

Natural Help 4...

Addiction



What is Addiction?

Addiction is defined as a state in which the body relies on a substance or activity for normal functioning and **develops a physical dependence** on that substance or a psychological dependence on that activity. It is generally accepted that addiction is a state of disease, however not all doctors agree on the exact nature of the addiction or dependency. Certain mood disorders and anxiety orders can also overlap into addiction.

When the substance or activity that the individual is dependent upon is removed or stopped it causes a **withdrawal, resulting in both physical and/or psychological symptoms**. The individual uses an addictive substance or activity as a way to induce pleasure initially, but with continued use the goal becomes relieving the anxiety caused by the absence of a given addictive substance. This sets up the cycle of compulsive behavior.

Types of addictions

Common addictions include:

Substance addictions:

- Smoking
- Drug addiction (includes dependence on medication)
- Caffeine addiction
- Alcoholism
- Food addiction (behavior may become an impulsive 'addiction' in the case of eating disorders)

Activity addictions:

- Gambling
- Computer addiction
- Shopping addiction
- Sex addiction
- Exercise
- Self-harm
- Work addiction
- Stealing

What Causes Addiction?

Addiction may be caused by many factors – such as the speed at which a person

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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.

becomes addicted, and this can be due to an individual's genetic and psychological make up. **Psychological dependency is a dependency of the mind**, and leads to psychological withdrawal symptoms (such as food cravings, irritability and mood swings, insomnia, depression, anorexia, shaking). While in the grip of an [addiction](#), a person may show signs of low self-esteem, anxiety, verbal hostility, anger, poor personal constructs, fear of crowds or social phobia, undesirable or inappropriate behavior. The reward of pleasure or comfort when an 'addict' gets his or her 'fix' sets up a pattern in the brain where ultimately the brain cannot send 'stop' signals effectively.

The nervous system in a healthy individual strives to remain balanced – yet during [substance abuse](#) or the **constant seeking of the 'thrill' of an addiction**, the nervous system elevates the levels of dopamine (a feel good chemical in the brain) that then lessens the number of dopamine receptors in the brain.

This means the brain is less able to respond to chemical signaling and the brain's reward pathways are dulled. This **inability to feel pleasure is often observed** with addicts – which causes the individual to push the limits – more alcohol, more drugs – a higher bungee jump – to get the same levels of dopamine, and the same 'high'.

As the withdrawal symptoms of a substance addiction can be very dangerous, even fatal, it is always advised to seek proper counseling and support from a medical professional. It is not advised that cessation of a serious substance addiction be attempted on one's own.

Help for Addictions

Drug detox is a very difficult process – one that very few people are able to do successfully. An [addiction](#) is usually a life-long battle – but a battle that **can** be fought effectively with the right tools.


Natural Remedies

For centuries, traditional healers have held the key to supporting the brain and the nervous system in times of crisis. Herbal ingredients have been investigated in clinical trials and have been shown to **help support the process of breaking an addiction** and supporting the body during the withdrawal process.

Avena sativa has been shown in studies to support the soothing of the nervous system, possibly by balancing levels of brain chemicals. Hypericum perforatum (St. John's Wort) is a natural remedy shown in clinical trials to be effective in supporting the health of the brain and maintaining serotonin levels within healthy limits to **support balanced mood and feelings of well-being**. Best of all, natural herbal and homeopathic remedies from a reliable source, have no side effects – meaning they are non addictive.


Tips related to addiction

Support is key: [Quitting an addiction](#) is hard enough – so try to have as many positive people in your life to support your decision. Tell ALL the people you know that you are dedicated to quitting, and ask for their support – you'll be surprised how many people are willing to be there for you.



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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.

Give yourself an incentive: If your [addiction](#) is pleasure-related, try to get the same positive feeling from a healthier source – try pampering yourself, laughing with a friend, looking through an old photo album, or simply watching a beautiful sunset and marveling at the gift of life itself. Try not to reward yourself with material things, as this could set up another addiction.

Utilize professional care and a support network: If you are addicted to alcohol, to smoking, or if you have a [drug addiction](#), it is especially important to have a doctor who is trained in your [addiction](#) to monitor your health and progress during your withdrawal. A support group specialized to your [addiction](#) is highly recommended – as well as a counselor trained in your specific addiction.

Reduce stress: Although you may not realize it – your [addiction](#) has ‘trained’ you to rely on stress-relieving chemicals to be released in your brain. You will need to try and replace this feeling with a healthy stress-relieving activity. Get a weekly massage, take a hot shower, or even scream into a pillow to vent frustration – but choose something that cannot do harm.

Exercise!: Depending on the [addiction](#) you are trying to overcome, check with your doctor as to what types of exercise he thinks is adequate and appropriate for you. Exercise will perform two functions: help to get you healthy and provide a great way to reduce stress.

Stay away from ‘triggers’: Relapse is a constant concern for any recovering addict – relapse can often be triggered by memories or surroundings that remind the user of the addiction or the feelings it aroused. Be sure to break the habits as well as the [addiction](#) – if you are more likely to drink in a bar – stop going to bars and drinking lounges, if you used to smoke while chatting on the phone – try chewing gum instead. Sometimes triggers can even be people – so cut ties with those who you associate with the [addiction](#) – if they are real friends they will understand, and be there for you when you recover.

Quit for YOU: Don’t quit your [addiction](#) for your boyfriend/girlfriend, family or friends. QUIT FOR YOU. It takes enormous courage strength and willpower to kick an [addiction](#). If you do it for others the chance of relapse is high. Once you are through the worst, you will find it will always be a daily choice to remain ‘clean’ or sober. But you will be in control to make a choice, instead of the drug or [addiction](#) controlling you – which is no way to live. It takes guts, but you can do it.

Drug Addiction Helpline – Call 1-877-748-3971

National Drug Rehab Referral Alliance – Call Toll Free: 877-235-0400

24 hour Addiction helpline – 1-800-559-9503

Overeaters Anonymous – 505-891-2664 (USA)

Alcoholics Anonymous http://www.alcoholics-anonymous.org/en_find_meeting.cfm?PageID=29

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

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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, 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



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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 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](#)

Crave-Rx Drops: Helps maintain systemic and mood balance during and after nicotine withdrawal.

Six Good Reasons to choose Native Remedies as your trusted suppliers of 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](#).

A former smoker herself, our Clinical Psychologist Michele Carelse tried many times to stop smoking, and understands how difficult this can be. As a result, she **developed natural products to support the body** and maintain a sound balance of emotional, psychological and nervous system health.

Crave-Rx is one of three natural remedies formulated by Michele as part of the [Stop Smoking UltraPack](#). It may be used on its own or as part of the complete program, depending on individual need. However, **generally it is recommended for use along with the complete program** for best results and maximum support.

[Learn more about Crave-Rx Drops](#)

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](#)

Rx-Hale: Helps maintain balanced mood during the nicotine withdrawal program

Rx-Hale tablets are the **first step in preparing yourself physically and mentally to stop smoking**. Used for four weeks before you stop smoking and then throughout the process, Rx-Hale tablets will ensure that when the “Big Day” arrives - your first day without cigarettes - **you will feel confident and prepared!**

Especially formulated by our Clinical Psychologist Michele Carelse, Rx-Hale tablets contain selected natural ingredients to **promote health in the brain and nervous system**, helping to support well-being and emotional balance.

Rx-Hale tablets contain a unique combination of herbal and mineral ingredients to **support the health of the brain and nervous system**, maintaining serotonin levels within healthy limits. This means that you will feel a sense of well-being and confidence before you even start!

Taken during the month before you stop smoking and continued for a few months until the worst is over, Rx-Hale Tablets **ensure that your efforts to stop smoking are fully supported** by a healthy brain, feelings of well-being and the maintenance of stable sugar levels within the normal range - making sure that you begin – and successfully end - feeling strong and ready to face the challenges ahead of you!



[Read more about the Native Remedies Full Spectrum Approach™](#)

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[Learn more about Rx-Hale](#)

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

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