

Natural Help 4...

Bursitis



What is Bursitis?

Bursitis refers to the **irritation or inflammation of a bursa**, which is a small fluid-filled sac that acts as a gliding surface to minimize friction between the tissues of the body, most commonly at joints. There are more than 150 bursae in the body that cushion and lubricate areas where the bones, muscles, and tendons move across one another.

Some of these bursae are located next to the tendons near the larger joints, and these usually occur in the shoulders, elbows, hips, knees and ankles. **Bursitis** usually causes **pain and stiffness in the tissues surrounding the joints**, instead of pain in the joints themselves.

Diagnosing Bursitis

The diagnosis of **bursitis** will involve an examination of the affected area. Your doctor will feel the affected area for **swelling, tenderness, and pain**. Additional tests such as X-rays, blood tests or an analysis of fluid withdrawn from an inflamed bursa may be used to detect other **causes of joint inflammation and pain**.

Symptoms and Signs of Bursitis

- Pain surrounding the area of the bursa
- Tenderness
- Swelling
- Warmth around the affected area
- Loss of motion in the affected area

Bursitis usually occurs as a **result of stress and overuse**. Infection, arthritis, gout, or **direct trauma to joints** (such as prolonged pressure from kneeling or resting your elbow on a desk) may also cause **bursitis**. **Bursitis** commonly affects the shoulder, elbow, buttocks, hip, knee and ankle, and is **usually caused by repetitive movements** associated with certain activities.

- **Shoulder bursitis** usually stems from a rotator cuff injury. This type of injury may be caused by a number of things, including falling, lifting heavy items, poor posture, or repetitive overhead arm activities.
- **Elbow bursitis** is related to actions that require you to repeatedly bend and extend your elbow. You may develop this type of **bursitis** from leaning on your elbows, swinging a golf club, or a tennis racket (tennis elbow).
- **Buttocks bursitis** refers to an inflamed bursa over the bone in the buttocks – this may be caused by sitting on a hard surface for a long period of time.
- **Hip bursitis** may be as a result of arthritis or a hip injury. Standing or

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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.

sitting for long periods also puts pressure on the hip, which may lead to [hip bursitis](#). The most common cause of hip pain is [hip bursitis](#).

- **Knee bursitis** is caused from activities that require repetitive kneeling, such as gardening or scrubbing the floor (housemaid's knee). People who are overweight and suffer from arthritis may also develop [bursitis](#) around the knee.
- **Ankle bursitis** is caused by uncomfortable footwear, prolonged walking, or sports such as ice-skating.

What Causes Bursitis?

People who overexert themselves in activities or have arthritis are at risk of developing [bursitis](#) because of **altered body alignment and movement**. If the muscles in a particular area of the body are weak or tight, injury to the bursa is more likely to occur.

For this reason, if you have not participated in physical activity for a while and suddenly decide to run a few kilometers, you may be setting yourself up for injury. This happens because you have not **conditioned your body for this type of activity**, and generally you would need to ease into it gradually by strengthening and stretching your muscles.

Help for Bursitis

Symptomatic bursitis treatment usually includes rest and immobilizing (using a splint or cast) the affected area, applying heat for **chronic inflammation**, or ice for **acute inflammation**. Nonsteroidal anti-inflammatory (NSAIDs), pain medications or a cortisone medication are common [bursitis treatments](#) as well.

Sometimes, an aspiration procedure is required to treat a swollen bursa – when the bursa fluid is removed from the affected area with a needle and syringe under sterile conditions. Supportive treatments such as **massage, hydrotherapy, physical therapy, and reflexology** are also useful. [Bursitis](#) usually heals within a week a week or two, and simply requires home treatment.

Natural Treatments for Bursitis

[Bursitis treatments](#) that include natural and holistic treatments can also help to **reduce the pain and inflammation** of this condition. Treatments such as herbal and homeopathic remedies are **gentle and safe to use without harmful side effects**. Herbs such as Boswellia, Turmeric and White willow have excellent anti-inflammatory properties. Devil's Claw has also proven to be highly effective in **treating joint conditions**.

Glucosamine is naturally manufactured in the body, and is found in relatively high concentrations in the joints and connective tissues. Its function is to **repair cartilage and maintain joint mobility**. Remember to always ensure your natural remedies are sourced from reputable companies for maximum safety, therapeutic dosage and effectiveness.



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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.

Preventing Bursitis

These useful tips can help prevent and reduce the recurrence of [bursitis](#).

- Exercise regularly by doing range-of-motion exercises to maintain strength and flexibility.
- Stretch your muscles or warm up before physical activity.
- Practice good posture by not slouching, walking with a stooped back, or leaning on your elbows.
- Take regular breaks from daily activities that place repetitive strain on your muscles or joints.
- Avoid sitting still for long periods, and make an effort to move around more.
- Alternate activities by resting or participating in an activity that does not cause discomfort.
- Protect your wrists and hands by using utensils or pens with large or foam-covered handles so that do not clench or grip too tightly.
- Use cushioned chairs and kneeling and elbow pads to protect joints and provide added support.
- Wear supportive shoes. Avoid wearing shoes that do not fit properly, and wear heel cups or shoe inserts if required.
- Avoid smoking, as smoking weakens collagen production needed for wound and tissue healing.

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 or orthodox medicine) is the system of medicine taught at most medical schools, and many pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic 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 upon by conventional doctors, especially by those who do 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

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range of treatment options and approaches which are to be found within the practice of natural medicine. This 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. 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**, including 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.



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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:

JointEase Plus: Promotes joint and muscular-skeletal system health.

JointEase Plus means freedom to walk and move with ease!

JointEase Plus contains 100% pure Harpagophytum procumbens, also known as 'Sengaparile,' 'Devil's Claw' or 'Duiwelsklou', because of the claw-like shape of its fruit. For thousands of years, the Khoisan people of the Kalahari Desert (in Southern Africa) have used **Devil's Claw to promote healthy joints, as well as for a digestive tonic**.

Our new and even more powerful formula now combines Devil's Claw with Glucosamine sulphate and Boswellia serata, both in the forefront of latest developments in the natural promotion of joint and muscle health. (See more on these new ingredients in the 'Ingredients' section below)

[Learn more about JointEase Plus](#)

Detox Drops: To assist in the elimination of toxins from the body.

Detox Drops are a 100% safe, non-addictive natural herbal remedy formulated for adults by our team of natural health experts. **Detox Drops** contain a selection of herbs known for their **supportive function in promoting liver health and well-being**.

Detox Drops can be used as part of a gentle detoxification program to safely cleanse and flush out the system. It supports the body's natural ability to remove toxins and waste by-products, **without harmful side effects and without harsh laxatives**.

The formula remains true to the **whole spectrum method** of herbal extraction, ensuring the bio-availability 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!

By cleansing and refreshing all body systems, Detox Drops can also represent a wonderful start to any new program to stop smoking, fight [addiction](#), or address unhealthy weight issues.

[Learn more about Detox Drops](#)

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](#).



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Alternative Healing Academy

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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](#)
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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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