

# Natural Help 4...

# Temper



## What is Temper?

It is perfectly natural to lose your [temper](#) sometimes. Many situations and **circumstances arise in everyday life that will anger, irritate and frustrate you**, and often you will find it difficult to control your emotions. When you feel overwhelmed by rage, your muscles tense, heart rate increases, breath becomes shorter and faster and temples start pounding.

## What Causes Temper?

There are definite **triggers that may cause you to lose your temper** – stress, anxiety, demanding workloads, hectic lifestyles, family, social and financial responsibilities and unrealistic expectations of people. If someone constantly calls you names, bullies, torments or humiliates you, this is bound to cause a reaction.

Parents often lose their temper when their children disobey them, do badly at school or feel they have been taken advantage of. **Some people have a shorter temper than others** and often become easily provoked and enraged. When it hampers your personal relationships with friends and family, leads to violence, creates trouble in your professional life and people fear your temper, you need help.

## Help for Temper

There are various solutions and coping mechanisms such as psychotherapy, anger management, communication skills training, or self control training to **help control angry and aggressive behaviors**. These strategies will teach you to draw boundaries, take positive control of negative emotions and channel them more constructively.

By including relaxation techniques such as deep breathing exercises, visualization techniques, **repeating positive affirmations, meditation or yoga** into your lifestyle can make a significant difference in helping you to [control your temper](#) and remain calm.

## Natural Remedies

Natural and holistic treatments have proven to be highly effective in calming emotions and reducing anger. Homeopathic remedies are natural, safe and gentle to use without being addictive. Carefully selected ingredients such as Nux vom, Chamomilla and Lycopodium **relax the nervous system and maintain a calm, balanced state of mind** while addressing anger outbursts, irritability, passive aggressive behavior, flare ups and urges to 'let off steam'.

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It is not intended to diagnose or treat any medical condition. Nothing in this ebook is intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.

## **There are certain things that you can do to control your temper and these include:**

- Stay as calm as possible and try not to react to person, situation or circumstances
- As soon as you feel your temper rising, count from one to ten to feel calm
- Recognize what triggers your anger, what your physical and emotional reactions are and then record it in a journal
- Take a good look at yourself and start making positive changes starting with yourself – no one wants to be around that has a short fuse
- Before you react angrily, think carefully about what you are going to say – in this way you will not say anything that you will regret
- Remove yourself from the situation by getting some fresh air, going for a walk or to a quiet place to clear your mind
- Learn to channel your temper into something more positive – exercise, go running, do aerobics, kickboxing or try hitting a punch bag to release all that pent up anger
- Practice deep breathing exercises, close your eyes and visualize a positive experience until you feel calm
- Reduce anger and aggression by meditating, doing yoga or having a relaxing massage
- Forgive and forget – do not hold grudges, negative emotions will eventually weigh you down

## **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 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



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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.

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 herb as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

## **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**

[Naturally Beautiful Me](#)

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[Mom's Blog](#)

[Health or High Water](#)

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[Natural Pet Health Blog](#)

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[PetAlive Natural & Herbal Remedies for Pets](#)

[Native Remedies - Natural & Herbal Remedies](#)

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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:

**Anger-Soothe:** Homeopathic remedy temporarily reduces anger and irritability, plus prevents temper outbursts

Anger-Soothe is a safe, non-addictive, FDA registered natural remedy containing *100% homeopathic ingredients* selected to temporarily **relieve angry feelings** and **reduce temper outbursts**.

Anger-Soothe can be used to safely support the nervous system at a cellular level, and relieves feelings of frustration and discontent without harmful side effects. This remedy contains a selection of homeopathic ingredients known for their ability to **address emotions causing anger**, irritability and temper outbursts. Anger-Soothe is especially helpful for individuals who are stressed and prone to having workaholic personalities.

Anger-Soothe is taken internally and presented in a convenient, concentrated tincture formula. It is easy to ingest and hassle-free with **no artificial colors or preservatives**. It is *safe for all ages, including pregnant women or those who may be breastfeeding*.

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 Anger-Soothe](#)

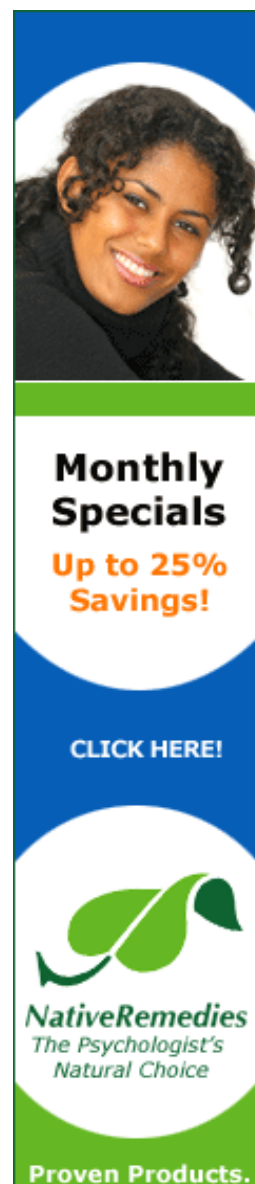
**Mood Tonic:** Homeopathic remedy temporarily relieves irritability and sadness, plus maintains normal serotonin levels

**Triple Complex Mood Tonic** is a safe, non-addictive, natural remedy containing *100% homeopathic ingredients* especially selected to temporarily **relieves irritability and sadness, and helps restore a balanced mood**.

Triple Complex Mood Tonic is a *combination of three biochemic cellular-supporting tissue salts* and may be taken at the first signs of **irritation and moodiness** for effective, temporary help.

Triple Complex Mood Tonic is taken internally to **support normal serotonin levels**. Presented in small tablet form, Triple Complex Mood Tonic is easy to ingest and hassle-free with **no artificial colors or preservatives**.

Due to its unique homeopathic formula, Triple Complex Mood Tonic is *safe for all ages, as well as during pregnancy and nursing*.



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The Psychologist's  
Natural Choice

**Proven Products.**

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).

Proven Products.  
Excellent Service  
and Delivery

[Learn more about Mood Tonic](#)

**MoodCalm:** Homeopathic remedy temporarily calms emotional outbursts and reduces mood swings

**MoodCalm** is a safe, non-addictive FDA registered natural remedy, containing *100% homeopathic ingredients* especially selected to **relieve mood swings, uncharacteristic behavior and agitation**, as well as anger outbursts.

The selected homeopathic ingredients have been homeopathically proven to safely and temporarily **reduce extreme emotional highs**. MoodCalm helps the body and mind to transition back into equilibrium naturally.

MoodCalm is taken internally and works quickly to soothe the nervous system and promote a **calm, balanced and stable mood**. Presented in small dissolvable tablets, MoodCalm is easy to ingest and hassle-free with no artificial colors or preservatives.

Due to the **safe and effective homeopathic formula**, MoodCalm may be used without risk of negative interactions. It may also be used *safely during pregnancy and for all ages*. As a result, MoodCalm can make all the difference, without 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 MoodCalm](#)

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.

6) We offer an unconditional [One Year Money Back Guarantee](#).



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

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