

Dyspnea



What is Dyspnea?

Dyspnea is the medical term used to describe **sensation of breathlessness, inadequate or difficult breathing**. Being short of breath is something most of us have experienced after intense physical exertion, but when this sensation is disproportionate to levels of physical activity, it is generally a symptom of another medical condition.

There are a number of medical **conditions that can cause dyspnea**, some of which are extremely serious and so it is important that this symptom is not ignored. Any unexpected or severe shortness of breath should be treated as a medical emergency.

The sensation of **dyspnea** differs between individuals as does the perception of what it means to be short of breath. For some people, merely walking up a flight of stairs can leave them with an uncomfortable sensation of shortness of breath, where others may only be concerned **when they feel they are struggling to breathe**. In some instances mild shortness of breath is normal, for instance if one has a cold with extreme nasal congestion, or after exercise when very unfit.

Diagnosing Dyspnea

On evaluation, your health care practitioner will begin with a detailed history taking followed by a physical examination. You will be asked questions regarding the **severity and duration of the dyspnea**, and the activities or triggers that tend to make it worse.

The answers to these questions along with a **general physical examination**, will give your doctor a better idea on what further tests may be necessary. Testing generally focuses on the cardiovascular and respiratory systems and may include tests such as a spirometry, chest x-ray, ECG, and complete blood count.

What Causes Dyspnea?

The list of medical conditions or states that can cause **dyspnea** is long, some of which are more serious than others.

Respiratory conditions that can cause dyspnea

- Asthma
- Bronchitis
- Cystic fibrosis
- Emphysema

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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.

- Tuberculosis
- Pneumonia
- Lung cancer
- Pleural effusion
- Pulmonary hypertension

Obstruction of the airway or chest that can cause dyspnea

- Choking
- Angioedema
- Cancer of the larynx or pharynx
- Epiglottitis (inflammation of the epiglottis)
- Physical trauma such as broken ribs
- Obesity
- Pregnancy
- Scoliosis

Disorders of the cardiovascular system that can cause dyspnea

- Cardiomyopathy
- Congenital heart disease
- Heart failure
- Hypertension
- Pulmonary embolism

Other causes of dyspnea

- Anemia
- Hypothyroidism
- Guillain-Barré syndrome
- Multiple sclerosis
- Anxiety, stress and panic attacks
- High altitude
- Physical exertion
- Poor fitness levels
- Hyperventilation
- High fever

Help for Dyspnea

[Treatment of dyspnea](#) depends entirely on the underlying cause. Treatments will also vary depending on whether the [dyspnea](#) is acute or chronic.

[Acute dyspnea](#) generally has a sudden onset and is usually considered a medical emergency. Most cases of [acute dyspnea](#) are related to **chest trauma, lung or heart conditions**. Individuals suffering from [acute dyspnea](#) are given oxygen in an emergency room setting and if the dyspnea is the result of an asthma attack, may be treated with bronchodilator agents such as epinephrine. The treatment of [chronic dyspnea](#) also depends on the cause, and in many cases can be **managed successfully with life-style changes**, medications and/or herbal and homeopathic remedies, depending on the underlying condition.

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. Below the photo, the text states "Proven, Safe, 100% Natural Herbal and Homeopathic Remedies for You and Your Family". At the bottom, there is a brown 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.

Many people have begun to turn towards natural herbal and homeopathic remedies for relief and management of respiratory conditions such as asthma, bronchitis and emphysema. Natural ingredients have long played a significant part in immune system health and have shown to be most effective in **supporting respiratory health, maintaining open airways** and assisting with easy effortless breathing.

Herbs such as *Matricaria recutita* – which is recommended for its antispasmodic, anti-inflammatory and calmativie properties, and *Astragalus* – for its **anti-bacterial and immune boosting properties**, are widely used either in combination with, or as alternatives to conventional respiratory medications. Homeopathic ingredients such as *Arsen alb*, *Mag Phos* and *Nat Sulph* are equally successful in soothing and relaxing bronchioles, loosening tight chests and reducing the presence of phlegm in the chest.

Tips on Managing Dyspnea

- Support your immune system and guard against upper respiratory infections such as colds and flu as these can lead to lung infections. If you do catch a cold or come down with flu, then allow yourself sufficient rest and care so that it doesn't have the chance to develop into a chest infection.
- Avoid common air irritants such as spray deodorants, perfumed cleaning agents, and cigarette smoke wherever possible as these can irritate the lining of the lungs causing breathing difficulties.
- Don't smoke. If you do smoke then now is a great time to kick the habit. This is not always easy to do alone so try quit smoking naturally using herbal and homeopathic products to relieve cravings and withdrawal symptoms.
- Limit your salt intake. Sodium causes fluid retention which may complicate some lung conditions making breathing more difficult.
- Keep your household dust and pollen-free as far as possible.

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,

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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 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



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Natural Choice

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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.

BioVent Drops may be combined with our Triple Complex 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.

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.](#)

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!](#)



[Read more about the Native Remedies Full Spectrum Approach™](#)

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