

# Natural Help 4...

# Dyspepsia



## What is a Dyspepsia?

**Dyspepsia**, also known as indigestion or an upset stomach, is the medical term used to describe a burning or painful sensation in the upper abdomen. People are often heard saying that they have a sick feeling in the **stomach or nervous stomach** when they experience dyspepsia. Symptoms are usually as a result of overeating, eating too quickly or eating the incorrect food combinations.

These symptoms may also be a sign of an underlying intestinal problem such as a peptic ulcer, gastritis, chronic appendicitis or gallbladder diseases. **Dyspepsia** occurs because there may be a delay in the speed at which the stomach empties food into the duodenum (small intestine). Because of this the stomach becomes **bloated with food which stimulates the production of acid**. This in turn, irritates and pushes the stomach acid back up into the esophagus.

## Diagnosing a Dyspepsia

To diagnose indigestion, your doctor must first rule out any **underlying conditions such as acid reflux**, gallstones or ulcers. It is important that you describe your symptoms as accurately as possible so that your doctor can identify and treat the problem.

Certain tests may be ordered to establish a diagnosis and they include:

- X-rays of the stomach or small intestine
- Endoscopy is a procedure where a flexible tube that contains a light and camera produces images of the stomach and intestines

Dyspeptic symptoms are extremely common in both men and women but tend to affect women more, particularly those aged between 16 and 60. Very often **symptoms are so severe** that people are unable to perform their daily activities. Stress, anxiety and depression can also exacerbate dyspeptic symptoms further and therefore it is very important to obtain the correct treatment.

## Symptoms and signs of dyspepsia

- Nausea
- Regurgitation
- Vomiting
- Burping
- Heartburn
- Belching and gas
- Abdominal fullness

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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.

- Early abdominal fullness
- Acidic taste
- Stomach bloating after a meal
- Gnawing or burning stomach ache
- Growling stomach
- Diarrhea

## What Causes a Dyspepsia?

[Dyspepsia](#) can be caused by a number of various things. [Symptoms of dyspepsia](#) may be due to underlying conditions of the digestive system.

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### Other factors that may contribute to dyspepsia

- Overeating
- Eating wrong combinations such as fried foods or spicy foods
- Eating too quickly
- Excessive smoking, caffeinated beverages and alcohol consumption
- Certain medications such as antibiotics and anti-inflammatories
- Insomnia
- Fatigue
- Emotional stress

## Help for a Dyspepsia

[Treatment of dyspepsia](#) depends on whether it may be associated with an underlying digestion problem such as a gastric ulcer, peptic ulcer disease, or gallbladder disease. Most often, the medications prescribed can relieve symptoms.

Medications include antacids, acid-blocking medication such as H<sub>2</sub>-receptor blocks and antibiotics if you have an H.pylori infection. If your **symptoms are mild or not related to a specific** disorder, your doctor may recommend changes to your diet – eating small amounts of soft foods or liquids, avoiding greasy and spicy foods and eliminating all dairy products if you are lactose intolerant.

## Natural Remedies

The advertisement for NativeRemedies features a green leaf logo at the top. Below it, the text reads "NativeRemedies THE NATURAL CHOICE". A green banner with white text says "LIVE A HEALTHY LIFE!". Underneath is a photograph of a smiling family consisting of a woman, a man, and two children. At the bottom, the text states "Proven, Safe, 100% Natural Herbal and Homeopathic Remedies for You and Your Family" and includes a red button with the text "CLICK HERE".

### 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.

Natural herbs have been used for thousands of years to treat and prevent digestive irritation and discomfort. A combination of herbal ingredients are a therapeutic **measure to cure indigestion** and support liver and gallbladder functioning. Not only are they safe and gentle to use on the body, but also a far more suitable substitute to antacids.

Zingiber officinale (Ginger) is a wonderful herb, traditionally used in Chinese and Ayurvedic (Indian) medicine and is highly effective in relieving the symptoms of **nausea, vomiting, indigestion**, flatulence and dizziness.

Two well known herbs known as Foeniculum vulgare (fennel) and Mentha piperita (mint) have anti-inflammatory and anti-spasmodic that calms and soothes the digestive system. In addition, Pelargonium graveolens (stomach pain bush) is also an effective calmative and **anti-spasmodic herb, reducing stomach cramps** and pain.

## Tips to prevent dyspepsia

In order to [prevent dyspepsia](#), it is important that you make certain changes to your lifestyle. These changes include:

- Eat meals at fixed times every day and keep at least three hour gaps between meals
- Follow a low-fat diet to reduce digestive discomfort
- Learn to identify the foods such as milk and cheese that trigger irritation and discomfort, and avoid them
- Drink warm water every morning to help in the movement of gastric juices
- Exercise regularly, as this helps digest food more easily
- Stop smoking and consuming alcohol if it causes digestive problems
- Reduce stress by practicing relaxation techniques such as meditation or yoga
- Maintain regular sleep routines, as insomnia can cause indigestion
- Avoid taking anti-inflammatory medication in large amounts, as it can be too harsh for the stomach

## 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.

## 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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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 – 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



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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:**

**DigestAssist**: Helps maintain digestive comfort and promotes healthy digestion.

Recognizing the need for a healthier and effective approach, Native Remedies has developed Gastronic Dr. and DigestAssist - both 100% herbal remedies containing well researched ingredients and manufactured in therapeutic dosage according to the highest pharmaceutical standards.

Gastronic Dr. is a capsule which is used every day for the continued health of the digestive tract and to promote ongoing, healthy, trouble-free digestion. Regular use of Gastronic Dr. safely and effectively acts to promote digestive health.

DigestAssist, the perfect companion to Gastronic Dr., comes in fast-acting and convenient drop form, and can be taken as needed to promote digestive comfort after meals, helping you to enjoy your food every day.

These formulas remain 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 DigestAssist](#)

**Digestion Tonic** : FDA Registered homeopathic remedy for maintaining digestive comfort, health and functioning

Triple Complex Digestion Tonic contains Kalium phosphate, Natrium phosphate and Calcium phosphate in a safe biochemic formula and can be used to **promote healthy digestion and harmony in the digestive tract.**

Triple Complex Digestion Tonic is the **perfect companion** to our [Gastronic Dr](#) and [DigestAssist](#) herbal drops and also helps to optimize absorption of these

## **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](#).

remedies. Regular use of Triple Complex Digestive Tonic can make all the difference in addressing digestive system health.

All Native Remedies biochemic tissue salts are manufactured in an FDA and GMP registered pharmaceutical facility under the supervision of qualified responsible pharmacists.

[Learn more about Digestion Tonic](#)

**Gasolve Relief**: To support normal levels of gas in the bowels and support healthy digestion

Gasolve Relief is a 100% herbal natural remedy for **supporting the digestive system and normal levels of gas in the gut.**

Just a few drops in a little water or juice will help support digestive calm, soothe the digestive system and **discourage common gas, flatulence and belching.**

[Learn more about Gasolve Relief](#)

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