

# Natural Help 4...

## Stress



### What is Stress?

Often both men and women are juggling multiple roles and responsibilities and trying not to drop-the-ball. All of life's demands – work and deadlines, bills and inflation, kids and marriage - all require constant attention. Usually things stay in balance but sometimes life throws an unexpected curve ball and suddenly the balance is lost.

Stress can affect anyone, and **in small doses it is not necessarily a bad thing**. Average amounts of stress can keep you alert and ensure that tasks are completed and deadline met. Essentially stress is life's little *push* that often helps us to cope.

Alternatively, stress can sometimes become too much. When a person is pushed too far and can no longer keep up with the demands of life, it is clear that stress is a problem. This abundance of stress can affect both our **psychological and physical well being**.

### Diagnosing Stress

Stress is a very normal part of life and in most cases it can be dealt with without the assistance of a healthcare practitioner. However, there is a difference between managing your stress and not managing your stress.

When **physical symptoms of stress** levels rise and become too much to cope with, or it feels like you have reached the point of burnout it may be time to seek professional help. If excessive stress starts to affect your psychological or physically health it is also important to seek help.

Since stress is extremely common, diagnosing the condition centers around whether the amount of stress experienced is **affecting your ability to perform daily functions** and activities as required.

A psychologist or specialist will **ask certain questions about how things are going** in different areas of your life, about how you are feeling in different situations, as well as look at your work life and personal life, and determine if excessive stress is hindering the ability to function normally.

### What Causes Stress?

Stress is caused by multiple factors that are unique and personal to each individual. Sometimes stress can be caused by **external events** such as family problems or work pressures.

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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.

Other times, **stress** can be caused by internal factors such as negative thinking, unrealistic goals and personal choices. These life stressors are usually due to pressure and expectations from others and from ourselves, as well as from conflict and frustration.

By **pin-pointing the root cause of our stress**, it becomes easier to guard against it. While it is impossible to plan for everything and prevent all future **stress**, it is possible to minimize **stress** and learn to cope with it in a more productive way.

The ways in which **physical symptoms of stress** are managed can also make the world of difference on how it impacts on both physical health and functioning.

## Help for Stress

There are a number of ways to **help cope with physical symptoms of stress** in our daily lives.

The first step in eliminating **stress** is to **identify the root causes** and determine what changes can be made. This is easier said than done! Sometimes a little bit assistance is needed of help to figure out what those root causes are.

### Relaxation Techniques

Yoga, meditation, deep breathing and muscle relaxation techniques have all been shown to **reduce stress and clear the mind** of unwanted thoughts and concerns. Done regularly, these techniques can be very successful in helping with **stress** management.

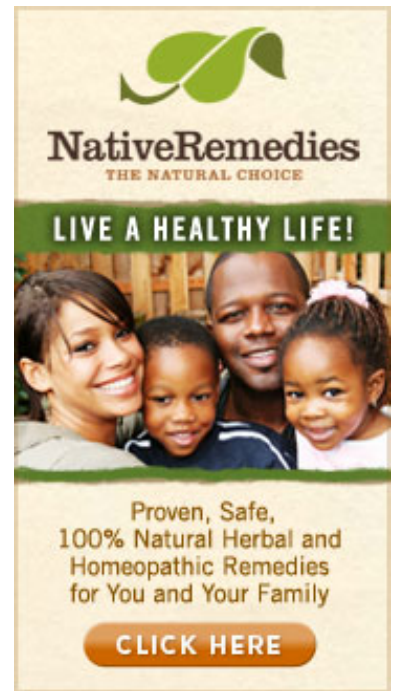
### Psychotherapy or Counseling

In some more intense cases, an individual may feel totally overcome by **stress** and is left with a **feeling of helplessness and defeat**. In instances like this, it is sometimes necessary to seek professional help from a **registered psychologist or counselor** to help find the root cause of the **stress** and positive ways of dealing with it.

### Natural Herbal and Homeopathic Remedies

There are many **natural herbal and homeopathic remedies** that may be of assistance in providing **all natural stress relief** if you feel your **stress** levels are too high. A holistic approach encourages **all natural stress relief** by exploring physical and psychological effects of your **stress** and aims to treat the individual as a whole.

Some **herbal remedies recommended for all natural stress relief** are Hypericum perforatum (St John's Wort), Passiflora incarnata, Scutellaria laterifolia (Scullcap) and Valerian. Theses herbal remedies all serve to relieve the anxiety and tension related to **stress**.



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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.

# What Affect does Stress have on my Health?

Too much [stress](#) can be harmful to our psychological and physical well being. Not only does it influence our daily experience of life and affect our relationships with others, but [stress](#) can have serious physical consequences. [Stress](#) takes its toll on our immune system and studies have shown that people under more [stress](#) are more likely to get sick.

Think back to the last time you had a cold or the flu. In many cases it would have been during or just after a stressful period or some important life change. The affect of [stress](#) on the immune system is rapid (weakening our immune system sometimes within two hours of the stressful event) and leaves us open to greater risk of infection. Prolonged [stress](#) is particularly harmful and can often have lasting affects on both physical and [emotional](#) health.

## Some problems related to high [stress](#) are:

- Maladaptive behavioral changes – many people adopt ineffective and harmful coping mechanisms such as drinking more, smoking and eating unhealthily. When stressed, we often feel there is not enough time for exercise, sufficient sleep and relaxation and so our lifestyles become unhealthy and this often creates more [stress](#) in the end.
- Cardiovascular problems such as high blood pressure and coronary heart disease can be aggravated by [stress](#).
- [Stress](#) can cause a number of psychological problems such as depression, eating disorders, insomnia, indecision and apathy.
- [Stress](#) can speed up the progress of certain cancers and other illnesses such as AIDS and HIV.
- Other health problems associated with [stress](#) include diabetes, ulcers, irritable bowel syndrome, memory loss, autoimmune diseases, thyroid problems, infertility, skin problems, muscle tension, fatigue, headaches, and decreased libido.

## Tips for Coping with Stress

- **Get enough sleep and relaxation time.** Although you may feel like you don't have the precious hours to spare, you will be more productive if your mind and body are well rested and you may find that you get through twice as much in half the time. Remember that taking time off to sharpen the axe will help you to cut the tree down faster than if you persevered with a blunt axe!
- **Exercise!** Keeping physically active is vital for [stress relief](#). Regular exercise helps burn up stress-related hormones such as adrenaline while releasing happiness-inducing endorphins.
- **Eat healthily.** It seems too simple, but a balanced diet will energize the body and mind and help you to cope better with the demands of life. Important nutrients for [stress relief](#) include Vitamin B (take a vitamin B complex including B12), calcium and magnesium. Avoid stimulants like caffeine and foods high in sugar as these all increase anxiety and give the body temporary "highs" only to be followed by periods of fatigue.
- **Don't self-medicate!** Using alcohol and other illicit drugs to cope with [stress](#) does not solve the problem, but adds new complications. It is a very

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## Great Health Sites

[Pet Herbal Info Blog](#)

[The Natural Beat Blog](#)

[PetAlive Natural & Herbal Remedies for Pets](#)

[Native Remedies - Natural & Herbal Remedies](#)

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temporary means of coping that has long lasting and destructive consequences.

- **Get support from others.** Sometimes talking about your concerns can put them into perspective. Advice from others can also help you see your problems from a different angle and they may be able to offer solutions that you hadn't considered.
- **Manage your time.** Much stress can be avoided by planning ahead and not procrastinating. Make schedules so that you know what is important and do those things first. It is also important set aside enough quality time for loved ones.
- **Have a positive outlook.** Keep a sense of humor and don't stress yourself out by focusing on worst case scenarios. Create realistic expectations by acknowledging both your limits and you abilities.

## 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.

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,



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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 – 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. 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:**

**PureCalm**: Aids nervous system in stress resistance for balanced moods 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.

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feelings of well being.

PureCalm is a 100% safe, non-addictive herbal remedy that has been specially formulated by a Clinical Psychologist for adults and children.

PureCalm can be used to safely maintain harmony, health and systemic balance in the brain and nervous system, without harmful side effects and without sedatives. This remedy contains a selection of herbs known for their supportive function in maintaining brain.

PureCalm can especially benefit those individuals needing support overcoming worry, managing [stress](#) and to promote inner calm related to certain situations.

[Natural stress relief](#) products such as PureCalm can be used consistently, without side effects or compromising health.

[Learn more about PureCalm](#)

**[MindSoothe](#)**: Promote balanced mood and feelings of wellbeing.

MindSoothe is a 100% safe, non-addictive, natural herbal remedy that has been especially formulated by a Clinical Psychologist for adults and teens, and comes in a compact capsule form, making it easy to take.

MindSoothe can be used to safely maintain emotional health, balanced mood, [emotional wellness](#) and systemic harmony in the brain and [nervous system](#), without harmful side effects.

This remedy contains a selection of herbs known for their calming and supportive function in maintaining brain and nervous system health, emotional balance and overall wellbeing.

[Learn more about MindSoothe](#)

**[Nerve Tonic](#)**: Promotes nervous system health, maintains balanced mood and worry free mind.

Triple Complex Nerve Tonic is a combination of three, cell-supporting tissue salts, especially selected for their effect on brain and nervous system health. This combination of tissue salts can be used regularly in a general capacity to **promote systemic balance in the brain**, spinal cord and the entire nervous system, as well as in conjunction with other remedies to maintain therapeutic effectiveness.

Tissue Salts, also called cell salts or biochemic salts, are composed of **minerals that occur naturally at a cellular level in our bodies** and all organic matter on earth (plants, rocks and soil).

There have been **twelve essential tissue salts** identified as important components of all body cells and without which, true health is not possible. Each tissue salt plays a different, yet vital role in maintaining cellular health in the organs and **nervous systems** of the body.

Ensuring the healthy functioning of all brain and nervous system cells enhances the bio-availability of supplements, remedies and even nutrients in your diet. It



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also lessens the chance of a **nervous breakdown**. **Treating panic disorder** in people who suffer a **nervous breakdown** usually involves therapy. The doctor **treating panic disorder** will monitor the symptoms carefully to establish a treatment plan that aims to restore the health of the **nervous system**.

And, because our tissue salts are naturally occurring in the body and manufactured to ensure safe, yet optimum potency, they are safe to use for all ages, as well as during pregnancy.

[Learn more about Nerve Tonic](#)

**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](#)

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

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