Natural Help 4...
Bipolar Disorder

What is Bipolar Disorder?

It is normal to experience ups-and-downs, good days and bad days and the occasional *I should never have gotten out of bed* day, but as a general rule it is important to retain an inner calm or a middle ground to which we always return.

However, individuals with Bipolar disorder **experience extreme fluctuations of mood.** They tend to lose their inner balance, finding themselves at the far ends of the emotional spectrum.

They may even find themselves **alternating between periods of exuberant elation** or mania, when anything seems possible, **and periods of deep despairing depression** that leaves them in bed for weeks and unable to function in their day-to-day lives.

Symptoms of Bipolar disorder (sometimes referred to as manic depression) differ greatly between individuals. Some may enter a state of hypomania which is a milder form of mania, while others may have full blown manic episodes.

These episodes often involve elaborate ideas, an **elevated state of happiness and wild plans**. For example, a person having a manic episode may max out three credit cards and start tearing down walls with the idea of building themselves a mansion.

At the time, these irrational ideas seem absolutely possible and will lead to great success and fortune. People with Bipolar disorder (manic phase) may have a contagious optimism where life is limitless and so is their energy.

Some individuals with Bipolar disorder may experience mixed states where the symptoms take the form of great restlessness, agitation and even rage. But what goes up must come down and, as a result, these **manic states are often followed by periods of deep depression** as the individual comes down from their *high*.

Diagnosing Bipolar Disorder

When making an appointment with a health care practitioner, it is advisable to arrange for a close friend or family member to accompany you to the appointment. They will be able to help you **provide a clearer picture of your symptoms and how they are affecting your daily life**, as well as the lives of people closest to you.

A medical check may be necessary to ensure that the symptoms are not caused by

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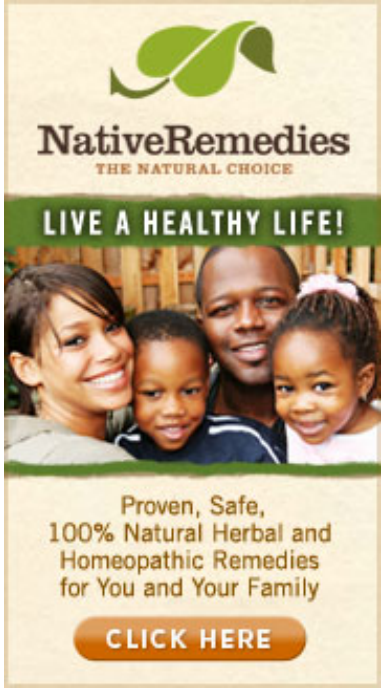
Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.

thyroid problems or the affects of certain drugs in your system. If Bipolar disorder is confirmed, remember to ask your doctor about ALL possible treatment options, their long-term effectiveness and any potential side effects.



Who Suffers from Bipolar Disorder?

Bipolar Disorder affects men and woman equally with the average age of onset being between 18 and 22 (although some cases do begin in childhood). Ranging from a severely debilitating medical condition, to a mildly disruptive ailment, the prognosis of Bipolar depends on the severity of the symptoms.

However, with the appropriate treatment, the prognosis is often good. While there is no quick-fix cure, many treatment options are available to help manage the disorder, and it may be possible to lead a normal life free of the disruptions of manic and depressive episodes.

Symptoms of Bipolar Disorder

Bipolar Disorder symptoms include alternating patterns of emotional lows (depression) and emotional highs (mania). **Bipolar Disorder symptoms** vary between individuals, as do the patterns of mood swings and cycles.

While one person may be in an elated mood for half the day, and become depressed within an hour (rapid cycling), others may experience manic episodes for days or weeks on end, before slipping into a deeply depressed state for months (slow cycling).

It is also common for some individuals experiencing **Bipolar Disorder symptoms** to have long periods of normal emotion and only the occasional depressive and manic episode.

Manic symptoms may include:

- Increased energy, activity and restlessness
- Decreased need for sleep
- Feeling a sense of euphoria or being in an excessively good mood
- Talking fast and jumping between ideas so that conversation may be difficult to follow
- Agitation, irritability or rage
- Easily distracted and lack of concentration
- Feelings of grandeur or unrealistic beliefs about one's own abilities
- Substance abuse
- Irrational, spontaneous behavior and recklessness
- Poor judgment
- Failure to recognize that there is a problem
- Exaggerated optimism and heightened self-esteem
- Increased sex drive
- Excessive spending

Depression symptoms may include:

- Depressed mood
- Loss of pleasure or interest in previously enjoyed activities

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.

- Change in appetite or unintentional weight loss or gain
- Sleep disturbances; difficulty falling or staying asleep (insomnia) or sleeping too much (hypersomnia)
- Difficulty thinking and concentrating
- Difficulty making decisions
- Fatigue or loss of energy
- Feeling physically slow, agitated, or restless to the degree that others begin to notice
- Physical complaints such as headaches and stomach aches
- Low self-esteem, feeling worthless or excessively guilty
- Low libido or diminished interest in sex
- Suicidal thoughts or intent, or continuous thoughts of death and self-harm

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What Causes Bipolar Disorder?

The **cause of Bipolar disorder is not yet fully understood**. The neurotransmitters that regulate mood, such as serotonin, seem to be out of balance and brain functioning differs in individuals with the disorder. Studies have shown that this phenomenon runs in families, which suggests a strong genetic component.

More than two-thirds of individuals with Bipolar disorder have at least one relative who have suffered either from the same condition or major depression. Other theories suggest that manic states could be triggered by drug abuse, sleep deprivation and stressful life events.

Help for Bipolar Disorder

One of the biggest difficulties with Bipolar disorder is that those suffering from the disorder are often **unaware of the severity and disruption caused by their alternating mood states.** In the throws of a manic episode, the individual is usually convinced that there is absolutely nothing abnormal about his or her behavior, and may even assert that they have never felt better.

For this reason, it is often family, friends or health care practitioners who notice that there is a serious problem and suggest professional help. **Left untreated, the effects of Bipolar disorder can be very disruptive and even fatal.**

People in manic states have often taken huge irrational risks that could have serious consequences such as bankruptcy, car accidents, losing a job or unintentionally harming themselves or others.

Depressive states are equally dangerous and suicide rates are extremely high in this disorder. If you notice these symptoms in yourself or others, it is advisable to seek or encourage professional help.

Treatment Options for Bipolar Disorder

Drug Treatments

Ask Our Experts a Product Question

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

Pet Herbal Info Blog

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Prescription medication is often the first line of **Bipolar Disorder treatment** once it is diagnosed. The most commonly prescribed drugs are:

- Lithium (Lithobid)
- Anti-seizure medications such as valproic acid (Depakene) or topiramate (Topamax)
- Mood regulators such as lamotrigine (Lamictal)
- Anti-psychotics such as rispiridone (Risperdal) or olanzapine (Zyprexa)
- Anti-depressants such as fluroxetine (Prozac) or quetiapine (Seroquel). However, there is some controversy regarding whether antidepressants should be prescribed for Bipolar Disorder as they have the potential to trigger manic episodes.

All of these medications have various side-effects, some of which can be quite serious. For example, some anti-psychotic drugs increase the risk of high blood pressure, diabetes, and obesity. Ensure that you research all the options and are aware of all the side-effects and precautions of taking any prescribed medication before making a decision. Remember not to discontinue any prescription medication for Bipolar Disorder without first consulting your doctor.

Psychotherapy

Anothet extremely useful **Bipolar Disorder treatment** is Psychotherapy. This form of therapycan be extremely useful in helping you manage your Bipolar Disorder. Your psychologist may help you uncover the triggers of your bipolar episodes such as high stress or too little sleep, or may assist you in changing certain behaviors during manic or depressive states.

Electroconvulsive Therapy (ECT)

Some doctors may recomend ECT as a part of **Bipolar Disorder treatment**. This controversial treatment has been used with an 80% success rate in temporarily relieving the symptoms of bipolar and major depression. The procedure involves the administering of a muscle relaxant and short-acting anesthetic followed by a small shock of electricity sent to the brain which causes a generalized seizure that lasts for about 40 seconds. ECT is often considered useful for those individuals that fail to respond to drug treatments or are unable to use the medication prescribed, such as pregnant woman, those that suffer adverse drug side-effects, or individuals that need immediate relief from symptoms. While the response rate to ECT is usually very fast, most studies show that it only has a short-term effect and should only be used for immediate relief from a severe bipolar episode. As with other treatment options, it is important to research all the precautions and possible side-effects of ECT. Memory loss has been implicated as a serious side-effect and has made ECT a controversial issue.

Natural Herbal and Homeopathic Remedies

Should you wish to pursue a more natural approach to treatment there are various options that should be explored. Because Bipolar Disorder generally requires conventional drug treatment, caution should be exercised when combining the two as there are certain **natural remedies for bipolar disorder** which may be incompatible with the psychiatric drugs.

Six Good Reasons to choose Native Remedies as your trusted suppliers of

- **Natural remedies for bipolar disorder** should feature **calming herbs** which are generally safe to use along with psychiatric drugs for Bipolar Disorder include Passiflora incarnata and Lavender. **Biochemic Tissue Salts** such as Natrium sulphate, Kalium phosphate and Natrium phosphate can also be used as **natural remedies for bipolar disorder** since they have a calming and restorative effect on the nervous system and help to balance mood and prevent mood swings. **Homeopathic remedies** such as Tarentula and Hyoscyamus can also be very helpful and may safely be used together with psychiatric medication without adverse effect.

Consult a doctor, homeopath or naturopath for advice, especially when other chronic medications are also in use.

Other Conditions Related to Bipolar Disorder

Bipolar Disorder is related to other disorders or problems such as:

- Anxiety disorders
- Substance abuse
- Depression
- High suicide rates

Tips for Coping with Bipolar Disorder

- **Stick to your treatment plan!** It is a common mistake for people suffering from Bipolar to stop their treatment when they begin to feel better. This often results in relapse.
- **Avoid the use of alcohol and illicit or stimulant drugs.** These sometimes trigger manic or depressive episodes. If you have a substance abuse problem, get immediate treatment - until that is dealt with, you will be less likely to stick to your treatment plan.
- **Pay attention to your warning signs and patterns of mood changes.** Keep a diary so that you begin to notice the patterns and triggers of your episodes. Involve family members and friends in watching out for these warning signs. If the signs suggest a pending episode, contact your doctor.
- **Always consult a doctor** before discontinuing or taking any new medications.
- **Consider a support group or counseling** with a licensed counselor. This may help you manage your disorder and deal with stress or other problems such as relationship difficulties.
- **Get enough sleep!** While most people can skip a few hours of sleep here and there with little consequence, loss of sleep has been shown to be a major trigger of bipolar episodes.
- **Have an emergency plan!** Ensure that you have details about your condition, important contact numbers such as doctor, employer, spouse and the names of any prescription medication you may be taking on you at all times. It may be important to appoint a back-up person that can handle all the necessary responsibilities such as fetching kids from school or feeding the pets in case of emergency.
- **Have financial limits in place.** Because spending-sprees are a common occurrence during manic states, you should set up precautionary measures. Do not keep a checkbook, and have strict limits put on any credit or debit

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.

cards. Have the bank notify a spouse or close family member if an excessive amount has been drawn or spent on any card.

- **Get immediate help** if you have any suicidal thoughts!
- People with Bipolar Disorder often have excellent social skills, creative personalities, great reserves of energy and many other strengths. Speak to family members or your therapist to explore ways in which you can constructively use these qualities in a realistic and positive way without going *overboard*.

Coping Tips for Family and Friends

- **Try not to tip toe around your loved one** wondering how you can help. Rather sit down and talk during a calm moment to discuss constructive ways of helping without being too intrusive or over-bearing. Discuss in-case-of-emergency situations and get permission to notify relevant people should one arise.
- **Take note of early warning signs and mood patterns** so that you can learn to predict future episodes and help curb them.
- **Learn all you can about Bipolar Disorder.** The more you understand the illness, the more prepared you'll be to help and cope.
- **Make a record of things** that help and things that don't.
- **Plan ahead** so that you know what to do in case of an emergency. Discuss limiting financial access or suggest that someone else be appointed 'decision-maker' over important matters during a manic or depressive episode. Agree beforehand on certain limits and boundaries to be set in place.
- **Try not to blame your loved one** for the illness. Be patient with the recovery process and offer unconditional love and support. While this does not make uncalled-for behavior acceptable, try not to take it personally.
- **Set your limits.** You need to take care of yourself and understand that sometimes your needs take priority. Do not become a slave to your loved one's disorder.
- If someone close to you suffers from Bipolar Disorder and this places great stress on you, **seek supportive counseling** for yourself and work out ways to take time out, relax and manage your stress effectively. It will not help your loved one if you wear yourself out to the point of collapse!

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

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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 – 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.

In the treatment of depression, the following herbal and homeopathic remedies are often used as part of the treatment plan.

Related Natural Remedies:

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

PureCalm: Aids nervous system in stress resistance for balanced moods and**m:** 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 been 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

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 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

Calm Within CD: Improve relaxation, support balanced emotions and stress levels.

The Calm Within CD is composed by our Clinical Psychologist to promote good physical and emotional health using a specially developed therapeutic sound techniques and soothing music.

A combination of therapeutic script and natures soothing sounds induce a state of deep relaxation, effectively relieving tension and supporting the body's natural ability to heal. In therapy with music that heals anxiety and depression such as natures soothing sounds the listener is taken through a series of progressive relaxation steps, leading to a state of deep relaxation. Thereafter guided imagery is used to further enhance and expand therapeutic benefits.

Learn more about the Calm Within CD

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