

WHY DO I REALLY NEED HERBS?



What everyone needs to know about how to get well, and stay well, with herbs.

Lorrie Medford, C.N.

Author of nine books, including *Why Do I Need Whole Food Supplements?* and *Why Do I Feel So Lousy?*

Do Herbs Really Work?

Many people are looking for natural and safe solutions to their health problems. They would like to try herbs, but wonder...

1. Are there really natural alternatives to the medications I am taking?
2. Are herbs safe? Will they interact with drugs?
3. How do you know which herbs to

buy? How do you read the label? How do you know the right amount to take?

In this book, Lorrie tells you why you should consider taking herbal supplements, why all herbal supplements on the market aren't the same, and how to safely take herbs.

In *Why Do I Really Need Herbs?*, you will discover:

- What Are Herbs and Why Should I Take Them?
- How Do Herbs Compare to Drugs?
- Are All Herbal Supplements Alike?
- Can Herbs Hurt You?
- How Do You Take Herbs?
- Popular MediHerbs for Great Health



Before



After

Lorrie Medford, CN is a licensed, Certified Nutritionist with a thriving practice in Tulsa, OK, called Life Design Nutrition. After solving her own weight and energy crisis, Lorrie has lost more than 35 pounds and has kept the weight off for the last twenty years. She's studied nutrition, cooking, health, and fitness for 20 years and is also a Certified Personal Trainer. She's written *Why Can't I Lose Weight?*, *Why Can't I Lose Weight Cookbook*, *Why Can't I Stay Motivated?*, *Why Am I So Wacky?*

Why Do I Feel So Lousy? *Why Do I Feel So Grumpy, Dopey and Sleepy?*, *Why Do I Need Whole-Food Supplements?* *Why Eat Like Jesus Ate?* and *Why Do I Really Need Herbs?*

Retail price: \$9.95. Please ask for professional discounts. You may place your order for *Why Do I Really Need Herbs?* or any of Lorrie's other books, using any of the following options:

By writing:

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There is a tremendous interest in the United States in the healing power of herbs. But along with this interest there is a great deal of confusion. Which expert do you listen to?... In this book Lorrie Medford provides an excellent introduction to many important issues such as the safe use of herbs, appropriate doses, key issues for herbal quality and the unique value of therapeutic plants.... With this enlightening book by Lorrie Medford you can learn about the unique role and true value of therapeutic plants, especially when applied in a clinical setting.

Kerry Bone
Associate Professor
Australian College of Phytotherapy



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