

Did You Know...

That many of our modern-day medicines are derived from herbs? That's because "herbal plants are time-tested and approved sources of healing," writes nutritionist and women's health specialist Janet Maccaro in her book, *Natural Health Remedies: An A-Z Family Guide*. Though some Americans are still skeptical, Europeans have used herbs as medicines for centuries. So the next time you're ill, consider asking your doctor for an herbal alternative to the medicine he prescribes. It may provide the same benefit without the negative side effects!