

## **Why Go Natural?**

**Ever since I have been a health care worker in rural Africa years ago, I started to appreciate all the valuable sources of nature available to man to heal illnesses and improve health. I saw how people coped with what nature gave them, never getting to know modern medicines and drugs which we take for granted today. Traditional healers in those rural parts of the world have good knowledge of many plants and herbs and use it for the benefit of their own people who cannot reach modern Western medical treatment centers. In the USA Native Americans did the same very efficiently. (Many of our modern drugs were first discovered in nature and later produced synthetically by our pharmaceutical companies.)**

**Today we still make use of some of this knowledge; recently the Hoodia product was developed for weight loss. Centuries ago the San people who lived in the Kalahari Desert used this plant to suppress feelings of hunger when they had to go without food for some time.**

**In stead of having to use the raw product, we provide you with well researched products, using the knowledge of centuries from many different parts of the world. Our products are proof of how the best in nature can be combined with modern technology to provide you with remedies and supplements specially formulated in therapeutic dosages.**

### **Why go natural?**

**Why go natural if we have a whole array of modern lab created medicines? What about all the wonderful medical breakthroughs like the discovering of antibiotics?**

**While I will never degrade these discoveries and will never expect anybody to disregard medical prescriptions, I have also seen how overuse and abuse cause great problems to mankind, things that will never happen with natural products.**

**Natural products are better tolerated by the human body than synthetic and chemical products, because the liver does not**

**need to work so hard to detoxify, or the kidneys to excrete all the foreign substances.**

**Natural products do not cause the unwanted side effects like so many prescription drugs do.**

**Natural products are safe. It can often be given to babies.**

**Natural products may usually be taken even together with prescription drugs, but it is best always to consult your health provider first.**

**You will not develop dependencies like with some prescription drugs.**

**Your body will not develop resistance to natural ingredients as oppose to resistance to certain antibiotics.**

**Elise Burger**

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