



Looking for Alternatives to Traditional Medicine?

Herbs and Health Care is a small, locally owned business located on Main Street in Tell City. We have been in the business of Health Care for 25 years. We pride ourselves in being concerned with others health and well-being. People are looking for alternative to traditional medicine and we offer a variety of supplements to fit those individual needs. Pharmaceutical's come with a price tag, not only in money, but at a risk of harmful side effects. By using supplements it can assist the body in overall health.

Herbs, Vitamins, Minerals, Essential Oils, CBD-Hemp, Probiotics, Essential Fatty Acids and Digestive Enzymes are used to help the body find balance and health. The companies that we use only produce top quality supplements. These companies are Nature Sunshine, Pure Herbs Ltd, R Garden, DoTerra, Life Fortune, Barlean's, Trace Minerals, and Hemp Direct. These companies offer superior products that have been tested to ensure top ingredients are being used.

You will never have to worry if what you are taking is really inside the bottle, be assured it is.

We also offer Iridology Consultation. This is a science of reading the Iris of the eye. Iridology began in Germany in the 1800 and can be used as an informative tool to see what the body's tissues are experiencing. Suggestions can be given on what supplements could be beneficial in correcting the imbalances seen in the Iris.

Herbs and Health Care carries a small amount of Health food. Ezekiel Bread and Braggs Apple Cider Vinegar are some of our top sellers. We also carry raw honey sourced locally. Lilly's Chocolates and Pur Gum are a hit with our Keto diet customers. We offer variety of gluten-free products as well as herbal teas, spices and dairy-free products.

Please feel free to come in and browse our store. Questions are always welcomed!



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The 5 Supplements you may be overlooking

The 5 Supplements you may be overlooking (and why you shouldn't)

By, Sandra Mendez No one can avoid aging, but aging productively is something else". -Katharine Graham

It's no secret that as we age, our bodies don't absorb vitamins and nutrients as well as before. We also find the natural ability to produce certain vitamins like vitamin B and Vitamin D reduces. It's not hard to imagine why some days leave us feeling less than productive. I'm an advocate of finding many of your vitamins in

nutrients in your food. Unfortunately, the average American diet do little to supplement even a young body. Here are a few favorites

Zinc- zinc is one of those vitamins that your body produces naturally but only in small numbers. There are dozens of studies supporting how effective it is at keeping you healthier during cold and flu season. A study performed by Wayne State University found that over a years time the zinc takers were 80% less likely to have

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Medicinal Herbs



Quality Supplements to Fit Your Lifestyle

- Whole Food, Multi-Vitamin & Minerals
- Unique Herbal Blends
- Enzyme & Probiotic Formulas
- Weight Loss Formulas
- Health Food including Gluten Free Items
- Essential Oils
- CBD Oil and Products
- Iridology available

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