



Dr. Aparna Taylor MSc, ND
Drtaylornd.com
Your natural path to a healthy balance

Botanical Medicine

Dr. Taylor is passionate about the healing power of nature, food as medicine, and plants. Our bodies know how to digest food, and therefore respond well to medicinal plants (“herbs” or “botanicals”). Many medicinal plants are the sources of isolated compounds for medications used in conventional medicine, illustrating the power of their use. In their natural form they are gentler, yet still potent and effective.

When plants are used as medicine, they may be used in different forms: either fresh, dried, in capsules or tablets, or in liquid (teas) or tincture form. Tinctures are liquid extracts made from plants, usually extracted in alcohol or non-alcohol solvents. It is well established that liquid or tincture forms of medicinal plants, when taken properly, are readily absorbed and can be more effective than other preparations. There are some exceptions to using plants in capsule or tablet form that are also effective, provided the product is well manufactured.

Dr. Taylor prepares tinctures choosing different medicinal plants for the individual in mind, based on specific health goals. There is tremendous benefit being able to choose which particular plants or herbs are suited for each individual in a combined tincture. The ingredients of the tincture are then adjusted or discontinued as balance is restored in your system.

The individual tinctures sourced by Dr. Taylor are made by hand, in small controlled batches and are organically cultivated and ethically wild crafted, by the same herbalists. The tinctures are extracted in pure reverse-osmosis water, using pure grain alcohol for preservation. When required, organic vegetable glycerine or apple cider vinegar are added or used instead of alcohol, or the alcohol removed prior to taking the mixture. Dosing can be adjusted or titrated, and there is no difficulty in swallowing, though the tastes of herbs differ based on their individual components.