Natural Help 4...

Fear

What is Fear?

Emotions play an important part in our daily lives. Fear is one such emotion that is pre-programmed into all animals and people as an **instinctual response to potential danger**.

As for what is fear biologically speaking, when a person experiences fear, certain areas in their brain such as the amygdala and the hypothalamus are immediately activated and appear to control the first physical response to fear. Chemicals such as **adrenaline and the stress hormone cortisol are released into the blood stream** causing certain physical reactions such as:

- Rapid heart rate
- Increased blood pressure
- Tightening of muscles
- Sharpened or redirected senses
- Dilation of the pupils (to let in more light)
- Increased sweating

People who have experienced this will often remember the moment when disaster stuck and how time seemed to slow down. They knew exactly what to do without consciously thinking about it, they had great strength (some have even been able to lift a car to save their trapped child) and they felt no pain. **All these are protective mechanisms** to increase our chances of survival.

There are numerous causes of fear. Some are better known than others such as fear of flying or Aviophobia, fear of spyders-Arachnephobia, and fear of confined spaces-Claustrophobia. Others types of fear not so well known are fear of mirrors-Catoptrophobia, and fear of hair-Chaetophobia. Fear of being tickled by feathers-Pteronophobia, and Papyrophobia or fear of paper are yet other not so well known causes of fear. Still new causes of fear are being diagnosed.

Diagnosing Fear

What is fear? Fear is not always adaptive. A small amount of fear before an important speech serves a purpose – it encourages you to focus on your topic and avoid making a fool of yourself. This is one of the **types of** fear that can be useful to sharpen our minds. However, **some types of** fear **that are excessive can become crippling**, or even make you feel like escaping when it is not appropriate to do so.

When fear gets out of control, or when we fear something that cannot actually harm us, it can escalate to a point where **it effects our daily functioning**. Fear

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is no longer adaptive if we find we are constantly afraid of events that haven't happened yet.

Future-orientated fear is known as anxiety. While fear happens at the moment danger arises, anxiety is characterized by apprehension because we don't know what's going to happen next, and we cannot control upcoming events.

Experiencing an alarm response when there is in fact nothing to be afraid of is known as panic. Many people are familiar with this type of fear and it is often (although not always) accompanied by a phobia.

Panic is an immediate physical response to unrealistic and irrational fears. This can have a huge affect on both your emotional and physical well-being – as well as your ability to reach your full potential.

What Causes Fear?

While it is important to be aware of potential and real threats, it is just as important to react appropriately to them. For most of us, our initial startle response subsides as soon as we realize that there is no actual threat or danger.

However, this is not always the case. **There are many people for whom fear becomes maladaptive**, as they struggle with anxiety, phobias and panic attacks. Children are also at risk of overactive fear, as they are not always able to rationalize fears that are unrealistic or unfounded.

What is fear like for children? Children experiencing fears and phobias feel very real threats and parents often have difficulty consoling or reassuring their child that there is actually nothing to fear. **Childhood anxiety can have a negative impact on their healthy development** and may predispose them to problems in later life.

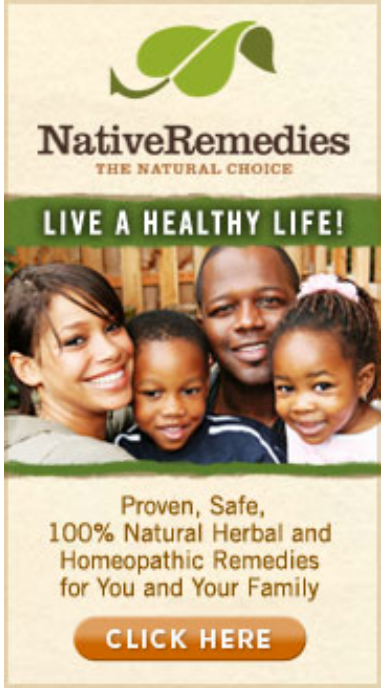
Help for Fear

There are a number of natural herbal and homeopathic remedies that can help with overcoming fears. Fear becomes a problem that needs to be addressed when it turns into anxiety, panic or phobias.

Herbs such as Melissa Officinalis, Lavandula Augustifolia, Chamomile and Passiflora Incarnata are just a few examples of a natural approach to overcoming fears by reducing stress, **calming the nervous system and relaxing a fearful mind**. Many natural remedies for fear and anxiety combine a number of calming herbs to achieve the best results for overcoming fears and addressing all the different symptoms of a panicked response.

Helpful Tips for when Fear Strikes

- After a shock or a near miss your body uses large amounts of glucose in your blood to prepare for the flight and fight response. After a shock or trauma, it is a good idea to drink something sweet (like a glass of sugar water) to quickly replenish blood sugar levels.



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.

- If you feel that fear is getting the better of you, take a moment to pause. Close your eyes, take deep slow breaths and focus your attention on the sound of your breathing.
- Try not to let your mind get carried away with negative thoughts. Keep focused and concentrate on the “now”. By living in the moment, you will meet the need in front of you as it arises without getting caught up in the “what-ifs” and “should-haves”.
- Put your fears into perspective. Fear can sometimes take over all rational thought. Take a second (even if it’s after the feared event) and logically think of what you were afraid of. Ask yourself: “What was the realistic threat?” and “What is the rational way of dealing with such a threat?”.
- Learn to let it go. Sometimes after something scares us, we feel the effects long after the event has occurred. Our minds tend to hold on to negative feelings, self-criticisms and apprehension. Try letting it all go once the threat has passed and talk out your feelings with someone you trust or a therapist (this is also called "debriefing"). Meditation and yoga are two other useful ways of putting negative thoughts and emotions to rest.
- Try not to avoid the objects or situations that induce irrational, non-dangerous fear. Instead face them little by little in ‘bite size’ chunks – thereby allowing yourself to slowly gain confidence and overcome the fear.

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,

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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 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.

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

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 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

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).

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.

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

Read the testimonials for these quality products here!

Read more about the Native Remedies Full Spectrum Approach™

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