

// *Why use herbal medicine ?*

// *Trust plants...*

Plants synthesise infinite varieties of components.

Some of these components have been the basis of food supplies for humans and animals. Some species or varieties have been well-known for a long time for their health benefits: they can be remedies as well as toxic substances.

More recently, active molecules have been synthesised through chemistry, replicating the model of the plants molecules.

// However, plants maintain crucial assets:

- **Plants produce totum of actives; these active principles operate in synergy and not as an individual purified constituent. This often guarantees a more balanced effect than the one of a product individually given.**
- **Side effects are non existent or very mild (excluding toxic plants).**
- Process to synthesise vegetal substances is the same way our body synthesise our cells. Thus, active principles from a natural origin are better absorbed, degraded and eliminated than ones chemically synthesised.

This explains the interest for vegetal extracts that are concentrated but are always:

- totum, where natural balance is preserved
- active principles obtained through suitable extraction methods
- groups of molecules from living organisms, unaltered and usable by our body.

