

Natural Help 4...

Acrophobia



What is Acrophobia?

Acrophobia is described as an extreme, paralyzing fear of heights. This is one of the most common phobias which cause an **intense, irrational fear** of objects or situations. Most people may generally feel a bit apprehensive when looking down from a very steep cliff – this is considered a natural even appropriate feeling.

However, when you experience panic attacks, rapid breathing, nausea and dizziness or vertigo **when walking onto a balcony, going up a flight of stairs, standing on a ladder** or driving over a bridge, your fear has now become an irrational obsession. **Acrophobia** can have a negative impact on your life, limiting career opportunities as well as affecting simple day-to-day situations such as helping your child out of a tree, making holiday choices or changing a light bulb.

What Causes Acrophobia?

Acrophobia may occur as a result of a traumatic experience from your past, or a normal fear of falling that causes injury or death. When the fear becomes so extreme that it turns into a phobia, the **unconscious mind uses acrophobia to protect the body from fearful situations**. In other words, the situation is perceived far more dangerous than it actually is and the body reacts with a fight or flight response.

Diagnosing Acrophobia

The common symptoms and [signs of acrophobia](#) include:

- Shortness of breath or rapid breathing
- Heart palpitations or irregular heartbeat
- Sweating
- Dizziness
- Nausea
- Trembling and shaking
- Feeling faint
- Feelings of panic and dread

Help for Acrophobia

Various treatment options are available to treat anxiety disorders and phobias. **Acrophobia** is most commonly treated with a range of therapies such as cognitive behavior therapy which includes desensitization and flooding. These therapies exposes the person to staged situations involving high places and slowly helps him or her to **develop coping skills, increases confidence** and change thought

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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.

patterns to manage fear and anxiety.

Certain anti-anxiety medications such as anti-depressants and tranquilizers may be prescribed to control physical symptoms but will not solve the underlying problem and may come with added side effects. In addition, hypnotherapy, **guided mental imagery or muscle relaxation training** may be used to complement other treatment approaches.

Natural remedies

Herbal and homeopathic remedies can offer effective **relief for the symptoms associated with acrophobia** without the risk of side effects. These remedies are a natural alternative that are safe and gentle to use within the body.

A combination of herbs such as *Melissa officinalis* (Lemon Balm), *Lavandula augustifolia* (Lavender) and *Passiflora incarnata* (Passion Flower) helps to **soothe nerves and maintain a positive outlook**. Carefully selected homeopathic ingredients such as *Cocculus indicus*, *Lobelia inflata*, *Gelsemium* and *Bryonia alba* can help to relieve dizziness, nausea, disorientation and sweating – often associated with panic attacks.

More Information on Acrophobia

There are several ways to cope effectively with acrophobia and these include:

- Try to figure out why you are afraid of heights so that you can find a solution
- Face your fear by exposing yourself to heights gradually – start slowly and when you are ready by looking down from a balcony or out of the window of a tall building. Later you can progress to see-through elevators and other experiences
- Practice relaxation techniques such as deep breathing exercises, yoga or meditation to relieve stress and anxiety that may trigger symptoms
- Control symptoms by listening to soothing music, with gentle stretching, aromatherapy or massage to alleviate the physical symptoms associated with this phobia
- Think positively when you find yourself in a situation that causes panic – repeat affirmations such as “I can do this”.
- Avoid situations that may cause panic and fear of heights – keep in mind that this is not always realistic and unexpected incidents do occur that may force you to face your fear
- Allow family and friends to support and encourage you while you are trying to overcome your fear of heights

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.



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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.

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, 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

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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:

Verti-Free: Homeopathic remedy temporarily supports inner ear balance, relieves dizziness & nausea

VertiFree is a safe, non-addictive, FDA-registered natural herbal remedy containing *100% homeopathic ingredients* especially selected to temporarily relieve dizziness & nausea and improve inner ear balance.

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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.

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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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