

# DISCLAIMER

**FDA Disclaimer:** These statements and products have not been evaluated by the FDA. They are not intended to diagnose, treat, cure, or prevent any disease or condition. If you have a health concern or condition, consult a physician. Always consult a medical doctor before modifying your diet, using any new product, drug, supplement, or doing any new exercises.

Herbal historical value and modern medicine are two sides of the same coin. Herbs can help you feel better. They can strengthen your immune, respiratory, circulatory and other systems, improve digestion, help regulate blood pressure and cholesterol, zap a cold, improve your mood, and the list goes on and on. But herbs can't handle everything. Most herbs are most effective after prolonged use, and can do little to rapidly reverse the effects of years of smoking or poor diet for example. There are diseases they can't cure, and conditions they can't do enough about. They may lower your blood pressure over time for instance, but maybe not low enough or soon enough. Finally, if you don't know what's wrong, it can be very difficult to find the right herb to help.

Your doctor should be your partner in all aspects of healthcare. She or he can diagnose diseases and conditions, and evaluate the effects of the herbs you take in treating them. Before prescribing any medications, your doctor should know what herbs you take to prevent unwanted interactions. It's important to have a doctor you can have a good relationship with. If your doctor doesn't know anything about herbs and is unwilling to learn, or if s/he won't consider them as part of your healthcare, consider finding another doctor. You should also consider seeking a new doctor if you are uncomfortable asking questions, if you are not satisfied with the answers you get, if your doctor has little time to spend with you, or if you feel you are not being taken seriously.

Herbs taken for health purposes should be treated with the same care as medicine. You should know what the herb does, any negative side effects, if you take any medications or have any conditions that preclude taking the herb, and how much you should take.

Herbal remedies are no substitute for a healthy diet and lifestyle. If you are serious about good health, you'll want to combine diet, exercise, herbals, a good relationship with your doctor and a generally healthy lifestyle. No one of these will do it alone.

This website is designed to be used as part of a complete health plan. No products are intended to replace your doctor's care, or to supersede any of his/her advice or prescriptions.

This website and information contained therein is designed to provide users with both modern and historical herbal information and makes no express or implied warranties or representations with regard to the accuracy, reliability or the standard of herbal information provided within, including but not limited to, the generality of the previous, and implied warranties of fitness for any particular purpose or non-infringement.

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