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Herbs and Supplements to Help You Quit Drinking and Heal Your Body

Herbs and supplements can be utilized to ease the withdrawal from drinking, to help heal the body and cleanse it of toxins, and to rebuild health tissue. Following is a list of helpful herbs, vitamins, minerals, and supplement products you might find useful in your quest to rid yourself of that nasty habit, and heal your body!

[Liver Dr. by Native Remedies](#)- Liver Dr. is a **100% herbal remedy** containing herbs known for their ability to **improve the functioning of the liver and protect it** from damaging toxins and disease, thereby improving overall systemic health. Apart from their beneficial effect on the liver, the herbs chosen for **Liver Dr.** also have other important therapeutic benefits, which **further contribute to a healthy body** and better quality of life. As you know, excessive alcohol consumption can seriously effect the health of your liver.

[Detox Drops by Native Remedies](#)- are a 100% safe, non-addictive natural herbal remedy formulated for adults by our team of natural health experts. **Detox Drops** contain a selection of herbs known for their supportive function in promoting liver health and well-being. **Detox Drops** can be used as part of a gentle detoxification program to safely cleanse and flush out the system. It supports the body's natural ability to remove toxins and waste by-products, **without harmful side effects, and without harsh laxatives.** By cleansing and refreshing all body systems, Detox Drops can also represent a wonderful start to any new program to stop smoking, fight addiction or address unhealthy weight issues.

[Triple Complex Nerve Tonic by Native Remedies](#)- is a combination of three, cell-supporting tissue salts, especially selected for their effect on brain and nervous system health. This combination of tissue salts can be used regularly in a general capacity to promote systemic balance in the brain, spinal cord and the entire nervous system, as well as in conjunction with other remedies to maintain therapeutic effectiveness. Ensuring the healthy functioning of all brain and nervous system cells enhances the bio-availability of supplements, remedies and even nutrients in your diet. It also lessens the chance of a **nervous breakdown.** **Treating panic disorder** in people who suffer a **nervous breakdown** usually involves therapy. The doctor **treating panic disorder** will monitor the symptoms carefully to establish a treatment plan that aims to restore the health of the **nervous system.**

[Mind Soothe by Native Remedies-](#) is a 100% safe, non-addictive, natural herbal remedy that has been especially formulated by a Clinical Psychologist for adults and teens, and comes in a compact capsule form, making it easy to take. MindSoothe can be used to **safely maintain health, uplifted mood and systemic balance** in the brain and nervous system, without harmful side effects and without harsh sedatives. This remedy contains a selection of herbs known for their calming and supportive function in maintaining brain and nervous system health, **emotional healing** and overall wellbeing.

Ginseng- [Korean Ginseng](#), [Siberian Ginseng](#) and [American Ginseng Root](#) may help treat alcohol intoxication because each of these herbs speed up the metabolism (break down) of alcohol. Faster break down clears alcohol from your body more quickly. In addition, animal research suggests that Asian ginseng may reduce the amount of alcohol that is absorbed from the stomach. [Futurebiotics Vital K + Ginseng Extra](#) is a good product, which, in addition to ginseng, contains other detoxifying herbs, plus potassium and other essential minerals and nutrients.

[Evening Primrose Oil-](#) Although more conclusive research is needed, there is some evidence to suggest that this herb may lessen cravings for alcohol. Evening primrose is often used as an oil extracted from the seed of this herb. This is commonly called EPO. The main active ingredient of EPO is gamma-linolenic acid (GLA), an omega-6 fatty acid that can also be found in borage and black currant oils.

[St. John's Wort-](#) Those with depression and alcoholism share certain similarities in brain chemical activity. In addition, some people (especially men) who are depressed may mask their feelings or try to cope with their low mood by drinking alcohol. For this reason, researchers have considered that, St. John's Wort, often used to treat depression, may help reduce alcohol consumption.

[Omega Fatty Acids](#) – These fatty acids are the essential building blocks of healthy brain tissue, and contribute to many other functions of a healthy body and mind.

[Vitamin C-](#) improves the metabolism of the toxic by-products of alcohol and, in large quantities, is a powerful antitoxin. It has also been shown to be effective against hepatitis.

[B-Complex vitamins-](#) Excess consumption of either sugar or alcohol is well known to increase our need for the vitamins necessary for their metabolism, specifically the B-complex vitamins. It is safest, easiest and cheapest to take the whole B-vitamin team together. The B-vitamins, including much-needed thiamin, help correct a bad diet and also help level out low blood sugar problems. Hypoglycemia is often a factor in alcohol cravings. The body wants simple, quick carbohydrate and we erroneously satisfy that craving with sugar...

or alcohol. Niacin (vitamin B-3) helps the body to calm down. The B-vitamins have been successfully used for decades by orthomolecular psychiatrists to relieve depression and psychoses. Watch what they can do to relieve the D.T.'s. Incidentally, you can create the symptoms of delirium tremens in laboratory animals without alcohol just by inducing B-vitamin deficiency.

[Real Life Research Total B with Vitamin C and Aloe Liquid – contains](#) both vitamin C and B complex vitamins.

Once again, please keep in mind, the statements made in this report have not been evaluated by the FDA, and are not meant to diagnose or treat any disease or illness. But it certainly is hard to argue that dietary supplements and a good diet can help heal the body of the damage and deficiencies accumulated by long term and excessive alcohol consumption.

Best Wishes, and to your good health!

Jane Ma'ati Smith