

# Guidelines For Safe Herbal Use

## **Always tell your physician about any Alternative Medical Treatment**

### **Do not mix herbs and drugs without professional advice**

Many herbs enhance, negate or interfere with the effects of some prescription and over the counter drugs. This is especially true where the herb is classically used for the same condition as the drug. Always consult a pharmacist, herbalist and your physician about all medicinal substances you are using to avoid drug interaction.

### **Do not substitute herbs for prescribed drugs**

The diagnostic criteria for proper herb use is different than for prescribed drugs. There are no direct herbal substitutions for pharmaceutical drugs. Properly prescribed herbal therapy can reduce the need for various drugs, or control side effects. However, the decision to replace a drug should be made with your physician.

### **Know what you are putting into your body**

Be sure to investigate all medicines, vitamins, herbs and supplements, you are taking. Some commercial supplement manufacturers promote and mix herbs based on popularity rather than effectiveness. Some herbs do not work well together, while others were meant to be used only in certain combinations to control side effects.

### **Use herbs only as long as necessary**

Use herbs only as long as the symptoms warrant. Herbs, like pharmaceutical drugs, are meant to change the function of the body to overcome problems. They are generally not meant to be used as nutritional supplements or vitamins. Some herbs are known to have negative effects on the body if used in large doses or over long periods of time.

### **Stop all herb use before any surgery**

There have been reported cases of dangerous herb interactions with anesthetic drugs. To be safe, stop all herb use at least a week prior to any surgical procedure and make sure your physician is aware of your herb use.

### **Be informed**

Proper herbal use is not based on the bio-medically defined disease, but on the symptoms of the patient. A trained herbalist is the best source of information as to which herbal treatments are appropriate and will not interfere with other medical treatments.



## **Bock Acupuncture & Herbal Medicine**

*Ancient wisdom for our modern age*

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