

Natural Help 4...

Generalized Anxiety Disorder



What is GAD?

Generalized anxiety disorder (GAD) is characterized by apprehension or **excessive anxiety about everyday life issues**. This anxiety is usually very difficult to control or stop, and people with this type of anxiety disorder **often find themselves being in a constant state of worry**.

While much of the anxiety concerns the way the individual thinks and feels, **anxiety is also expressed with physical symptoms** such as restlessness, irritability, muscle tension, or fatigue. Other symptoms include sleep disturbances, tension headaches, panic attacks and difficulty concentrating.

Diagnosing GAD

While we all become anxious from time to time, when this kind of extreme anxiety begins to interfere with daily life and **disrupts progress in everyday tasks**, it becomes debilitating and needs to be addressed.

Help for GAD

Various treatment options are available for **overcoming generalized anxiety disorder symptoms**, and should be researched to find one that best suits a particular diagnosis. Treatment should seek to **address the root cause of the anxiety**, rather than simply seeking to alleviate its symptoms.

Cognitive Behavioral Therapy (CBT) and other relaxation techniques have proven most beneficial in treating **GAD symptoms**. Many medical practitioners are often quick to prescribe high schedule drugs such as various anti-depressants or anti-anxiety medications as the primary treatment option. However, these often have multiple troubling side-effects or the risk of addiction, and should be taken with caution after all other options have been explored.

Alternative or Complementary Medicine has shown that anxiety in general responds best to a combination of treatment modalities. A more holistic approach would include appropriate therapeutic treatment by a registered psychologist, as well as the use of natural remedies, relaxation techniques, and other treatment methods such as hypnotherapy or acupuncture for **overcoming generalized anxiety disorder symptoms**.

Lifestyle changes, such as regular exercise, sufficient sleep and a well- balanced diet are all beneficial as part of a holistic treatment program to aid with **overcoming generalized anxiety disorder symptoms**. Learning about **GAD symptoms** by reading books and keeping up to date with the latest information

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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 web site.

also helps to empower the individual and can increase confidence and self-help efforts.

Natural Remedies for GAD

Some examples of **herbal remedies commonly used to assist in the treatment of anxiety** disorders and **GAD symptoms** include Hypericum perforatum (St. John's Wort), Passiflora incarnata, Scutellaria laterifolia (Scullcap) and Valerian.

Herbal and natural homeopathic remedies have helped many individuals combat their anxiety **without them having to worry about the side effects** of prescription drugs.

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 or orthodox medicine) is the system of medicine taught at most medical schools, and many pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic 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 natural and conventional remedies have a role to play in the treatment program**.

Natural medicine has often been frowned upon by conventional doctors, especially by those who do 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. This 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



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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.

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. 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**, including 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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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 health.

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

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MindSoothe™: Supports balanced mood and feelings of well-being.

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

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Triple Complex Nerve Tonic™: Promotes nervous system health, maintains balanced mood and a 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.

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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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