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NATURAL MEDICINES. The most authoritative resource available on dietary supplements, natural medicines, and complementary alternative and integrative therapies. Keep Informed. Subscribe to the Martin and Pleasance newsletter for advanced notice on product offers, competitions and brand news . Subscribe The terms alternative medicine, complementary medicine, integrative medicine, holistic medicine, natural medicine, unorthodox medicine, fringe medicine, unconventional medicine, and new age medicine are used interchangeably as having the same meaning, and are almost synonymous in most contexts. Herb: Ribwort Plantain Latin name: *Plantago lanceolata* Family: Plantaginaceae (Plantain Family) Medicinal use of Ribwort Plantain: Ribwort plantain is a safe and effective treatment for bleeding, it quickly staunches blood flow and encourages the repair of damaged tissue. - Natural Medicines