



Can One Overdose On Herbs Like One Can With Prescription Drugs?

A lot of people are just learning about herbs and have a lot of fear that if you tell someone about an herb they might overdose. No body wants to accidentally hurt someone, but we must remember that herbs are food. So the real question is can we overdose with food and what is that in relation to a chemical overdose. Everyone should read the label on anything they put into their mouths so that they are responsible for their bodies. If we put something into our body, we are responsible for whatever action takes place.

A chemical drug overdose is extremely dangerous. There are warnings on bottles to keep them away from children and elderly people. Overdosing also includes the problem of mixing drugs, which causes serious problems. One should be sure to ask their pharmacist about the bad side affects of any drug he or she takes. The overdose of chemicals or drugs into the human body is undoubtedly dangerous and potentially fatal.

An overdose of herbs or food often causes an allergic reaction to that specific food or herb. From an herb standpoint, there are occasionally people who are allergic to a specific herb, which is why it is recommended that one starts on any herb at a very low dosage and then slowly builds up to the needed level. An overdose on herbs does not put the body into a life threatening situation. Rather, the body normalizes itself because it is simply dealing with a food.

The other situation that an overdose of herbs can cause is diarrhea, which is not a health problem unless it occurs over several days. Anyone who begins an herbal program and gets diarrhea should consult an herbalist, who will reduce the intake of those herbs that have a cleansing action on the body or colon. One can see that the overdose of an herb as compared to the overdose of chemicals is at opposite ends of the spectrum, with one being naturally cleansing and the being life threatening.

It is hoped that this knowledge motivates all of us to think of herbs as foods and not medicines. If we're going to keep herbs out of the hands of drug companies, the fact that herbs are food must be stressed. Recent herb companies and long standing herbalists have upsettingly announced the fact that they are taking herbs to the doctors and the scientific world, taking them from the housewife who knows and uses them best.

Food or herbs can be toxic or dangerous, but not as much so as man-made chemicals. We must have the wisdom to choose foods or herbs that are not poisonous. Herbs and foods were created by nature to be safe for all people. Where as man-made chemicals are



dangerous to all. One must use moderation in all things, as an overdose of herbs causes an allergic reaction that could be avoided with a little wisdom. Anyone eating any herb for the first time should begin at a low dosage and watch the bodily reaction for a couple of days. If not heavy cleansing of allergic reaction is felt, than more can be eaten.



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