

# Natural Help 4...

# Concentration



## What are Concentration Problems?

Concentration is one of the **most powerful mental tools** - and yet, so few people actually know how to use it to its full potential.

Essentially, concentration is **the ability to focus and maintain attention on a task at hand**, while blocking out other distracting or unrelated stimuli. This includes insignificant sounds, visual input, and most importantly, wandering or irrelevant thoughts.

When concentration is at optimal levels, **workflow is easier**, more **readily remembered**, takes **less time**, and made with **fewer mistakes**.

## Diagnosing Concentration Problems

Generally, a good movie or a great novel is interesting, packed with visual and audio stimuli (which often drowns out surrounding sights and sounds), and requires little effort or skill to pay close attention.

Oftentimes, it is **difficult to focus attention** when the material is uninteresting or complex, when there is some physical discomfort or an emotional distraction like sadness or irritability, or when there are auditory or visual distractions.

A person's **sustainable level of concentration** is dependent on a combination of the following factors:

- Dedication or commitment to the task at hand
- Interest in the task
- Skill and ability to perform the task
- A content emotional and physical state
- An appropriate environment with few distractions

Once these factors are carefully balanced, it becomes easier for the mind to **focus its attention on a select few stimuli** and block out unwanted or irrelevant thoughts.

While this process may not last very long at first, it can be possible to improve concentration problems. With practice and focusing techniques, concentration (like any other skill) can be enhanced.

**Child concentration problems** may also be **early signs of learning disorders or disabilities**, and if persistent or distracting from daily functioning, should be evaluated by a healthcare professional.

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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.

# What Causes Concentration Problems?

It is important to **understand the difficulties that prevent concentration** before we attempt to improve it.

Each individual is different; some things may hinder one person's ability to concentrate but not bother another. Nonetheless, **concentration can be seriously reduced by the wide variety of distractions** caused by both internal and external sources.

## Internal Causes of Concentration Problems

### Physical Factors:

- Exhaustion
- Irregular sleep patterns
- Unbalanced diet and hunger
- Lack of exercise
- Stress
- Medications
- Alcohol or drug abuse

*Medical conditions such as physical illness, anxiety, depression, ADD/HD, bipolar disorder and learning disorders such as dyslexia can also affect concentration.*

### Psychological Factors:

- Boredom
- Daydreaming
- Overload
- Fear
- Guilt
- Mental burnout
- Avoidance
- Intimidation
- Lack of motivation

## External Causes of Concentration Problems

### Environmental Factors:

- Noise
- Television
- Telephone, internet, and email
- Poor lighting
- Temperature
- Visual stimulation
- Pollutants
- Activity



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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.

## Personal Factors:

- Personal issues and interruption from other people such as family, spouse, friends, or colleagues

## Help for Concentration Problems

Conventional prescription medications are often used to [improve concentration](#) in adults and children.

While there is a place for prescription medication in certain cases of hyperactivity, **careful consideration and caution should be taken** regarding possible side effects.

There are also **alternative treatment options** available for treating adults with hyperactivity. Making simple changes in diet, sleep, exercise, and routine can help. Even incorporating relaxation therapies like guided imagery, meditation techniques, and yoga can be beneficial.

There are also many **herbal and homeopathic remedies** which can help [maintain focus](#), harmony, health, and systemic balance in the [brain](#) and nervous system-- without side effects or sedation. These products are **known for their supportive function** in maintaining brain, nervous system and circulatory health, and well-being.

## Tips to Improve Concentration While Studying

The following tips can help [improve concentration](#) and mental [focus](#):

- Find a work area that is conducive to studying – well-lit, quiet, and comfortable.
- Set reachable goals by sticking to a routine study schedule.
- [Focus](#) on your objective and accomplish a set number of tasks per session.
- Be organized and create checklists.
- Create incentives to complete tasks.
- Change your study routine now and again by focusing on a different study task to break the monotony.
- Take regular breaks, even if it is just to stretch for five minutes. This will improve and [maintain concentration](#).
- Reward yourself once you have completed studying and exams are over by going away on vacation, celebrating with friends, or having a massage.
- If you are a parent, learn to recognize any [child concentration problems](#), and provide the necessary support.

## The Relationship Between Concentration & Fitness

**Staying physically fit is an important component** in overcoming [concentration problems](#). Fitness levels significantly impacts one's ability to concentrate, [maintain attention span](#), and study.

When the body is in top physical shape, mental performance will be even better.

## 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](#)

[The Natural Beat Blog](#)

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

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

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## Follow these useful tips:

- Eat a healthy, balanced diet.
- Eat small meals throughout the day, and avoid heavy meals that can cause sluggishness before studying.
- Include vitamin supplements into your diet.
- Drink plenty of water while studying and when you are feeling lethargic.
- Limit your caffeine and sugar intake, as they increase anxiety.
- Regular exercise not only improves your concentration but increases energy levels.
- Sufficient rest, regular sleeping patterns, and relaxation are necessary for memory and concentration.
- Check medications for side effects.
- To improve concentration and memory, herbal and homeopathic natural remedies such as Centella asiatica can help to support mental focus.

## 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



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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**. 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.

## **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](#).

## Related Natural Remedies:

**Focus Formula**: Helps maintain optimal mental focus, concentration, attention span and memory function.

Focus Formula is a 100% safe, non-addictive, natural, herbal remedy. Formulated by a Clinical Psychologist for both children and adults, Focus Formula has been used for many years to **safely maintain health and systemic balance** in the [brain](#) and nervous system.

Focus Formula contains a selection of herbs known for their supportive function in **maintaining brain, nervous system and circulatory health, and well-being**.

The formula remains true to the full spectrum method of herbal extraction, ensuring the bio-availability and balance of all the active ingredients contained in the remedy.

This method of manufacturing also significantly **reduces the likelihood of side effects** and ensures that all active ingredients are in perfect balance - exactly as nature intended.

Focus Formula can make all the difference, without the risk of sedation, compromising health or serious side effects. In combination with a healthy lifestyle and diet, Focus Formula supports the healthy functioning of the brain and nervous system, helping to **maintain motivation, concentration and memory, and optimum performance**.

[Learn more about Focus Formula](#)

**Focus ADDult**: Promotes concentration, focus and attention span in adults.

Focus ADDult is a 100% safe, non-addictive, natural herbal remedy and is formulated by a clinical psychologist specifically for teenagers and adults.

Focus ADDult has been used for many years to **safely maintain and enhance brain function and systemic balance**, without side effects or sedation associated with other adult memory products.

Focus ADDult contains a selection of herbs known for their supportive function in **maintaining brain, nervous system, circulatory health, and overall well-being**.

The formula remains true to the full spectrum method of herbal extraction, ensuring the bioavailability and balance of all the active ingredients contained in the remedy.

This method of manufacturing also **significantly reduces the likelihood of side effects** and ensures that all active ingredients are in perfect balance - exactly as nature intended.



**Read more about the Native Remedies Full Spectrum Approach™**

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Focus ADDult can make all the difference, without the risk of sedation, compromising health or serious side effects commonly associated with prescription-strength adult memory products. In combination with a healthy lifestyle and diet, Focus ADDult supports the healthy functioning of the brain and nervous system, helping to **maintain motivation, concentration, memory, and optimum performance.**

[Learn more about Focus ADDult](#)

**BrainTonic:** Aids in cognitive processes including concentration, memory and attentiveness.

Triple Complex Brain Tonic is a combination of three cellular-supporting biochemic tissue salts selected for their effect on brain and nervous system health.

This combination of tissue salts can be used regularly to promote **systemic balance in the brain and 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. Without these components, true health is not possible. Each tissue salt plays a different yet vital role in **maintaining cellular health in the organs and systems** of the body.

Ensuring the healthy functioning of all brain and nervous system cells **enhances the bioavailability of supplements, remedies, and even nutrients** in your diet.

Brain Tonic **maximizes all health efforts of the brain**, in addition to herbs and vitamins that promote mental focus in diet alone. 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 Brain Tonic](#)

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

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