

# Natural Help 4...

# Delirium



## What is Delirium?

Feeling **delirious** or [delirium](#) is a state of confusion that is **characterized by a change in mental status that affects cognitive abilities** (mental tasks) and reduces conscious awareness. It also tends to develop very rapidly.

It usually takes a few hours to a few days to manifest and when it does, the individual is often left feeling confused, disoriented and unaware of their surroundings. It can **affect speech, memory, attention span, [emotion](#) and [personality](#)** as well as other cognitive capacities, which can be very distressing for both the sufferer as well as loved ones.

The good news is that **all these symptoms are usually temporary**, and in most cases only last between a few hours and a few days, depending on the cause and treatment. While [Delirium](#) itself does not cause death, it is sometimes a symptom of a serious medical condition, such as a very high fever or severe head injury.

## What Causes Delirium

[Delirium](#) is a syndrome (a pattern of symptoms) rather than a disorder or diagnosis, which can develop for a number of medical reasons. In order to establish **treatments for [delirium](#)**, the underlying medical problem needs to be determined and addressed.

### Some common causes of delirious feelings are:

- Substance abuse or the combination of certain drugs and/or alcohol
- Improper use of medications or adverse drug reactions to certain prescription medications
- A symptom of substance withdrawal
- Head injury or brain infection
- High fever
- Infections such as pneumonia
- Lack of oxygen or blood flow to the brain
- Sleep deprivation
- Excessive stress
- Dementia
- B-1 vitamin deficiency

**[Delirium](#) and [Dementia](#)** are sometimes related since [Delirium](#) is often associated with the elderly. This is because **older adults are more susceptible to developing [Delirium disorders](#)** as a result of [dementia](#), mild infections or

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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.

medication changes.

## Help for Delirium

After the first **signs of Delirium** are noticed, it is important to establish the underlying cause by means of a thorough medical examination in order to select one of the appropriate **treatments for Delirium**. Home **treatments for Delirium and Dementia** should not be the first option.

However once **signs of Delirium** are interpreted and the underlying cause found and treated, **natural remedies may be useful to ease some of the distressing symptoms**. The calmative effects of certain herb extracts such as Melissa Officinalis, Lavender and Passiflora Incarnata can be used to help soothe the confused and disoriented mind and bring gentle relief until the symptoms pass.

If **Delirium** is linked to infection, natural remedies such as Echinacea, Hypoxis rooperii, Astragalus membranaceous and other immune boosters may be of benefit in clearing the infection, while herbs such as ginger, meadowsweet, Feverfew and White Willow Bark can help to reduce mild fever.

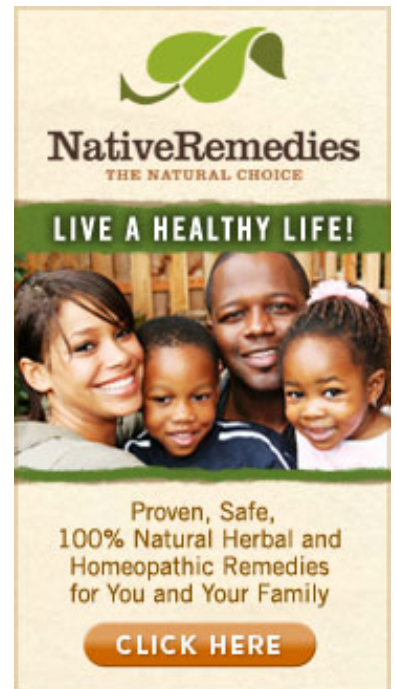
**Delirium and Dementia** associated with **Alzheimer's Syndrome** may also be treated with calming herbs as discussed above, as well as remedies such as Ginkgo biloba and Rosemary to improve cerebral blood flow.

## Other Disorders Related to Delirium

Feeling **delirious** is a **sign of delirium** that is sometimes related to other disorders such as depression, substance abuse, phobias and anxiety disorders (particularly Panic Disorder). It is therefore recommended that a professional evaluation be sought, so that you can receive a proper diagnosis and treatment for any other co-existing problems.

## Tips for Coping with Delirium

- **One step at a time!** Set small attainable goals and get comfortable with them before moving on to the next step.
- **Familiarize yourself with unknown situations** before diving into them. For example, if you know you have a function to attend, go and look around the venue beforehand so that it is not altogether unknown.
- **Some people find running a particularly useful way of facing their Delirium** - as it's almost impossible to have a panic attack while running. Disguised as a jogger, nobody will notice your anxious breathlessness as unusual. While it may literally seem that you are running away from your fears, you will be doing the exact opposite! An added bonus is that while you jog your body will release happiness producing hormones at the same time, leaving you with a sense of accomplishment and relaxation.
- **Keep a journal, talk to a "safe person", or find another positive means for expressing your emotions.** As with many psychological conditions, **Delirium disorders** are often entangled in deep emotions, insecurities and thoughts that need to be explored and dealt with.
- **Keep reminding yourself of the reality of your situation.** While this may be easier said than done, try to focus on the realistic outcomes of your



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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.

anxiety situation. When catastrophic thoughts are running through your mind try yelling a focus-phrase (out loud or in your head) such as “STOP IT” or “ENOUGH NOW!” that will help to bring you back into the present. Your panic will soon pass and even if you have to push past a few people to get outside, they probably won’t notice. Remember that panic is not physically harmful!

- **Empower yourself in other areas in your life.** Take up a hobby, sporting activity, or interesting course. The confidence you gain in these areas will spill over into other aspects of you life.
- **Become an expert!** Learn all there is to know about [Delirium disorders](#) and [signs of delirium](#). There are multiple self-help books, internet resources and support groups that will help you understand your condition more fully and provide helpful guidance.
- **Live a healthy life-style!** Eating a well balanced diet, getting enough sleep and relaxation time and regular exercise can help reduce anxiety and stress.

## 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

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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.

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.



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## Related Natural Remedies:

**MindSoothe**: Promote balanced mood and feelings of wellbeing.

MindSoothe is a 100% safe, non-addictive, natural herbal remedy that has been especially formulated by a Clinical Psychologist for adults and teens, and comes in a compact capsule form, making it easy to take.

MindSoothe can be used to safely maintain emotional health, balanced mood, emotional wellness and systemic harmony in the brain and nervous system, without harmful side effects.

This remedy contains a selection of herbs known for their calming and supportive function in maintaining brain and nervous system health, emotional balance and overall wellbeing.

[Learn more about MindSoothe](#)

**PureCalm**: Aids nervous system in stress resistance for balanced moods and feelings of well being.

PureCalm is a 100% safe, non-addictive herbal remedy that has been specially formulated by a Clinical Psychologist for adults and children.

PureCalm can be used to safely maintain harmony, health and systemic balance in the brain and nervous system, without harmful side effects and without sedatives. This remedy contains a selection of herbs known for their supportive function in maintaining brain.

PureCalm can especially benefit those individuals needing support overcoming worry, managing stress and to promote inner calm related to certain situations. Natural stress relief products such as PureCalm can be used consistently, without side effects or compromising health.

[Learn more about PureCalm](#)

**Nerve Tonic**: Promotes nervous system health, maintains balanced mood and worry free mind.

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 on earth (plants, rocks and soil).

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.

### **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](#).

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](#)

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