

Natural Help 4...

Congestive Heart Failure



What is Congestive Heart Failure?

Heart failure describes the condition where the **heart is not pumping at full efficiency** and cannot keep up with the blood flow demand from the body's organs.

When the heart no longer pumps as it should, the **organs in the body become deprived** of oxygen and nutrients, and symptoms soon arise.

Diagnosing Congestive Heart Failure

If you have been experiencing any of the symptoms listed below, it is essential to **seek a medical evaluation**. Physicians will obtain a detailed medical history, perform a physical examination to check for signs of lung congestion or abnormal heart rhythms, and check for risk factors, including high blood pressure.

Symptoms of Congestive Heart Failure

While symptoms may not always be present, they tend to become most **noticeable during physical exertion**, as people often describe difficulty exercising, accompanied by feelings of fatigue and dizziness. As the heart struggles to pump sufficient blood to the body and blood pressure drops, the body tries to compensate by triggering hormone and nerve signals to increase the blood volume through water retention.

It may also **start beating faster** while the heart muscles thicken and the ventricles stretch to accommodate more blood. However, the heart still isn't beating effectively enough to push this now increased volume of blood through the system, and so fluid begins to build up in the body--resulting in excess fluid entering the lungs and other body tissues.

Symptoms soon become evident as **the heart continues to struggle**, the organs continue being deprived of blood, and the excess water builds up in the system.

In addition to those already mentioned, other [symptoms of congestive heart failure](#) often include:

- Edema – often noticed as swelling of the ankles, legs and abdomen
- Shortness of breath
- Wheezing sounds as a result of water build-up in the lungs
- Persistent cough with white, frothy or blood-tinged phlegm
- Sudden weight gain (caused by fluid retention)
- Loss of appetite

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It is not intended to diagnose or treat any medical condition. Nothing in this eBook is intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

Never disregard professional medical advice or delay in seeking it because of something you have read in this eBook or on ANY website.

- Nausea
- Difficulty concentrating
- Mild confusion or decreased alertness
- Irregular or rapid heartbeat

If [heart failure](#) is suspected, further evaluations such as blood tests, chest x-rays and an echocardiogram will be necessary.

What Causes Congestive Heart Failure?

Heart failure is a **progressive disorder** that can either be acute or chronic, occurring fairly gradually and worsening over time, or coming on suddenly without warning.

Either way, [congestive heart failure](#) is usually the result of an **underlying condition or previous damage** caused to heart tissue such as:

- Damage caused by previous heart attacks or surgery
- Prolonged high blood pressure
- Arrhythmias
- Faulty heart valves
- Coronary artery disease
- Cardiomyopathy
- Congenital heart defects
- Some infections of the heart

Other Risk Factors for Congestive Heart Failure

There are also a number of risk factors that greatly increase your chances of developing [heart failure](#), including:

- Age
- Diabetes
- Kidney disease
- Sleep apnea
- Excessive alcohol use
- Stress
- Obesity

Help for Congestive Heart Failure

Although [heart failure](#) is often a **life-long disease** that needs to be carefully managed, most people with mild to moderate [congestive heart failure](#) can be **treated with proper medical intervention**.

In cases where underlying conditions have caused [heart failure](#), once the original condition is treated, [heart failure](#) often corrects itself (provided that permanent damage to heart tissue has not occurred). With the **correct treatment and proper care**, the failing heart can become stronger and symptoms can improve.

Physicians **generally treat [heart failure](#)** with a combination of medications according to severity, type and cause of [heart failure](#). In some cases, surgery or

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Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

pace-maker devices are necessary. If irreparable damage has occurred, a heart transplant is sometimes considered.

Natural Herbal and Homeopathic Remedies

It is important to note that those already using prescription drugs for heart conditions should always consult a doctor prior to stopping or adding current medication. **Congestive heart failure is a serious condition** that requires swift medical attention, and is generally not suited to home treatments. However, under medical supervision, there are a number of **herbal and homeopathic remedies** that can promote heart health and strengthen a weakened heart **as part of a holistic treatment plan**.

With a positive attitude, a healthy lifestyle, and the correct medical and holistic treatment, **heart health can be achieved**. Remember that it is important to purchase natural medicines from a reputable company in order to ensure maximum safety and efficacy.

Tips for Coping with Congestive Heart Failure

A diagnosis of [heart failure](#) can be a devastating shock, and it is important to remember that **changes implemented today can help positively affect one's health**. By adapting to a heart-healthy lifestyle and adopting better wellness habits, the risk of further heart complications can be significantly reduced.

- Keep track of your blood pressure levels. As high blood pressure is a leading cause of heart disease and damage to heart tissue, it is important to **have your blood pressure checked regularly**. If it is high, make sure it is appropriately managed.
- Since obesity places considerable strain on the heart, it is extremely important to **maintain a healthy and stable weight**. With a balanced diet, regular exercise, and a little help from a reputable weight-loss program or dietician, you *can* reach your ideal goal weight.
- Keep a record book. **Weigh yourself** each morning before breakfast and after urinating, and monitor this weight in a notebook. Notify your physician if you notice sudden weight gain, as this could mean that you are retaining water. If blood pressure is a problem, monitor these readings in a similar fashion.
- **Eat a heart-friendly** diet low in fat, calories, and salt and high in vegetables, fruits, and fiber. Eating well does not have to mean boring, as there are many resources available that suggest healthy yet tasty meals.
- **Do not smoke**. Smoking not only damages your blood vessels, it also reduces the amount of oxygen in your blood and makes your heart beat faster, thus contributing greatly to [heart failure](#). If you do smoke, consider quitting smoking naturally.
- **Manage stress levels**. Stress puts strain on the heart, as well as the immune system, so find ways of coping with it. Reduce stressful responsibilities and consider **incorporating stress-reducing techniques** such as yoga, Pilates or meditation into your daily routine.
- **Limit alcohol consumption** or consider stopping alcohol altogether, as alcohol can increase your chances of [heart failure](#).

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The Natural Approach

While Western medicine has become the norm in many cultures, it is **not the only treatment option**. Conventional Western medicine (often called allopathic or orthodox medicine) is the system of medicine taught at most medical schools, and many pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that only a few decades ago, homeopathic, herbal and other natural medicines were commonly available and freely used-- even by conventional doctors. While there are often heated debates about which system of medicine is 'better' than the other, many responsible doctors (whether they are allopathic or not) recognize that **both have a role to play in the treatment program**.

Natural medicine has often been frowned upon by conventional doctors, especially by those who do not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby **providing doctors with a wider range of treatment options** from which to choose. In many countries, especially in Europe, India and China, **natural and homeopathic medicines are commonly prescribed** by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the **body has an innate capacity to heal itself**. While natural medicines are often called 'alternative' or 'complimentary' medicines, they are, in fact, a **unique and independent form of medicine** in their own right, well able to **treat a variety of conditions**. Perhaps the term 'holistic' medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine. This encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a **holistic way to support health, relieve symptoms and prevent future disease**. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to **support health** (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer. In many cases, **holistic medicine can accomplish just as much**, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, **natural medicines can work quickly and safely to promote healing**.

In many cases, they can **succeed where pharmaceutical drugs have failed**.



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Despite frequent reports that they are ‘unproven’ and ‘untested’, the opposite is true. Natural medicines have a **long history of usage** and there is a **wealth of empirical evidence** to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to **support the extensive traditional and empirical evidence behind natural medicines.**

It is also important to know that, like any medicine, herbal and homeopathic medicines **must be manufactured in the correct way**, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately, **not all of them are equipped to manufacture to the correct standards**, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – and giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called ‘standardized’ extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While ‘**standardized**’ extracts may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have **grave disadvantages**, including an increase in side effects, as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which **retains the benefits of ALL the active ingredients within the herb** as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, **always choose wisely**. Research what is best for you. If you have a chronic or life-threatening condition, don’t make changes without first discussing them with your doctor, in order that your condition may be monitored. **Well-informed and supportive practitioners will support patients** who want to take responsibility for their own health.

Related Natural Remedies:

High-Rite: Helps maintain healthy blood pressure, artery clarity and functioning, and heart health.

High-Rite is a 100% safe, non-addictive natural herbal remedy formulated by our team of natural health experts. High-Rite has been used for many years to safely **maintain health and systemic balance of the cardiovascular and circulatory systems.**

High-Rite contains a selection of herbs known for their supportive function in maintaining circulatory health and well-being. High-Rite can make all the difference, **without risking serious side effects** or compromising health.

High-Rite supports the healthy functioning of the cardiovascular system, thereby helping to **maintain balanced pressure of the blood on veins and**

herbal & homeopathic remedies:

1) All Native Remedies products are manufactured according to the highest pharmaceutical standards - using only the best quality raw ingredients from nature's medicine chest.

2) Native Remedies and our suppliers are registered with the FDA as accredited suppliers and manufacturers of health supplements. Our products are sold all over the world and are manufactured to strict international standards in a GMP accredited manufacturing plant.

3) All our remedies are manufactured in an FDA registered pharmaceutical facility under close supervision.

This includes formulation, acquiring and testing of raw ingredients as well as final manufacturing. This gives us the confidence to say that when you are buying a Native Remedies product, you are buying the safest and the best! We know what goes into our remedies - which is why we know what you will get out of them!

4) Manufacturing is done strictly according to the principles of GMP (Good Manufacturing Practice) and all raw ingredients undergo stringent testing before being approved by our registered manufacturing pharmacists.

5) We offer a free email [Ask Our Experts](#) service run by trained consultants ready to advise you on the best choice for your health.

6) We offer an unconditional [One Year Money Back Guarantee](#).

arteries, routine oxygenation of the blood to the heart muscle and pulse regulation.

The formula remains true to the **whole spectrum method**, ensuring the bio-availability and balance of all the active ingredients contained in the remedy. This method of manufacture also significantly reduces the likelihood of side effects and maintains all active ingredients in perfect balance – exactly as nature intended!

[Learn more about High-Rite](#)

Aqua-Rite: Promotes water balance to maintain blood pressure, cardiovascular, liver and gallbladder health.

Aqua-Rite is a 100% safe, non-addictive natural herbal remedy formulated by our team of natural health experts. Aqua-Rite has been used for many years to safely maintain the health and **systemic balance of the cardiovascular, circulatory and fluid systems** in the body.

Aqua-Rite supports routine water balance in the body, thereby helping to support balanced circulation as well as the pressure of the blood on veins and arteries. Aqua-Rite can make all the difference, without compromising health and **without serious side effects**.

Aqua-Rite contains a selection of herbs known for their supportive function in maintaining circulatory health and well-being. It is formulated as a companion remedy for High-Rite, especially in cases where **water balance and healthy blood pressure** need to be supported in conjunction with each other.

Acting as a **natural water balancer**, Aqua-Rite also helps to support liver and gallbladder functioning, and promote good circulation.

The formula remains true to the **whole spectrum method**, ensuring the bio-availability and balance of all the active ingredients contained in the remedy. This method of manufacture also significantly reduces the likelihood of side effects and maintains all active ingredients in perfect balance – exactly as nature intended!

[Learn more about Aqua-Rite](#)

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