the body. This collection of imbalances manifests as a set of symptoms. A specific set of symptoms is labeled as a specific disease. Parkinson's, diabetes, cancer, MS, etc. If you correct the underlying imbalances, the symptoms diminish and the disease slips 'into remission'.

If you are searching for a remedy to a disease that you currently have, you do well to think about these things.

1. The development of your disease was a 'PROCESS'.
2. It began with an imbalance – small at first – most likely a result of stress – that did not resolve on its own. Usually these small imbalances can be corrected with food, drink or the absence thereof. (Neither OTCs nor pharmaceuticals balance the body. They suppress the warning signs, create new imbalances, prevent imbalances from being corrected, and make you worse.)
3. A small imbalance corrects more quickly and more cheaply than a greater imbalance. Therefore, always keep your problems small and address imbalances early and naturally.
4. Some imbalances are genetic, so it is wise to make the right balancing herbs a habit.
5. If imbalances do not self correct, they become greater imbalances.
6. The body is designed to self-correct or bounce back from an insult. Thus any disease is made worse by an insufficiency of the innate self-recovery process. Herbs stimulate the self-recovery process in the event recovery has been stymied by stress or pharmaceuticals, etc.
7. The greater the imbalance, the stronger the 'food' needed to correct it. Strong foods are called 'herbs'. (You wouldn't eat a whole tablespoon of ginger, or red pepper would you? That's why they come in capsules.) Most botanicals that are considered 'medicinal herbs' are not normally found on our plates, or in our kitchens, but probably are growing in abundance all over our county or state (or even our yards in the case of dandelion and chickweed).
8. The terrain of our body that supports the development of one imbalance will likely support the development of others, and, for lack of the same counter balancing or correcting foods and herbs, will support the spread of disease process.
9. Healing, or correcting imbalances, is a 'PROCESS' that you go through. It may require several different courses of herbs, from the strongest ones to milder ones and then to foods.
10. The longer an imbalance has existed, the longer it takes to resolve it.
11. You can LIVE with a tumor in your body. A tumor is simply your body's attempt to sequester damaging substances in its own penitentiary or secure jail. As long as the body is not adding to it, you have compensated for the underlying imbalance and you may need to LIVE WITH IT. LIVE. Got it? LIVE. Go about your business and

monitor it, and focus on living. If a doctor has given you the death sentence, ignore it. He is NOT God, and God can prove that to you.

So simply put: Herbs correct imbalances in the body.

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