

# When Did We Start to Fear Mother Nature's Medicine?



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I don't ever remember being given herbal remedies when I was growing up. Instead, it was the dreaded pink Pepto Bismol, or aspirin, or the new kid on the block, Tylenol.

I guess my mother didn't have any role models to teach her

natural healing and thus, couldn't pass it along to me. So, when my own children were young, I followed suit, not knowing any better. I gave them antibiotics when the doctor deemed them necessary. Ditto any other prescription or over-the-counter drug. Oh, how I wish I had had a [Dr. Aviva Romm](#)-type around when I was younger.

But there must have been something inside of me that suspected there was a better way (I did make my kids' baby food from scratch, I'm proud to say). Maybe it was a past life memory. At any rate, it wasn't until decades later when I had [fibromyalgia](#) that something shifted and I fully began to embrace what I think is the greatest truth that has been with us from the beginning of time –

## Food is Medicine

When I think that I had never bought fresh ginger root or healing spices like turmeric, cardamom, fennel, etc. until I was in my 50s, I can hardly believe it. Healing herbal infusions of [Nettle](#), [Oatstraw](#) or [Comfrey](#)? I'd never heard of such a thing.

But now, it all seems so crystal clear to me. Why wouldn't someone reach for #1 instead of #2 for nausea?

1. [Ginger](#)
2. [Pepto Bismol](#) (Each mL contains bismuth subsalicylate 17.6 mg. *Nonmedicinal ingredients:* benzoic acid, D&C Red No. 22, D&C Red No. 28, flavour, magnesium aluminum silicate, methylcellulose, sodium saccharin, salicylic acid, sodium salicylate, sorbic acid, and water)

When I traveled to Michigan over the holidays to visit family, I brought along dried [elderberries](#), cinnamon sticks, cloves and fresh ginger root. I cooked up a batch of [elderberry](#)

[syrup](#) to give to family and friends. It's the height of cold and flu season and elderberries are famous for their high antioxidant level and ability to boost the immune system. Well, you would have thought I was whipping up a witch's brew for all the suspicion it garnered. And so, again I ask

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I've let go of hoping that my family jumps on the holistic healing bandwagon. We all have our own beliefs and I respect that. And of course, no matter how much education we have, in the eyes of our family, we're often still in kindergarten.

For years now I have been studying everything from a natural or holistic point of view. [Ayurveda](#) became my main focus because it is so rooted in the elements, in living in harmony with Mother Nature. What's so scary about that?

Nowadays, anyone involved in natural healing has to be so careful about what they say and write for fear of FDA involvement. How sad is it that drugs have become the norm, are advertised on TV (we're one of only three countries that allow this), but that you can't make a statement or claim that a herb, food, or plant can possibly cure an illness.

If you don't already, I urge you to look to your own garden, your farmer's market or other sources of healthy whole food to discover the healing properties right in front of you, courtesy of Mother Nature. I think you'll be amazed.

Much love,  
Barbara

*Barbara Sinclair is a visual artist and holistic health practitioner with a passion for Ayurveda, the ancient mind/body system of healing and longevity. Barbara was able to heal herself from years of fibromyalgia, a chronic pain*

condition, by adopting an Ayurvedic lifestyle. She is now pain-free and joyfully shares these methods with her readers and clients. Barbara received her Ayurveda training from [Wise Earth Ayurveda](#), the first school of Ayurveda teachings in the US. She is also a certified holistic health counselor ([Institute for Integrative Nutrition](#)) and certified energy healer ([Deborah King Center](#)). You can contact Barbara [HERE](#) for an Ayurvedic consultation or energy healing session. To receive her monthly newsletters as well as weekly practical Ayurvedic tips click [HERE](#).

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