

Natural Help 4...

Aging



What is Aging?

Most will agree that not growing older is often a secretly held wish! The allure of remaining young and holding on to our looks and physique is a major factor in marketing and media all around us. Yet from the time we are born, we are growing constantly and getting older. **During aging cells lose their ability to divide**, which can also weaken the immune system.

Aging symptoms are prolific throughout the stages of life and include puberty, menstruation, genital development, through to menopause, sexual dysfunction such as low sex drive or impotence, hair loss, eye problems and hearing loss. Conventional treatment for **aging** may include drastic measures such as plastic surgery, which comes with many risks – as well as controversial injections of growth hormone – the long term effects of which are not known.

What Causes Aging?

Aging is a rather mysterious process – and no definitive cause has been found – it seems to be **a collection of factors within the body** working together. One thing we do know is that aging has strong genetic factors. This explains how some cultures seem to age relatively well compared to others.

Although we may not realize it, on a cellular level, oxidization occurs and ultimately leads to **aging**. Most scientists will agree that free radicals **often injure cells and lead to aging**. The chemical process behind **aging** can be likened to browning a cake in the oven – on a cellular level the ‘browning’ happens between glucose and proteins which causes damage in our genes.

Help for Aging

Natural Remedies

Fortunately Mother Nature has equipped us with the tools to help slow down the process! The way you age is greatly determined by the way you live, and the amount of care you give your body! Herbal and homeopathic remedies have been used for centuries to **nourish on a cellular level and promote vitality and vigor**. A number of natural ingredients have been studied for their ability to support organs in the body – and thus discourage age-related complaints.

One such ingredient is *Aspalathus linearis* (Rooibos) – an all round supportive tonic, and **has powerful anti-oxidant properties**, fighting free radicals due to its superoxide dismutase (SOD) mimetic properties.

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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.

Grapeseed extract is a potent source of proanthocyanidins, or pycnogenols containing naturally occurring proanthocyanidins – a natural and powerful Antioxidant. Proanthocyanidins also have an affinity for cell membranes, providing **support to reduce capillary permeability and fragility**.

Tips to help slow aging:

- Always use UV sunscreen and cosmetics. Sun exposure is a major contributor towards [skin aging](#) and wrinkles. Sun damage after the age of fifty can even increase risk of skin cancer.
- Hydrate. A large portion of the human body is made up of water – so it makes sense that you should drink water and natural juices throughout the day – especially in hot weather. Skin hydration is also aided by drinking water and will lessen age-related fatigue on skin.
- Stop smoking. Skin ‘vitamins and minerals’ are depleted greatly by nicotine. This means the greater risk of [aging](#) before your time. Smoking also contributes to the whole [body aging](#), and also increases the risks of cancer, arthritis and osteoporosis.
- Take it easy. Chronic stress can increase the [aging process](#) – which is why 8 hours of sleep is recommended each night! Try to relax through yoga or massage techniques.
- Lacking essential vitamins and minerals is a major factor in aging – eat plenty of fresh fruits and vegetables and food rich in antioxidants (vitamins A, E, C and selenium), zinc and copper – and add fiber to help your digestive system get rid of toxins.

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



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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.

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

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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:

AdaptoZen: Promote systemic balance in all body systems

AdaptoZen is a 100% safe, non-addictive natural herbal remedy formulated by our team of experts in the field of natural medicine, AdaptoZen can be used consistently to safely support balance within the body.

True **adaptogens help to maintain health and vitality** in all the body's major systems and support an individual's normal resilience to physical, chemical, or biological stressors.

AdaptoZen is presented in capsule form for hassle-free ingestion and contains a selection of herbs known for their powerful tonic properties in addition to their **supportive function in promoting equilibrium.**

AdaptoZen supports the body's ability to address health and balance within itself, thereby helping to **maintain healthy performance of bodily systems.**

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Bio-Oxidate Defense: Support cell integrity with natural antioxidants

Bio-Oxidate Defense is a 100% safe, non-addictive natural herbal remedy formulated by a team of experts in the field of natural medicine. Bio-Oxidate Defense can be used consistently to **safely support cell integrity.**

Bio-Oxidate Defense contains a selection of herbs high in anti-oxidant properties that are well-known for their supportive function in **maintaining healthy cellular processes.**

Bio-Oxidate Defense supports the body's ability to **fight harmful free radicals,** thereby helping to maintain routine performance of bodily systems and encourage a slower hand of time.

[Learn more about Bio-Oxidate Defense](#)

ReGrow Scalp Massage Oil: Promotes beneficial effects on the health of the scalp and hair follicles

ReGrow Scalp Massage Oil contains a blend of carefully chosen essential oils used therapeutically in aromatherapy.



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Essential oils are extractions of living plants and have many positive benefits, containing a complex combination of many active ingredients which **work on the physical as well as the psychological level.** Good quality essential oils are highly concentrated and contain no synthetic additives.

The essential oils in ReGrow Scalp Massage Oil have been especially chosen for their **beneficial effect on the health of the scalp and hair follicles.** However, as is always the case with nature, their use will bring a **number of additional benefits** such as relaxation, healthy circulation and feelings of well-being. Nature is always generous!

As most aromatherapy oils are often too concentrated to be use directly on the skin, they are usually blended into a natural carrier oil which should be chosen according to the therapeutic effect needed as well as the properties of the essential oils used. The carrier oil used in ReGrow Scalp Massage Oil is Avocado oil, chosen for its high nutritive value.

Rich in nutrients, especially Vitamin E, Avocado oil further extends the therapeutic effect of ReGrow Scalp Massage Oil on the scalp and hair follicles.

Note: For best results, use along with [ReGrow Plus](#), taken internally to support healthy hair growth.

[Learn more about ReGrow Scalp Massage Oil](#)

VitaliTonic: Promote energy and zest in adults over 50

VitaliTonic is a 100% safe, non-addictive natural herbal remedy formulated by our team of experts in the field of natural medicine. VitaliTonic can be used consistently **to safely support healthy energy levels, routine stamina and endurance.**

This liquid herbal tincture (for rapid absorption into the system) contains a selection of herbs known to support the body's ability to **support energy levels**, thereby helping to maintain balanced metabolism, stamina, endurance and routine, healthy performance without artificial stimulants or caffeine.

VitaliTonic can make all the difference in your later years, without compromising health or risking serious side effects. This formula can be of great benefit for those who wish to grab life's opportunities with both hands and **support healthy energy levels** and zest!

[Learn more about VitaliTonic](#)

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

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.

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