Herbal Diet and Human Health

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Abstract

Herbs have been used both as food and medicine. Use of herbs for prevention and cure deficiency diseases has an advantage of being locally available because cost of production is low and its is natural form (i.e. has less side effects if any over industrially produced drugs). Most important is that various herbs are utilized as vegetable, fruits leaves or roots. The purpose of this paper is to look at what nature has bestowed upon us in vegetables fruits and herbs that treat a myriad of maladies that could otherwise be impossible in conventional medical clinics by looking at common plants, know what they contain and what they treat.

Key words: Herbs, deficiency diseases, vegetables and fruits.