

Natural Help 4...

Bell's Palsy



What is Bell's Palsy?

Bell's Palsy is a neurological disorder that causes the **facial muscles on one side of the face to suddenly weaken or become paralyzed**. The muscles that close the eye control the tear glands, as well as control one of the salivary glands and the taste buds in front of the tongue are all controlled by the [facial nerve](#). When damage or trauma is caused to the [facial nerve](#), it usually only affects one side of the face.

The electrochemical signals sent from the brain to these muscles travel along the [facial nerve](#). If the [facial nerve](#) is disrupted, no signals can get through to these muscles and, depending on how many of the nerve fibers within the [facial nerve](#) are involved, the affected half of the face experiences muscle weakness or paralysis and this is what is known as [Bell's Palsy](#).

People with [Bell's Palsy](#) experience an interference with normal facial actions and functions such as closing the eye, eating, smiling and their speech may also be slurred. Other symptoms which are present include tearing of the eye, loss of taste, slurred speech, sensitivity to sound, facial paralysis and drooling. This condition occurs suddenly, and usually peaks within 48 hours.

People often think that they are experiencing a stroke, and are not familiar with the milder symptoms of [Bell's Palsy](#) that often precede the involvement of the facial muscles.

[Bell's Palsy](#) affects about 40,000 people in the United States every year. [Bell's Palsy](#) is more **common in young adults, the elderly, diabetics and pregnant women**. Children are not immune to it but they do tend to recover extremely well. Generally there are no other medical risks associated with this condition but developing [Bell's Palsy](#) during pregnancy may be associated with the development of pre-eclampsia.

Symptoms of Bell's Palsy

The symptoms of [Bell's Palsy](#) tend to progress very quickly. The symptoms are often not recognizable at first but will develop over a period of a few days. The warning signs are usually neck pain, pain behind the ear or pain in the back of the head.

The common symptoms of [Bell's palsy](#) include:

- Paralysis of the facial muscles
- Facial weakness

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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.

- Drooping or sagging mouth
- Drooling
- Facial pain or twitching
- Loss of taste
- Inability to close the eye, tearing or dry eyes
- Dizziness
- Dry mouth
- Hypersensitivity to sound
- Impaired speaking
- The affected half of the face is usually flat and expressionless but it is not uncommon for patients to complain about the unaffected side of the face, saying that it feels twisted or uncomfortable.

Diagnosing Bell's Palsy

The diagnosis of [Bell's Palsy](#) is determined by the patient's medical history, a thorough physical examination and laboratory tests. Tests for diabetes, Lyme disease, myasthenia gravis, sarcoidosis, cancer, facial tumors, AIDS and Guillain Barre might also be performed to rule out other conditions that may cause facial paralysis.

Common Tests Used in Diagnosis

- **MRI Scan** (magnetic resonance imaging) and **CT Scan** (computerized tomography)
These imaging tests are used to determine tumors, bone fractures, infections or abnormalities around the [facial nerve](#).
- **Hearing and Balance Tests**
The tests are able to assess if there is any injury to the inner ear and if the nerve responsible for hearing is damaged. It is also able to determine the eye's ability to produce tears and whether the sense of taste functions.
- **EMG (Electromyography)**
The injury is assessed by stimulating the [facial nerve](#) electrically, and can also determine the progression and extent of the injury.

What Causes Bell's Palsy?

Though the exact [causes of Bell's Palsy](#) are **not known**, the condition is thought to be brought upon due to inflammation and swelling of the [facial nerve](#). This in turn could be due to:

- Viral infections such as herpes, mumps, influenza, a cold, infectious mononucleosis or HIV
- Bacterial infections such as Lyme disease or Tuberculosis
- Multiple sclerosis
- Myasthenia gravis or tuberculosis
- Guillain-Barre Syndrome
- Chronic disease such as diabetes
- Traumatic injury to the face or head (such as a skull fracture)
- Tumor causing nerve compression
- Stress
- Pregnancy

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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.

Help for Bell's Palsy

In mild cases of [Bell's Palsy](#), treatment is not actually required, and the nerve will heal by itself in due course. However, **more severe cases of this condition require treatment**. Various types of treatments such as conventional medicine, complementary and natural therapy may be effective if integrated into a broader treatment plan.

Using Conventional Medicines for Treatment

- Anti-viral drugs (such as acyclovir) may treat the herpes viruses if this is one of the suspected [causes of Bell's Palsy](#) and [facial nerve damage](#) or inflammation.
- Corticosteroids, such as prednisone, are used to reduce swelling and inflammation of the [facial nerve](#) and prevent any possible or further [facial nerve damage](#).
- A Vitamin B12 injection can protect the nerves and reduce nerve inflammation ensuring better [nerve health](#).
- Botulinum toxin (Botox) can be injected into the upper eyelid to protect the eye and also to reduce facial spasm.
- If [facial nerve damage](#) occurs, surgical treatments such as [facial nerve](#) repair, nerve substitution and muscle transposition may be needed if the condition does not improve or remit, in order to reduce distortion of the facial features and restore [nerve health](#).
- A surgical procedure called tarsorrhaphy may improve eyelid closure.
- Plastic surgery may be performed to improve permanent facial drooping.

Other Therapies for Bell's Palsy

- Physiotherapy
- Acupuncture
- Massage
- Facial exercises

Natural Remedies Used for Bell's Palsy

A natural approach to [Bell's Palsy](#) often works best in combination with other therapies.

Natural remedies like herbs can promote effective functioning of the nervous system and offer a therapeutic effect therefore possibly preventing some [causes of Bell's Palsy](#). Herbal ingredients such as St. John's Wort, Valerian, and Avena sativa, as well as homeopathically prepared Aconite, Causticum, Dulcamara and Gelsemium can be used to treat symptoms related to the nervous system and aid faster recovery.

Under the guidance of an herbalist or homeopath, herbal and homeopathic remedies may be successfully incorporated into your treatment plan.

Caring for the Affected Eye

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.

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Bell's Palsy recovery often includes special care for the eye on the affected side of the face. **Bell's Palsy** makes it hard to close or blink the eye, and without these actions it is difficult to maintain moisture in the eye.

If the eye becomes dry, and is exposed to foreign bodies because it cannot close, it will become damaged. Consultation with an ophthalmologist is recommended. Use the following safety measures to keep the eye moist:

- Administer artificial tears every 2 hours
- Wear sunglasses or an eye patch to protect the eye and reduce dryness
- Apply a lubricant and tape the eye shut before you sleep to keep the cornea from drying
- A weight may also be placed in the eyelid to keep it shut

About 50% of **Bell's Palsy patients will experience a complete recovery in two to three weeks.**

Bell's Palsy recovery depends on the severity of the nerve damage. If nerve damage is mild, recovery can be expected to be quick – and the patient should be healed within weeks. However, if the damage is more severe, recovery can take longer. Approximately 7% of patients experience a recurrence of **Bell's palsy**, with an average time span of ten years. **Bell's Palsy** has an increased tendency to recur in diabetics.

It is not uncommon for people suffering from **Bell's Palsy** to become self-conscious because of their facial disfigurement, and they tend to shy away from others and isolate themselves. There are various treatment options and coping mechanisms to manage this condition and to ensure a good quality of life.

Tips for Managing Bell's Palsy

There are basic wellness methods and lifestyle considerations that can aid in **Bell's Palsy recovery** patients to deal with their condition more effectively. These helpful tips include:

- Eating a healthy and balanced diet rich in leafy, green vegetables
- Exercising regularly
- Practice facial massage and facial exercises several times a day
- Increase intake of Vitamin B12, B6 and zinc supplements to promote nerve growth
- Manage stress levels by practicing relaxation exercises
- Investigate acupuncture, electrical stimulation and biofeedback training
- Apply moist heat to the paralyzed areas to help reduce pain
- Massage affected area
- Keep the face warm – wear a scarf or a jacket with a hood, because exposure to cold brings on paralysis
- Try drinking juice, water or cold drinks with a straw
- Cut food into small pieces and eat on the side of your mouth that feels most comfortable
- Wear a piece of cotton wool under your eye patch as it prevents dust from settling in
- Wear a pair of goggles when you shower to prevent soap and shampoo from affecting your weak eye



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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 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.

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](#).

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.

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.

In the treatment of depression, the following herbal and homeopathic remedies are often used as part of the treatment plan.

Related Natural Remedies:

Nerve Tonic: Helps soothe anxiety levels at the first signs of an anxiety attack.

Triple Complex Nerve Tonic is a combination of three, cell-supporting tissue salts, especially selected for their effect on brain and nervous system health. This combination of tissue salts can be used regularly in a general capacity to **promote systemic balance in the brain**, spinal cord and the entire nervous system, as well as in conjunction with other remedies to maintain therapeutic effectiveness.

Tissue Salts, also called cell salts or biochemic salts, are composed of **minerals that occur naturally at a cellular level in our bodies** and all organic matter



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There have been **twelve essential tissue salts** identified as important components of all body cells and without which, true health is not possible. Each tissue salt plays a different, yet vital role in maintaining cellular health in the organs and **nervous systems** of the body.

Ensuring the healthy functioning of all brain and nervous system cells enhances the bio-availability of supplements, remedies and even nutrients in your diet. It also lessens the chance of a **nervous breakdown**. **Treating panic disorder** in people who suffer a **nervous breakdown** usually involves therapy. The doctor **treating panic disorder** will monitor the symptoms carefully to establish a treatment plan that aims to restore the health of the **nervous system**.

And, because our tissue salts are naturally occurring in the body and manufactured to ensure safe, yet optimum potency, they are safe to use for all ages, as well as during pregnancy.

[Learn more about Nerve Tonic](#)

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

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Alternative Healing Academy

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[Basic Color/Crystal Therapy Practitioner](#) | [Mini Courses](#) | [Advanced ReflexAromatherapy Practitioner](#)

With the increasing popularity of aromatherapy, reflexology, color & crystal therapy and a return to a more holistic lifestyle, people have begun searching for ways to earn more money; expand their skills; improve the health of themselves, friends & family; and increase their knowledge of alternative medicine.

The **Alternative Healing Academy** has developed several new courses in the holistic health care field for those who would like the opportunity to learn a healing modality at their own pace and in their own homes.

A Doctor of Reflexology with The Alternative Healing Academy is teaching classes with curriculum very similar to the Reflexology Practitioner Course and the Basic Aromatherapy at her local community college.

Our holistic health courses were developed by professionals in the Holistic Health Care field trained in the following modalities: Aromatherapy, Advanced/Master Aromatherapy, Reiki, Tuning Fork Therapy, Color and Crystal Therapy, Homeopathy, Herbalism, and Advanced Reflexology.

Furthermore, since we at the Alternative Healing Academy also realize that not everyone wants to make alternative medicine a career choice, we also offer **basic courses** as well as several [Mini Courses](#) which will teach you the skills you need to help improve the health and quality of life for yourself, your family and your friends.

[Check out our Affordable Payment Plans!](#)



All graduates of an Alternative Healing Academy home study course will receive a 20% discount off [AHHA Practitioner Membership](#) if they meet qualifying criteria and join within six months of their graduation date.

About Our Courses

Would you like to learn accurate, detailed aromatherapy, reflexology and/or color & crystal therapy information at your own pace in the comfort of your home? Would you like to become certified in Reflexology, Aromatherapy or Color and Crystal Therapy? An Alternative Healing Academy Distance Learning Course could be what you're looking for...

If you own or work for one of the following:

Natural Foods Store, Aromatherapy Store,
New Age Retail Store, Gift Shop, Herb Store,

Aromatherapy Manufacturer,
Massage Center, Holistic Center, Day Spa, or any type of Salon

If you are a practitioner:

Massage Therapist, Esthetician, Chiropractor, Nurse, Herbalist,
Acupuncturist, Bach Flower Therapist, Body Worker, Reiki,
Doula, Midwife, Energy Worker

If you are interested in personal development or improving the health of yourself and your family - these courses are also for you!

[Advanced Color/Crystal Reflexology Practitioner](#) | [Basic Anatomy & Physiology](#) | [Basic Reflexology Practitioner](#)
[Basic Aromatherapy Practitioner](#) | [Advanced Reflexology Practitioner](#) | [Advanced Aromatherapy Practitioner](#)
[Basic Color/Crystal Therapy Practitioner](#) | [Mini Courses](#) | [Advanced ReflexAromatherapy Practitioner](#)

Common Questions Asked About Holistic Health Distance Learning Courses:

What is Certification?



Most schools will offer an exam that tests the student's knowledge of the material taught in the respective course. Upon successful completion of this exam, a Certificate or Diploma will be issued by the school attesting that the student has successfully met the requirements as specified by that school. The only governmental recognition of Aromatherapy in North America is the occupational title designation granted to the BCAA under the Societies Act of British Columbia.

What is a Certified Aromatherapist or Reflexologist?

Most prospective students want to know whether taking our courses will lead to their becoming 'Certified' in that healing modality, thereby leading to the title of Certified Aromatherapist, Certified Reflexologist or Certified Color/Crystal Therapist. The answer to this really depends on what you mean by 'Certified.' We believe it can be misleading to purport that completing a course in a healing modality such as reflexology, aromatherapy or color/crystal therapy will lead to a designation of 'Certified' Therapist. These are not official

title designations nor are they ones which are recognized by any country's governmental body. All that these titles mean is that this is what an Individual Instructor, School or Institution decided to put on the Diploma it awards those who successfully complete their course.

What is an accredited course in Aromatherapy or Reflexology?

The answer to this will depend on who you are asking. At the present time, British Columbia is the only government to recognize Aromatherapy as a distinct profession and has granted Occupational Title Protection to the members of the BCAA (British Columbia Alliance of Aromatherapy) with the exclusive right for its members to call themselves Registered Aromatherapists (R.A.).

At this time, neither Reflexology nor Color/Crystal Therapy have such occupational designations in any country although one prominent Reflexology school in Colorado, The Modern Institute of Reflexology, has gained occupational designation for their institution in that state. MIR has been designated by the Colorado State Division of Private Occupational Schools - Dept. of Higher Education as an approved school. Our Reflexologist who developed the reflexology modules for our courses was trained at MIR as a Certified Reflexologist, a Master Reflexologist and a Dr. of Reflexology.

In the United States, the NAHA (National Association for Holistic Aromatherapy) has put into place their Approved Standards for Aromatherapy Training. The Alternative Healing Academy's Advanced Aromatherapy course meets and exceeds these standards and we are in the application process of becoming an approved program through the NAHA.

In Canada, there are a number of different Associations including the BCAPA (British Columbia Association of Practicing Aromatherapists) and the CFA (Canadian Federation of Aromatherapists). Time will tell if one authoritative body or association becomes the standard by which to judge and govern the educational offerings of these alternative healing modalities.

It has to be noted that NO form of aromatherapy "certification" is currently recognized in the USA by anyone other than those in the trade, nor is aromatherapy (or essential oils in the aromatherapy trade) regulated by any governmental body.

Some information about the courses we offer:

1) You can receive the course in one of two ways: A cd with the modules and tests in PDF format can be shipped to you; or, The modules can be emailed to you three at a time. Each time you complete the tests for the current three modules, a new set of three modules will be emailed to you.

2) All modules are clearly explained, are in pdf format and fully

illustrated.

3) The Advanced Aromatherapy Practitioner and the Advanced Reflexology Practitioner courses are designed to meet the National Association for Holistic Aromatherapy (NAHA) guidelines.

4) A tutor will be available via email to answer any questions you may have.

You will be contacted after purchase to find out how you would like your course delivered. All tests for the course can be either emailed or snail-mailed to The Alternative Healing Academy.

Upon successful completion of any full diploma or certification course (with a score of 80% or higher), you will receive a beautiful Diploma, suitable for framing.



Course Testimonials

"I'm done! Going through the final and the case studies and having such amazing experiences and opportunities to help people, I truly feel blessed and honored to have had the intense education that came with this course. I discovered in me a new ability to serve others, not only through education but through the power of healing that comes with the use of essential oils. I am continuing to train personally with Alexandria Brighton and have begun work toward opening an aromatherapy practice. Thank you so much for your patience and knowledge. Most of all thank you for this new way of living and enjoying Life."

-A. Lindquist - Advanced Aromatherapy Practitioner

"I am finding the course great. It is written very well so even people like me can understand the human body a whole lot better. I just hope that I can remember it all. I don't think I have a chance of remembering the names of everything in the muscular system or the movement system. But, I do have more of an understanding of how everything works now. I find it just amazing. Thanks Heaps."

-M. Oliver - Basic Anatomy & Physiology

"This information is great that you are teaching. I would really like to talk my oldest daughter into taking your course. It really goes into detail which is very informative."

-Debbie F. - Basic Reflexology

"Seven years ago I started to see a reflexologist for migraines and sinus problems. I was amazed that I finally found relief without medication. I decided this year to search out a course in reflexology so I could help family and friends and show them the benefits of reflexology. I researched various courses on the internet and decided to go with the basic course through the Alternative Healing Academy. I was impressed with course material and the ease of receiving the course material."

"I was given an choice of having a CD sent to me or to receiving and sending back the assignments through email. I choose email. I received 3 lessons at a time that I could read and study on my own time frame and return the lessons when I was done. Everything was sent in a very timely manner and communication was open and quick. If I needed help, I knew it was only a click away and the response time was very quick. The techniques used also came in a video mode in the email that I could replay as much as I needed to."

"I felt I learned a lot and am able to help myself and others. Being able to log 20 hours of treatment time and writing the case histories for the final exam was extremely rewarding and helpful. I would recommend this course to others interested in reflexology because the course material was very informative and complete and written in easy to understand language."

-Jean Russell - Basic Reflexology Course

"I'm so excited about (the Advanced Aromatherapy course) and I'm particularly excited about the possibility of making custom blends for people! I hadn't anticipated having that opportunity when I took the course so I'm excited to have everything done! I'm very excited to have finished. I really enjoyed this course and really appreciate all the work you've put into it! This has been a fabulous jumping off point for me and I'm so glad I took it."

"p.s. I know the boys are much slower at the Reflexology, but my son is loving the classes."

-Megan P. - Advanced Aromatherapy Course

Our Associations

Organizational Member of the American Holistic Health Association - <http://www.ahha.org/>

Professional & Business Member of the National Association of Holistic Aromatherapy - <http://www.naha.org/>

Professional Member of the International Reflexology Association - <http://www.holisticbenefits.com/ima/international-reflexology-association.html>

Professional Member of the International Aromatherapy Association - <http://www.internationalaromatherapyassociation.com/>

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