



Karen Craven Acupuncture

specializing in allergy and pain elimination

Chinese Herbs

Chinese herbs are strong medicine. They can be used safely if used properly. Almost all have few or no side effects. The rare herbs with serious negative side effects are not used in the U.S. Some very good and safe herbs are also not used in the U.S. because they were not used properly and received a bad reputation from the abuses. My graduate work in Traditional Chinese Medicine incorporated years of study of Chinese herbs. I respect their power and use them as needed for patients who will benefit. I prescribe various forms of herbal products, including patents (pre-made pills or tablets), water extractions, liniments, ointments, salves and sprays. My preference is that we find ways to strengthen your health with food and relaxation techniques, but when your condition has gone beyond these normal health pathways acupuncture and herbs can shift your circumstances to allow healing.

When available, I use certified organic herbs and strive to buy the very best quality from reputable suppliers who have a long history of safe manufacturing practices employing the international standard of excellence in manufacturing, cGMP.

Studies/references:

- FDA - <http://www.fda.gov/drugs/developmentapprovalprocess/manufacturing/ucm169105.htm>