

You Can't Fool Mother Nature, but she sure can fool you



Gone are the days when our mothers and grandmothers whipped up some home remedies as elixirs for all our ailments. Instead, with the proliferation of health food franchises, we are faced with a myriad of natural products to cure our various ailments. This presents a serious dilemma.

Diet teas along with other botanical preparations, including medicinal herbs and remedies made from plant extracts, are being used in abundance. These products don't fall under the jurisdiction of the Federal Drug Administration (FDA) because they

are classified as dietary supplements instead of medicine. Manufacturers are not required by law to test products for safety or purity, let alone effectiveness. The following guidelines can assist in our pursuit of becoming better informed consumers:

- 1) Consult your doctor before using herbs if you are taking other medications.
- 2) Don't use herbal preparations if you are pregnant or nursing a baby.
- 3) Don't give these products to babies or young children.

4) Take all herbal remedies as directed, don't exceed recommended doses.

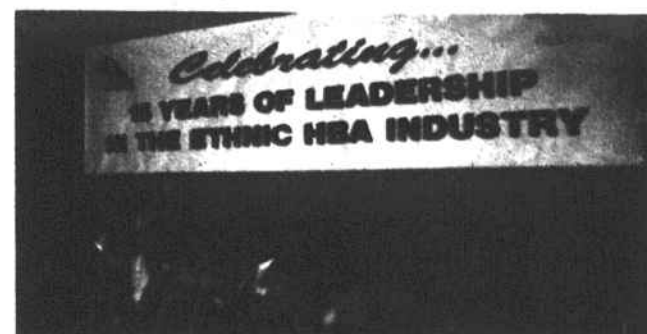
5) Choose products from well-known companies - they have the most at stake and are more careful.

Reliable expert advice about herbal remedies is hard to find so exercise precaution and become informed about the ingredients that you purchase. Invest in a good reference book about herbal remedies such as "Herbs of Choice" or "The Honest Herbal." Your body is your temple - it deserves your worship.



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AHBAI (The American Health and Beauty Aids Institute) was founded in 1981 to represent the thriving ethnic health and beauty aids (HBA) industry, one of the few American industries that was founded and is fueled by African-Americans. Since that time, AHBAI has grown into a respected industry resource and advocate for the Black community at large.

Initially formed by 10 member companies, today AHBAI is 18 member companies strong with more than 100 associate members in a variety of fields. Their collective impact has shaped the ethnic HBA industry.

Congratulations for 15 years of outstanding accomplishments! ┘