

# Natural Help 4...

## Fear of Heights



### What is Fear of Heights?

The [fear of heights](#) also referred to as acrophobia or altophobia is one of the most common phobias and is an extremely distressing condition. This irrational, persistent [fear of heights](#) may occur **when you have to climb a flight of stairs, use the escalator at a shopping center**, drive near a cliff, stand on a ladder or enter a tall building.

Symptoms that may accompany this fear include panic attacks, shortness of breath, sweating and an irregular heartbeat. It can have a **serious impact on your quality of life** preventing you from personal and professional advancement. For this reason, you should face your fears and live the life you were meant to have!

### What Causes Fear of Heights?

The [fear of heights](#) may be caused an event in your past that you associate heights with some kind of emotional trauma. (link to emotional pain) It may also be as a result of a generalized fear of falling that brings about injury or death – this may be **triggered by watching a scene on television of heights**, a movie or observing someone else experience a traumatic event.

Because the unconscious mind is so powerful, it has the ability to make negative associations that involves **attaching awful feelings to heights** – this is how acrophobia can materialize in the mind.

### Diagnosing Fear of Heights

The common symptoms and signs of [fear of heights](#) include:

- Sudden sense of panic or fear
- Heart palpitations
- Shaking
- Feels as though you have lost your balance (dizziness or vertigo)
- Sweating
- Feelings of dread or terror

### Help for Fear of Heights

The aim of treatment is to help the individual overcome his or her [fear of heights](#) as well as control symptoms. Therapeutic approaches such as psychotherapy, cognitive behavioral therapy, [systematic desensitization](#), flooding and exposure

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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.

therapy has been shown to be quite successful in [treating the fear of heights](#).

Therapists work together with you by focusing on changing the way that you react to the situation, teaching positive thought patterns as well as coping skills to deal with the panic and fear. Anxiety medication such as tranquilizers or beta blockers can also help to reduce physical symptoms; however these are very strong medications which may have side effects.

### **Natural remedies**

Natural and holistic treatments have proven to be beneficial for anxiety disorders and phobias. Treatments such as herbal and **homeopathic remedies not only address the symptoms** but overall health and wellbeing.

Herbs such as *Melissa officinalis* (Lemon Balm), *Lavandula augustifolia* (Lavender) and *Passiflora incarnata* (Passion Flower) provides calming effect, **balances emotional turmoil and supports nervous system health**. Homeopathic ingredients such as *Cocculus indicus*, *Lobelia inflata*, *Gelsemium* and *Bryonia alba* reduces symptoms such as sweating, dizziness, disorientation and nausea which are associated with the [fear of heights](#).

## **More Information on Fear of Heights**

Certain steps can be taken to help you overcome your fear of heights and these include:

- Confront your fear by discovering where it stems from
- Try to understand your fear by recording it in a journal whenever you feel it coming on – in this way you will learn to know what causes it, how long it lasts
- Make an effort to beat your fear because the longer that you avoid it, the more comfortable you will become with it – in the end it will become part of your life!
- Practice relaxation techniques such deep breathing exercises, muscle soreness and muscle tension release or meditation to relieve tension and anxiety
- Expose yourself gradually to the [fear of heights](#) by approaching the situation or object that terrifies you – take small steps until you are comfortable
- Banish negative thoughts such as “What if?” “What could happen” from your mind and learn to live in the moment
- Think positively and practice soothing self-talk to instill more confidence in yourself
- Join an online group where you can discuss your fears with others who have the same problem
- [Treat the fear of heights](#) with alternative therapies such as hypnotherapy or visualization techniques

## **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



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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.

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 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

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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:**

**Verti-Free:** Homeopathic remedy temporarily supports inner ear balance, relieves dizziness & nausea

**VertiFree** is a safe, non-addictive, FDA-registered natural herbal remedy containing *100% homeopathic ingredients* especially selected to temporarily relieve dizziness & nausea and improve inner ear balance.

VertiFree may be taken at the first signs of dizziness, disorientation, or motion disturbances to **address imbalance and for the short-term relief of symptoms**, without side effects.

VertiFree is taken internally and works quickly to support inner ear balance. Presented in small dissolvable tablets, VertiFree is easy to ingest and hassle-free with **no artificial colors or preservatives**.

[Learn more about Verti-Free](#)

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

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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](#)

Read the testimonials for these quality products [here!](#)

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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.

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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.

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