

Natural Help 4...

Chest Pain



What is Chest Pain?

Every year millions of people develop [chest pain](#), ranging from the common cold, flu, coughs, allergies to more serious illnesses such as pneumonia, asthma and emphysema. [Chest pain](#) affects the lungs, either in the smaller air sacs or larger airways. The **airways become swollen and constricted by a build-up of pus and mucus**, and this causes breathing difficulties as well as a tight chest. It affects people of all ages, but young children, the elderly, people with weakened immune systems and smokers are mostly at risk. Babies and young children tend to be prone to croup and chest infections, and it is estimated that they will develop at six to eight colds or other respiratory problems a year.

Symptoms associated with [chest pain](#) include a tight chest, wheezing, difficulty breathing, [chest pain](#), coughs, chills, fever, runny nose, sneezing and fatigue.

What Causes Chest Pain?

[Chest pain](#) may be **caused by viruses or bacteria or be aggravated by irritants** (cleaning detergents, environmental toxicity, pollution or cold air), allergens (dust mites, dander or pollen) or excessive smoking. As soon as you notice [chest pain](#) developing, it is best to seek immediate treatment and avoid exposure to irritants that trigger symptoms.

Common chest conditions

There are several chest conditions and these include:

- Colds and influenza (flu)
- Allergies
- Cough
- Sore throat
- Chest infection
- Bronchitis
- Bronchiolitis
- Pneumonia
- Croup
- Asthma
- Emphysema
- Chronic obstructive pulmonary disease

Help for Chest Pain

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The content of this ebook is intended for informational purposes only.

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.

Treatment depends on the underlying [cause of chest pain](#). It is also useful to identify the triggers such as pollen or cigarette smoke that may provoke symptoms. In mild cases of a mild chest infection, the **body's immune system will try to fight the infection on its own**. Bed rest, drinking plenty of water and hot drinks such as herbal teas are often the best treatments for speeding recovery from [chest pain](#). Inhaling steam can also help to reduce congestion and kill germs on contact – and is particularly beneficial for children with croup. Antibiotics or pain relievers such as paracetamol may also be prescribed for pain and fever.

If serious complications develop, a chest x-ray, sample of your phlegm and blood tests may be ordered and you may also be admitted to hospital for further treatment. Elderly people and those who **suffer from chronic chest conditions** are generally advised to get a flu vaccination every year before the winter season begins.

Natural remedies

Herbal remedies have been used for centuries to promote respiratory health and maintain easy breathing. Not only are herbal remedies a more natural alternative but they are also gentler on the body's system. Herbal ingredients such as Matricaria recutita and Astragalus membranaceus help to **support effective functioning of the lungs, respiratory system** and immune system.

Biochemic tissue salts have also proven to be highly effective because they work at supporting health at a cellular level. Kali phos., Mag phos and Nat. Sulph **soothes the respiratory tract, opens a tight chest, promotes easier breathing** while also relaxing the nerves.

More Information on Chest Pain

There are a number of things that you can do to prevent and cope with chest pain and these include:

- Get plenty of bed rest
- Drink lots of filtered water and hot beverages such as tea
- Eat healthy, well balanced meals that includes fresh fruit and vegetables
- Stay active by exercising regularly
- Add a few drops of eucalyptus or peppermint oil to a bowl of boiling water, place a towel over your head to create a steam tent and inhale the vapours to open your chest
- Increase your intake of vitamin supplements such as Vitamin C and Echinacea to boost your immune system and prevent recurring infections
- Always cover your mouth when you cough or sneeze to avoid spreading bacteria to others
- Wash your hands regularly and do not share personal items such as towels, eating utensils or toothbrushes with other people
- Avoid exposing yourself or child to irritants such as pollen, dander, cleaning detergents, smoke, chemicals or that may increase your risk of chest infections
- Place a cool mist vaporizer or humidifier in your bedroom to keep the air more humid
- Stop smoking, as it damages your lungs and weakens your resistance against infection



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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.

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.

In many cases, they can succeed where pharmaceutical drugs have failed. Despite

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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.

Related Natural Remedies:

BioVent Drops: Supports bronchial and respiratory health for easy breathing.

BioVent Drops is a 100% safe, natural formula. BioVent Drops have been used for many years to **safely support the respiratory system and maintain easy breathing.**

Containing a selection of ingredients known for their supportive function in **maintaining open airways and supporting lung health**, BioVent Drops are presented in liquid tincture formula, making them easy to take for all ages.

BioVent Drops is a unique combination of natural ingredients used to promote the ongoing health of the respiratory tract and lungs. Used daily, it can promote respiratory functioning and health, and also support the immune system.

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BronchoSoothe Remedy - for on the spot comfort and support of healthy bronchioles and easy breathing.

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!

[Learn more about BioVent Drops](#)

BronchoSoothe: Natural asthma remedy helps to relax and open airways for normal breathing.

Triple Complex BronchoSoothe is a safe, non-addictive, natural remedy containing *100% homeopathic ingredients* especially selected to temporarily **relieve tightening of the chest to open airways and improve respiratory health.**

Triple Complex BronchoSoothe is a *combination of three biochemic cellular-supporting tissue salts* and may be taken at the first signs of **chest constriction, closed airways or abnormal breathing** for effective, temporary help.

Triple Complex BronchoSoothe is taken internally to support lung and bronchiole functioning, and **maintain respiratory tract and immune system health.** Presented in small tablet form, Triple Complex BronchoSoothe is easy to ingest and hassle-free with **no artificial colors or preservatives.**

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

[Learn more about BronchoSoothe](#)

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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