

# Natural Help 4...

# Public Speaking



## What is Fear of Public Speaking?

Most people experience feelings of fear, anxiety or panic attacks when faced with the idea of speaking in public. This usually involves **delivering a speech**, **making a business presentation** to your manager and a team of colleagues, announcing a toast at a wedding or talking to a small group of people in a team or committee setting.

These feelings are perfectly normal and even the most seasoned speaker will tell you that he or she feels nervous before facing an audience and also struggles with the occasional “ums” and “ahs” during their speech. Often people will **avoid speaking in public** at all costs because they may **be afraid of failure**, **criticism** or a previous [public speaking](#) experience may evoke bad memories.

Not confronting your [fear of public speaking](#) can impact negatively on your **social, academic and career opportunities**. The best way to conquer any fear is to face it head on by taking action. Remember, even if you struggle while speaking, at least you tried and that is a start!

## Diagnosing Fear of Public Speaking

### Symptoms and signs

The symptoms and signs of the fear of speaking in public usually include feelings of anxiety, panic or nervousness. Sometimes physical symptoms which are part of the body's flight or fight response to stress may also appear. These symptoms include:

- Sweating
- Elevated heart rate
- Dry mouth
- Shaking voice
- Tense neck and upper back muscles
- More severe symptoms may also include [nausea](#) and [vomiting](#).

## What causes Fear of Open Spaced?

A number of factors may contribute to your [fear of public speaking](#) and these include:

- Trauma or negative events that occurred during childhood or adulthood and as a result the mind associates fear with speaking in public
- A slow build up of avoiding speaking in public that has escalated to such an

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extent because the mind and nervous system has now become conditioned to emotions of fear and anxiety

- The speaker suffers from low self esteem, constantly seeks approval, expects failure or perfection

## Help for Fear of Public Speaking

Certain medications such as beta blockers may be prescribed to treat anxiety symptoms. However, if you decide not to choose medications, there are a number of alternative therapies available. Alternative therapies such as **counseling, psychotherapy, hypnosis or meditation** can be very helpful in decreasing symptoms of anxiety.

Attend [public speaking](#), communications skills or presentation courses that are specifically designed to help you **overcome your fear of public speaking** and develop confidence in your speaking abilities.

Natural and holistic treatments are a gentler alternative for providing effective relief from fear and anxiety experienced when speaking in public. Treatments such as herbal and homeopathic remedies are safe to use without being addictive.

Carefully selected herbs such as *Melissa officinalis* (Lemon Balm), *Lavandula augustifolia* (Lavender) and *Passiflora incarnata* (Passion Flower) promote nervous system health by **ensuring that your nerves remain soothed and calm**. Homeopathic ingredients such as Gelsemium, Chocولاتum and Graphites help reduce anxiety levels, conquer shyness, social phobia and worries, and promotes a sense of calmness.

## Tips to cope with the Fear of Public Speaking

Follow these useful tips to help you cope and manage the [fear](#) of speaking in public effectively:

- Ensure that you are properly prepared by practicing and rehearsing your speech or presentation many times to boost your self confidence
- Accept the fact that you will experience nervousness and anxiety when you have to speak in public
- Visualize yourself speaking well in front of an audience by training your brain to think positively
- Anticipate and prepare ahead of time that difficult questions and critical comments may be passed. If you cannot answer an audience member's question, admit it and tell him or her that you will look into it.
- If a difficult audience member asks you a question, the best way to deal with it is to agree or pay him or her a compliment – for example, “Thanks, that’s a great question.”
- Exercise by running or having a cardiovascular workout on the day of the speech to work off excess nervous energy
- Calm yourself before speaking by listening to soothing music, practicing deep breathing exercises, meditation or yoga
- Attend [public speaking](#) courses to help you deal with speech anxiety
- Dress for success on the day of the speech or presentation
- Maintain good eye contact with your audience by shifting your focus around the room



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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.

- Stay positive and focused by repeating affirmations such as “I am confident that I can do this”.
- Combine humility and humor to make your speech more interesting or entertaining for the audience

## 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

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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 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:**

**SocialFear Relief:** Homeopathic remedy temporarily relieves social fear, anxiety, nervousness, shyness and stage fright


**SocialFear Relief** is a safe, non-addictive, FDA-registered natural remedy, containing *100% homeopathic ingredients* especially selected to temporarily **relieve the fear, anxiety, nervousness and shyness related to social situations** like eating or speaking in public.

SocialFear Relief should be taken at the first signs of self-consciousness or unease for short-term **relief of physical symptoms like sweating or heart**



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[Learn more about SocialFear Relief](#)

**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](#)

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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