

Natural Help 4...

Altitude Sickness



What is Altitude Sickness?

When you are in a high altitude destination, do you:

- Feel terrible?
- Feel nauseous and weak?
- Experience headaches?
- Struggle to fall asleep?
- Feel irritable and cranky?

These are the classic symptoms that can develop when traveling to a high-altitude destination, or when heading off into the mountains for mountain climbing, skiing, or hiking. This condition is called [altitude sickness](#) or acute mountain sickness.

The further into the atmosphere we climb, the thinner the air around us becomes, with less and less oxygen. Although the air remains constant, the barometric pressure decreases, resulting in fewer oxygen molecules being inhaled-- and it is this [lack of oxygen](#) that causes [altitude sickness](#).

The body needs a supply of oxygen to function properly, and as you ascend you will probably find that your breathing is more labored and you are experiencing difficulty walking or climbing up hill. [Altitude sickness](#) generally occurs **when traveling to high altitudes** but can also affect individuals at altitudes as low as 5,000 feet – when they have ascended rapidly and have not acclimatized to the environment.

While enjoying a panoramic view from a mountain summit can be an exhilarating experience, the view can actually be “breathtaking”. **High altitudes can be dangerous.** [Altitude sickness](#) occurs most often in people who are not used to high altitudes, and have gone from a lower altitude to higher altitude without allowing their bodies time to adjust.

How is Altitude Classified?

Altitude is classified according to the following scale:

- High (8,000-12 000 feet or 2,348-3,658 meters)
- Very high (12,000-18,000 feet or 3,658-5,487 meters)
- Extremely high (18,000+ feet or 5,500+ meters)

Generally, most people can ascend to 8,000 feet without any difficulty, but acute [altitude sickness](#) can occasionally occur at this level. Symptoms usually present themselves within 8 to 96 hours after a rapid ascent to altitudes of 8,000 feet and

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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.

higher. This condition varies in each individual, with some being more susceptible to [altitude sickness](#) than others. In most cases, the amount of physical activity at a high altitude should be taken into consideration. It is therefore important to understand the physiological effects of high altitudes and to exercise caution when traveling to high altitude destinations.

Symptoms of Altitude Sickness

The signs and symptoms of [altitude sickness](#) include:

- Headache
- Nausea
- Vomiting
- Lightheadedness
- Weakness
- Upset stomach
- Shortness of breath
- Fast, deep breathing
- Racing heartbeat
- [Fatigue](#)
- Sleep disturbances

More severe [symptoms of altitude sickness](#) include:

- Difficulty breathing
- Extreme fatigue
- Confusion
- Impaired motor control
- Persistent cough and coughing up frothy, pink liquid (sputum)
- Fluid accumulation in the brain and lungs
- Double vision


Who is at risk?

There are certain factors that can increase your risk of developing [altitude sickness](#) and they include:

- Pre-existing heart or respiratory problems
- High blood pressure (hypertension)
- Pregnancy
- Rapid ascent to a high altitude
- Living at an altitude less than 3,000 feet
- The very young and the very old are at increased risk
- The consumption of alcohol, sedatives or sleeping pills


Diagnosing Altitude Sickness

The [diagnosis of altitude sickness](#) is determined by the clinical symptoms as well as a history of travel to a destination with a higher altitude than you are used to.



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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.

What Causes Altitude Sickness?

[Altitude sickness](#) is caused by a [lack of oxygen](#) when **traveling to higher altitudes**. There is less oxygen in the air the higher you climb above sea level. The oxygen level becomes very low at altitudes above 7,000 feet (2,100m) causing problems for individuals whose bodies have not yet had time to acclimatize.

This condition occurs when the body reacts to the [lack of oxygen supply to the brain and muscles](#), causing the heart and lungs to work extra hard-- which means that they require even more oxygen. Breathing and pulse rates increase, while at the same time, the body has to cope with the low oxygen supply.

As a result, changes in lung pressure, blood acidity, electrolytes, fluid and salt balance occur. Serious complications can develop such as **high altitude pulmonary edema** (HAPE) can occur when fluid accumulates in the lungs and high altitude cerebral edema (HACE) fluid accumulates in the brain.

Help for Altitude Sickness

Prescription Medicines

[Altitude sickness](#) can have serious consequences if it is not attended to promptly and correctly. The most effective way to [prevent altitude sickness](#) is to ascend slowly, taking two days to go from sea level to 7000 feet and then one day for every 2000 feet after this.

Although physical fitness and climbing experience allow your body to use proportionally less oxygen for the amount of exertion, they do not **prevent you from developing altitude sickness**. Frequent small meals of easily digested carbohydrates, drinking plenty of water and avoiding alcohol and additional salt will all help to protect you against developing [altitude sickness](#).

Mild cases of [altitude sickness](#) can usually be treated with rest, limited physical activity for a few days, plenty of fluids and painkillers if need be.

If symptoms are more severe, medical treatment may be necessary. There are a number of allopathic medications that are commonly used to **treat and prevent altitude sickness**. These drugs do have side effects and may not agree with everyone, so it is advisable to consult your physician before use. Hospital treatment may be required where oxygen, rest and drugs will be administered, and usually full recovery is made.

Natural Remedies

Herbal and homeopathic remedies have been used traditionally for many years. They are all natural, fast-acting and non-addictive. They contain ingredients such as Zingiber officinalis, Mentha piperita, Kali. phos., Ferrum phos., Cocculus and Pulsatilla vulgaris. These remedies in combination may **help to minimize shortness of breath**, disorientation and speed recovery. Consult a doctor, homeopath or naturopath about a treatment that suits your needs.

Complementary Therapies

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

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Complementary therapy can also promote a speedy recovery from [altitude sickness](#). There are a variety of complementary therapies that include: acupuncture or pressure points, massage, and Reiki.

These treatment options help to **restore proper energy flow**, promote healing and harmony within the body.

Tips for Altitude Sickness

Follow these guidelines to [prevent altitude sickness](#) episodes:

- Drink plenty of water.
- Avoid alcohol, tobacco, caffeine and salty foods.
- Eat small, high-carbohydrate snacks such as fruit or starchy food frequently.

- Keep in good physical condition.
- Start out slowly, pace yourself and remember to listen to your body until you perfect a comfortable stride.
- Acclimatize yourself to the elevation by staying a couple of nights at higher altitudes before starting your trip to allow your body time to adjust.
- When you reach an altitude above 8,000 feet, don't go up faster than 1,000 feet per day.
- Ascend slowly and carefully when [symptoms of altitude sickness](#) present themselves.
- Be aware of your body's temperature as perspiration can sap your energy. Wear light-colored clothes during summer months and dark-colored clothes during winter months to absorb or repel sunlight.
- Learn pressure breathing, a technique that overcomes nausea. Purse your lips and exhale fully to allow the carbon dioxide in your lungs to escape, and force oxygen into your lungs.
- Always take extra precautions when it comes to basic hygiene you are more susceptible to bacteria and viruses in a new environment than in your usual habitat.
- Take antioxidant vitamins such as A, C, and E to help minimize the effects of high altitudes.

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.



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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 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

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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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:

CanTravel: Maintains digestive balance and calm while traveling by air, sea, or car

CanTravel is a unique formula containing a combination of selected herb and biochemic tissue salts to **support harmony and digestive comfort during traveling**. Whether your journey is by air, sea, or road, CanTravel is a traveling partner that will be with you all the way to make your trip a pleasure and help you to enjoy traveling like never before!

Presented in pleasant and fresh-tasting dissolvable granules that are sprinkled on the tongue, CanTravel is easy and convenient to administer to adults and small children alike.

[Learn more about CanTravel](#)

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Easy AirTravel should be taken at the first signs of nervousness for short-term **relief for increased heartbeat, sweaty palms, trembling or butterflies** in the tummy. This remedy will address unease and anxiousness and effectively, without sedatives, relieve flight anxiety temporarily.

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make all the difference, **without side effects** or compromising health.

All Native Remedies homeopathic products and biochemic tissue salts are manufactured in an FDA and GMP registered pharmaceutical facility under the supervision of qualified homeopaths and responsible pharmacists. Individual ingredients are listed in the Homeopathic Pharmacopoeia of the United States (HPUS).

[Learn more about Easy AirTravel](#)

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

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