

# Natural Help 4...

## Appendicitis



### What is Appendicitis?

The [appendix](#) is a small, finger-like structure attached to the large intestine in the lower right side of the abdomen. Sometimes, this structure becomes blocked, causing swelling. The appendix can quickly then become the **habitat of a bacterial infection**. This inflammation and infection of the [appendix](#) is referred to as appendicitis, and it is considered a medical emergency.

While anyone can develop [appendicitis](#), the condition is more common in people between the ages of 10 and 30. Once [appendicitis](#) is detected and promptly treated, most patients recover without further complications or long-term consequences. However, if treatment is delayed, the [appendix can rupture, causing infection to spread](#) into the abdomen. A [ruptured appendix](#) is very serious, as it can result in a potentially fatal infection.

### What are the Symptoms of Appendicitis?

[Appendicitis](#) can cause a number of symptoms, but the most noticeable is abdominal pain that usually increases in severity over a period of six to 12 hours. This pain often starts around the bellybutton and spreads to the lower right hand corner of the abdomen, eventually becoming quite severe. Other symptoms may include:

- Low-grade fever
- Loss of appetite
- Nausea and vomiting
- Diarrhea or constipation
- Frequent urination and/or strong urge to urinate
- Abdominal swelling (most evident in infants and toddlers)

### Diagnosing Appendicitis

If you **suspect [appendicitis](#)**, your doctor will do a thorough examination of your abdomen, checking where and when the pain is most severe. Because [appendicitis](#) can have similar symptoms to other disorders such as ovarian cysts, kidney stones, and Crohn's disease, other tests such as blood and urine tests, X-rays, ultrasound of the abdomen, and a CT scan may be performed.

### What Causes Appendicitis?

There is **often no clear [cause of appendicitis](#)**. It is sometimes the result of an inflammation or obstructing object such as a hard piece of stool, foreign matter,

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cancer, or an abscess. It is also possible that infections which cause gastrointestinal problems may spread to the [appendix](#), resulting in [appendicitis](#).

Once an infection has started in the [appendix](#), the area becomes inflamed, and the [appendix](#) fills with pus as the body attempts to fight off the bacteria. **If not treated, the [appendix](#) is likely to rupture**, resulting in a more serious infection.

## Help for Appendicitis

[Appendicitis](#) generally requires the surgical removal of the [appendix](#).

Because this small structure no longer serves any known essential purpose, people generally recover swiftly from this procedure without further complications or life adjustments.

After surgery, a course of antibiotics will help to **fight off any remaining infection** (although antibiotics can also rob the body of important ‘good’ bacteria), so it is important to boost your immune system to assist with healing, which will allow for a speedier recovery.

### Surgical Treatment

The surgical removal of the [appendix](#) is known as an appendectomy. This is either done as traditional open surgery using a single abdominal incision to remove the [appendix](#), or your surgeon may perform laparoscopic surgery. During a laparoscopic procedure, your surgeon will insert a laparoscope (a thin medical instrument along with a small light and miniature video camera) into a small incision in your abdomen. Your surgeon will then be able to view the abdominal area on a screen and surgically remove the [appendix](#) through one or two other small incisions. This type of procedure is less invasive and allows for smaller incisions, resulting in less scarring and faster recovery. If however, your [appendix](#) has already ruptured, traditional surgery is more appropriate.

After either surgical procedure, intravenous antibiotics are usually given to reduce infection, and a hospital stay of between 2 to 5 days can be expected. Most people are back to their normal activities within 3 weeks of the operation.

### Other Medical Treatments

In some cases, where the diagnosis is uncertain, your doctor may prescribe antibiotics and wait to see if the infection clears. However, in general, antibiotics are insufficient and surgery is generally required.

## Natural Herbal and Homeopathic Remedies related to Appendicitis

Surgery is tough on the body and can really hamper the immune system. Luckily, there are a number of herbal and homeopathic remedies that work effectively at boosting the immune system and speeding up the healing process, helping with recovery after surgery.



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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.

Herbal and homeopathic ingredients such as Meadowsweet, Magnesium phosphoricum, and Symphytum officinale have been used for centuries to treat fever, pain, and inflammation, while Arnica and Symphytum officinale are particularly effective at **promoting cell growth and tissue healing**.

Other herbs such as Echinacea purpurea, Inula helenium and Withania somnifera are commonly used to **strengthen and assist the immune system** to promote faster recovery, and are well-known for their antiviral, antifungal, and antibacterial properties-- thus reducing the chances of post-operative infections.

After surgery, it's important to gently nurse the body back to health-- and what better way to do that than with a little added help from nature!

## Post-Appendectomy Tips

- After an appendectomy, you should try to encourage your appetite - as chances are you haven't eaten in a while. Start on soft, non-irritant foods such as mashed potato, rice, soups, and soft fruits. You should avoid foods that may cause bloating, gas or any bowel upsets.
- If you are concerned that you are not getting sufficient nutrients from your diet, then consider taking vitamin and mineral supplements.
- Soon after surgery, you will be encouraged to get up and take a few steps. While this may seem painful and unnecessary, it will speed up recovery and help to prevent complications.
- While you have to refrain from intense physical activity for at least two months after surgery, simple recuperative exercises will help to speed recovery and boost the immune system – and a good detox program is always a good idea!

## 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.

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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 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.

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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:**

**RealHeal**: Supports the healthy healing process

RealHeal is a unique natural formula containing ingredients chosen for their **supportive function on the body's natural innate healing ability**. RealHeal tablets with arnica are easy to use and may be chewed or dissolved in the mouth or crushed and sprinkled on the tongue of small children.

RealHeal tablets may also be effectively used along with our [RealHeal Massage Oil](#)™ - used topically to soothe and promote comfort.

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**KiddieBoost**: Support healthy immune functioning in children

KiddieBoost is a 100% safe and natural formula containing carefully selected herbal ingredients known for their **tonic effects on the immune system**, as well as their high safety profile in children's remedies.

KiddieBoost has been **specifically formulated to support children's immune systems** from the age of 12 months and comes in a convenient drop formula that is easy to administer to children.

KiddieBoost is developed with care by our team of specialists, is 100% natural, and manufactured according to the highest pharmaceutical standards using the whole spectrum method of herbal extraction.

[Learn more about KiddieBoost](#)

**Immunity Plus**: For full immune system support for adults and teens

ImmunityPlus is a 100% safe, non-addictive natural herbal remedy formulated to safely maintain the **health and systemic balance of the immune system**, without harmful side effects and stimulants.

ImmunityPlus contains a selection of herbs known for their supportive function in maintaining immune system health and well-being. It supports the healthy functioning of the immune system, thereby helping to maintain the **natural defense against pathogens** and optimum performance.

## **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](#).

As we grow older, we sometimes begin to notice that our immune systems are not as good as they used to be. ImmunityPlus can especially benefit those individuals needing to support routine immune strength to guard against common conditions associated with the maturing of cells.

ImmunityPlus can be used consistently, without compromising health and **not causing serious side effects**, to help maintain the body's natural ability to fight viral and bacterial infections-- while also supporting healthy convalescence.

The formula remains true to the **whole spectrum method** of herbal extraction, ensuring the bioavailability and balance of all the active ingredients contained in the remedy. This method of manufacture also significantly reduces the likelihood of side effects and maintains all active ingredients in perfect balance – exactly as nature intended!

[Learn more about Immunity Plus](#)

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



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