

Natural Help 4...

Cardiomyopathy



What is Cardiomyopathy?

Cardiomyopathy is a **disease of the heart muscle** that either causes a weakening of the heart muscle or a change in its structure.

While there are different types of **cardiomyopathy**, they all affect the heart's ability to pump blood throughout the body and can thus have serious consequences.

Diagnosing Cardiomyopathy

Most people who develop **cardiomyopathy** notice symptoms as the disease develops, which may be similar to those symptoms commonly associated with congestive heart failure.

Symptoms may include:

- Shortness of breath
- Fatigue
- Swelling of the legs and ankles (edema)
- Palpitations
- Dizziness or fainting
- Chest pain
- Loss of appetite
- Difficulty focusing

What Causes Cardiomyopathy?

In many cases, the cause for **cardiomyopathy** remains unknown, although a number of factors and medical conditions have been associated with the disease. These include:

- Some viral infections
- Alcoholism
- Damage to heart tissue caused by previous heart attacks or surgery
- Prolonged high blood pressure
- Kidney disease
- Poor nutrition
- Thyroid problems
- Diabetes
- Arrhythmias

Other factors which increase the likelihood of developing **cardiomyopathy** include increasing age, pregnancy, the prolonged use of certain medications and genetic

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

factors such as heart conditions that run in families.

Help for Cardiomyopathy

If you notice these symptoms it is important to seek medical attention as **cardiomyopathy can be extremely serious** and can result in heart failure or an arrhythmia.

Your health care practitioner will be able to run the necessary tests in order to determine if you have **cardiomyopathy** and if so, which type.

If a diagnosis is confirmed, your doctor will recommend a treatment plan that, depending on the cause, may include treatments such as heart medication, a pacemaker or surgery. If the condition has resulted in advanced and severe heart failure a heart transplant may be necessary.

Natural Herbal and Homeopathic Remedies Related to Cardiomyopathy

While home treatment is not appropriate for a serious condition such as **cardiomyopathy**, **herbal and homeopathic remedies can be successfully used as a part of a treatment plan**, or for their tonic effect to promote overall heart health.

Herbs such as Crataegus oxyacantha (Hawthorn), Passiflora incarnate, Viburnum opulus and Ginkgo biloba are praised for their benefits on heart health and have been very successful in preventing and assisting in the recovery of a number of heart conditions, especially when used in combination with a heart-healthy lifestyle.

These ingredients not only act as a **tonic for optimal heart health**, but also assist in treating the underlying triggers of many heart conditions such as stress, muscle convulsions and high blood pressure.

Note: It is important not to change or add to your prescription medication without first consulting your doctor. Also be sure to source your natural remedies from a reputable company to ensure maximum efficacy and safety.

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



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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.

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.

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 –giving natural remedies a bad name.

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Some pharmaceutical companies have even 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.

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