

Hypochondriasis



What is Hypochondriasis?

Hypochondriasis is described as **the obsessive, persistent fear of having a serious medical condition**. A person with hypochondriasis (referred to as a hypochondriac) exhibits the characteristics of OCD (obsessive compulsive disorder) and is **preoccupied with his or her physical health**.

Hypochondriacs tend to believe the worst possible scenario concerning their health. A person with hypochondriasis might **consult physician after physician and remain unsatisfied**, even after numerous medical evaluations have declared a clean bill of health.

People with this condition begin to distrust medical professionals, yet they keep searching for “the one” who will diagnose them with a fatal disease (ironically, this is what they fear most).

This **obsession with the belief that they are suffering from a serious illness** impacts negatively on the lives of hypochondriacs and interferes with their normal functioning. They become **completely distressed and anxious**, and their daily lives and interpersonal relationships suffer deeply.

This condition has often been **linked to underlying emotional issues** such as a preoccupation with death or a life-changing event. Hypochondriasis can occur at any age, but it tends to start during adolescence. Men and women are equally affected.

Diagnosing Hypochondriasis

A doctor will perform a physical examination based on the patient’s medical complaints and evaluate the medical history. If the doctor finds no physical reason for the symptoms and **identifies the pattern of anxiety around illness**, the patient may be referred to a psychologist or psychiatrist.

The psychologist or psychiatrist will assess the patient and look for signs of severe anxiety, obsessive-compulsive behavior and other forms of mental disorders. Family members are also often consulted.

Symptoms of Hypochondriasis

Some of the major **symptoms of health anxiety disorder** include:

- Preoccupation with the notion that a life-threatening illness exists.

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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 web site.

- Preoccupation with a particular body system or an organ of the body.
- Preoccupation with a particular disease or illness.
- Belief that the doctor has made a mistake when medical diagnosis confirms that the person with [hypochondriasis](#) is completely healthy.
- History of “doctor hopping” from one specialist to the next (subconsciously they may have a hope that one will agree that the “so-called illness” is serious).
- Depression, anxiety and nervousness.
- Preoccupation with illness that hampers the individual’s ability and has a negative impact on their personal, work and social life.

Physical symptoms **symptoms of health anxiety disorder** may also be experienced. These are often misinterpreted by [hypochondriacs](#) as symptoms of a more serious illness. They include:

- Abdominal bloating
- Cardiac awareness
- Sweating

What Causes Hypochondriasis?

There is no specific cause for [hypochondriasis](#), but often times it can be **linked to an underlying psychological pre-occupation or anxiety**. It may also be related to the psychological effects of a serious medical condition the person may have had in the past.

Possible Causes for Hypochondriases

- The person may have a **family history of a particular illness** which may cause them to worry about becoming ill.
- The person may have difficulty expressing [emotion](#).
- The person may be going through **a major life change** which could cause anxiety about health problems. Examples of major life changes include marriage, divorce, death of a loved one or changing jobs.
- The person may have parents or relatives who focused too much on minor health conditions while growing up.
- The person may have received attention when he or she was previously ill (subconsciously, this may lead to a repetition of the ill state in order to receive attention).

Help for Hypochondriasis

[Hypochondriasis](#) is a **very difficult disorder to treat**. This is because people who suffer from this disorder **refuse to believe that their symptoms are psychological** rather than physiological. People with [hypochondriasis](#) can benefit from a combination of treatment options.

Treatments for Hypochondriasis

Supportive Care

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!". The central image shows a smiling family of four: a woman, a man, and two children. Below the image, 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.

The person suffering from [hypochondriasis](#) has to be **dealt with delicately** since he or she already feeling anguish and distress. Maintaining a relationship with a health care professional who will be able to **provide support and help to monitor symptoms** is very important.

A good relationship with a doctor or therapist will provide a supportive environment in which the trusted professional will be able to reassure the patient that there is no life-threatening disease, that tests and treatments are not required, but continued medical follow-up is beneficial.

Drug Therapy

People with [hypochondriasis](#) **often suffer from associated mental health conditions** such as depression and anxiety, and may be prescribed selective serotonin reuptake inhibitors, anti-depressants and anti-anxiety drugs.

As some of these drugs **come with unwanted side effects and the potential for addiction**, it is important to research both the benefits as well as the disadvantages before beginning treatment.

Natural Remedies for Hypochondriasis

People with [hypochondriasis](#) **generally experience stress and anxiety** and often have an underlying depression. Herbal ingredients such as Lemon balm (*Melissa officinalis*) and Passionflower (*Passiflora incarnate*), can help to reduce immediate anxiety, while others like St. John's Wort (*Hypericum perforatum*) and Oat straw (*Avena sativa*) can provide a more long-term solution to the underlying depression and strengthen the nervous system.

A homeopath can also recommend a variety of homeopathic remedies for fear and anxiety such as Aconitum, Arsenicum album and Lycopodium, as well as biochemic tissue salts such as Mag. Phos and Kali phos.

Counseling and Psychotherapy

Many sufferers of [hypochondriasis](#) are **resistant to psychotherapy**. This is because **symptoms of anxiety disorder** include the genuine belief that they are ill (or about to become ill) and feel frustrated when others suggest that the problem may be *all in the mind*.

However, counseling, cognitive behavioral therapy, and psychotherapy may be effectively used as [hypochondriasis treatments](#), providing symptom relief while helping the individual deal with underlying issues. The individual should be encouraged to discuss any other problems or issues, and not focus solely on the symptoms. **Seeking psychological help can benefit the individual** in changing his or her approach to the condition.

Alternative Treatment

Complementary therapies such as behavioral-stress management, acupuncture, hypnosis, relaxation therapy and massage can all help to relieve stress and anxiety.

More Information on Hypochondriasis

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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People with [hypochondriasis](#) **need a lot of support and understanding**. It is often a long-term condition that must be managed and controlled. Families and friends must also learn about available [hypochondriasis treatments](#) to cope with the disease when it is present in a friend or relative.

Tips for Coping with Hypochondriasis

- **Speak openly to your family, friends and caregivers** about your condition so that they will be able to empathize, understand and support you.
- **Learn and research** as much as possible about [hypochondriasis treatments](#) and try to gain a clear understanding about this condition.
- **Join a support group** where you will be able to relate to others with the same condition.
- **Develop an interest in a sport or hobby** in order to learn how to focus outside of yourself and keep yourself busy.
- **Try and stop yourself from obsessively reading about illness and symptoms.** When you find yourself beginning to focus on a symptom, distract yourself somehow by phoning a friend, going for a walk, or listening to music.
- **Regular exercise, sufficient sleep and a healthy balanced diet** will all go a long way towards building self esteem and a healthy body – as well as reducing anxiety and stress levels.

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



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‘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 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

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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.

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](#).

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:

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

MindSoothe is a 100% safe, non-addictive, natural herbal remedy that has been especially formulated by a Clinical Psychologist for adults and teens, and comes in a compact capsule form, making it easy to take.

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

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The Calm Within CD is composed by our Clinical Psychologist to promote good physical and emotional health using a specially developed therapeutic sound techniques and [soothing music](#).

A combination of therapeutic script and nature's [soothing sounds](#) **induce a state of deep relaxation**, effectively relieving tension and supporting the body's natural ability to heal. In therapy with music that heals anxiety and depression such as nature's soothing sounds, the listener is taken through a series of progressive relaxation steps, leading to a state of [deep relaxation](#). Thereafter, guided imagery is used to further enhance and expand therapeutic benefits.

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