

# Natural Help 4...

## Mononucleosis



### What is Mono?

**Mono** (also known as Infectious **Mononucleosis**) is a **viral infection** often affecting young adults from 12-35 years old. It can also be referred to as **Glandular Fever**.

### Diagnosing Mono

If you are suffering from **symptoms of Mononucleosis** it is important to consult a health care provider who will perform a physical exam. If after observation **Mono** is still suspected, a blood test will be done to confirm the diagnosis.

### What are the Symptoms of Mono?

**Symptoms of Mononucleosis** arise three to seven weeks after infection with the virus. Some people may have no symptoms at all but most typically symptoms include:

- Fatigue
- Fever
- Headache
- Muscle aches
- Sore throat
- Enlarged glands

### What Causes Mono?

**Infectious mononucleosis** is most commonly caused by a virus known as the Epstein-Barr virus (EBV). **Mono** is usually spread through infected saliva - that is why it is often called "the kissing disease". Transmission of the virus requires prolonged and repeated exposure to infectious saliva – and often people have no idea how they contracted **Mono**.

People with **infectious mononucleosis** are contagious for months after the virus! Once a person has been infected with **the Epstein-Barr virus** it stays in the body even after recovery and although that individual could develop **Mono** again this is not common. The best way to prevent the spread of the virus is to not kiss or share food, drinks or eating utensils with an infected person.

### Help for Mono

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

Since it is a viral illness, **antibiotics are not effective in treating Mono**. If a secondary infection develops, such as a strep throat or sinus infection, then antibiotics can be prescribed for treatment. Tylenol or Advil may be used for fever, body aches or throat pain. Extra rest is highly recommended. Most **symptoms of Mononucleosis** usually resolve in one to two weeks, but it may take several weeks to months for full recovery.

Students may attend classes as tolerated but sports with a lot of physical contact are not recommended for 4-8 weeks since the virus can also affect the spleen causing it to become enlarged. If an enlarged spleen is hit or strained it could rupture causing severe internal bleeding. Additionally, **mono may cause liver inflammation**. It is, therefore, important not to drink alcohol since this could further damage the liver.

## Natural Remedies for Mono

**Natural and holistic treatments** have proven to be a wonderful alternative to traditional medicines in providing relief for the symptoms of viral infections, including **Mono**. **Herbal and homeopathic remedies** can be greatly beneficial in restoring balance in the body and harmonizing body systems.

Herbs such as Silybum marianus (Milk Thistle) can be used to maintain healthy liver functioning and give additional support to the liver when it is put under strain as in the case of **Infectious Mononucleosis**.

Herbs such as Hypoxis Rooperi (extract of African Potato) contain phytosterols and Sterolins, which help to modulate the effect of the immune system and enhance its performance – and double as a convalescent or strengthening tonic when the body is run down due to illness.

Olea europea (extract of olive leaf) contains a proven compound called oleuropein acid that can assist the fight against numerous viruses, bacteria and fungi. It has been beneficial in the **treatment of people with viral illnesses** such as Epstein-Barr disease, **Infectious Mononucleosis and Glandular Fever**.

## 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 medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox 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.



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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.

Natural medicine has often been frowned on by conventional doctors, especially by those who did 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, which 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 and that, 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. 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 –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

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If you have a question about one of our products, its usage or dosage, ask Michele and her team of experts about about it [HERE!](#) We will do our best to get you an answer within 24 hours.

## **Great Health Sites**

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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. These include 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:**

**AdrenoBoost™**: Protects adrenal glands from the damaging effects of stress to maintain healthy functioning.

AdrenoBoost is a 100% safe, non-addictive, natural herbal remedy. AdrenoBoost can be used consistently to safely support **health and systemic balance in the adrenal glands and endocrine system**.

AdrenoBoost contains a selection of herbs known for their supportive function in maintaining hormonal balance. AdrenoBoost supports the **healthy functioning of the adrenal glands**, thereby helping to maintain balanced metabolism, energy levels, sleep patterns, and routine, healthy performance of the immune system.

AdrenoBoost can make all the difference, without compromising health and **without the risk of serious side effects**.

The formula remains true to the **whole spectrum method** of herbal extraction, 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 AdrenoBoost](#)

**Immunity Plus™**: For full immune system support for adults and teens

ImmunityPlus is a 100% safe, non-addictive natural herbal remedy formulated to safely maintain the **health and systemic balance of the immune system**, without harmful side effects and stimulants.

ImmunityPlus contains a selection of herbs known for their supportive function in maintaining immune system health and well-being. It supports the healthy



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functioning of the immune system, thereby helping to maintain the **natural defense against pathogens** and optimum performance.

As we grow older, we sometimes begin to notice that our immune systems are not as good as they used to be. ImmunityPlus can especially benefit those individuals needing to support routine immune strength to guard against common conditions associated with the maturing of cells.

ImmunityPlus can be used consistently, without compromising health and **not causing serious side effects**, to help maintain the body's natural ability to fight viral and bacterial infections-- while also supporting healthy convalescence.

The formula remains true to the **whole spectrum method** of herbal extraction, ensuring the bioavailability 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 Immunity Plus](#)

**Kiddie Boost™**: Support healthy immune functioning in children.

KiddieBoost is a 100% safe and natural formula containing carefully selected herbal ingredients known for their **tonic effects on the immune system**, as well as their high safety profile in children's remedies, compared to possibly harsh antibiotic side effects in children.

When children attend school, daycare, or preschool, they are particularly prone to picking up viruses and bugs. To help protect their immune systems, KiddieBoost has been specifically formulated to **strengthen child's immune system** from the age of 12 months. KiddieBoost comes in a convenient drop formula that is easy to administer to children.

KiddieBoost is developed with care by our team of specialists, is 100% natural, and manufactured according to the highest pharmaceutical standards using the **whole spectrum method** of herbal extraction.

This method ensures the bioavailability 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 Kiddie Boost](#)

Read the testimonials for these quality products [here!](#)

## **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](#).



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