

# Natural Help 4...

## Infections



### What are Infections?

**Infection** refers to the process by which organisms such as **bacteria, fungi, or viruses enter the body and multiply**. When the your immune system cannot fight these organisms off, an **infection** results and can cause disease.

Most **infections** are **contracted through contact with other humans or animals**, through actions such as shaking someone's hand that is infected with a virus, drinking contaminated water, ingesting undercooked food, contracting a sexually transmitted disease, or being bitten by an animal.

Poor nutrition, illness, lack of sleep, substance abuse, trauma or prolonged exposure to cold can all encourage an **infection**, as they lower the body's resistance.

### Types of Infections

#### Localized Infections

The **infection** is **restricted to one particular part of the body**, and areas affected are usually red, tender, swollen, and warm. A fever may develop and pus may be present at the site. **Localized infections** can **usually be treated at home**, but if not cared for properly, a more serious **infection** may develop and spread. Internal **localized infections** such as in the appendix or the heart are very serious and require prompt medical intervention.

#### Systemic Infections

**Systemic infections** are **spread through the bloodstream** to the entire body, and shakiness, chills, weakness, nausea, vomiting, and aches in the joints may be felt. **Systemic infections** can vary in severity with **infections** such as influenza, usually responding well to home treatment, while other conditions such as septicemia or malaria require urgent medical attention.

### Diagnosing Infections

The diagnosis of an **infection** is usually **based on the physical symptoms** and the patient's history. A condition such as a cold or flu is easy to diagnose because most people are familiar with the symptoms. If necessary, various tests may have to be performed to detect **infections**.

### Tests for Infections

- Blood tests to test for antibodies
- Cultures of samples of blood, body fluids or other material taken from the

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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.

- infected area
- Spinal tap to examine the cerebrospinal fluid
- X-rays and other imaging tests

## What Are the Symptoms of Infection?

The symptoms of an [infection](#) depend on a number of varying factors of which the following are just a few examples:

- The severity of the [infection](#)
- Whether it is localized or systemic
- The age of the person
- Any other concurrent medical conditions
- The state of the immune system

## What Causes Infection?

An [infection](#) occurs when **disease-causing microbes spread and overpower the immune system.**

[Infections](#) can be caused by viruses, bacteria, fungi, parasites, worms and even insects such as mites and lice. These [infections](#) may be **contracted anywhere** – through water, in air, soil, food, from animals or insect bites, through contact with an infected person’s blood, skin or mucus, or through sexual contact.

## Help for Infections

There are various treatment options that will help to reduce the symptoms of [infection](#). Conventional medicine, complementary therapy, or **natural remedies are highly effective** treatments and can be used independently or together.

## How to Treat an Infection Through Conventional Medicine

### Over-the-counter (OTC) Drugs

Drugs such as benzalkonium chloride or bacitracin may be taken to treat minor bacterial skin [infections](#).

### Prescription Drugs

Serious bacterial [infections](#) may be treated with antibiotics in topical, oral, or intravenous form. [Infections](#) caused by herpes simplex and human immunodeficiency virus (HIV) are treated with antivirals.

It is **important that [infections](#) are treated appropriately** and that unnecessary and injudicious use of antibiotics is avoided. Many of these drugs have side effects and many are often incorrectly prescribed.

## How to Treat an Infection Through Natural Remedies

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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.

Natural remedies are also successful in fighting [infections](#) and supporting the immune system. Using treatments such as **herbal and homeopathic remedies** can provide you with a **safe and effective antibiotic alternative** which will address a wide range of physical and emotional symptoms, and ensure that you maintain optimal health. Herbal and homeopathic remedies are gentle yet effective, and help to support various systems in the body. Carefully selected ingredients such as Hypoxis rooperi (extract of African Potato), Agathosma betulina (buchu), Mentha piperita, Solidago virgaurea, and Viscum album all act as tonics to **improve the body's functioning and strengthen the immune system**. Consult a homeopath or herbalist about a remedy to suit your needs.

## How to Treat an Infection Through Complementary Therapy

- Acupuncture
- Ayurveda
- Nutritional therapy
- Meditation

All of the above complimentary therapies can help to strengthen the immune system and help to protect the body against [infection](#).

## Advice on How to Prevent Infection

- Eat healthily and incorporate all the major food groups into your diet
- Exercise increases natural killer cell activity, which may also help prevent [infections](#)
- Increase your intake of vitamins such as Vitamin A and C, and zinc
- Increase your exposure to fresh air and get enough sunlight each day
- Reduce stress by practicing relaxation techniques such as deep breathing exercises, listening to calming music, and meditating
- Excellent personal hygiene and sanitary habits reduce the risk of [infection](#)
- Practice safe sex
- Have yourself and your children immunized against infectious diseases
- Disinfect wounds and scrapes by washing and covering the wound with a natural antiseptic ointment

## 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.

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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 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 – 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



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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:

**Immunity Plus**<sup>™</sup> : For full immune system support for adults and teens

ImmunityPlus is a 100% safe, non-addictive natural herbal remedy formulated to safely maintain the **health and systemic balance of the immune system**, without harmful side effects and stimulants.

ImmunityPlus contains a selection of herbs known for their supportive function in maintaining immune system health and well-being. It supports the healthy functioning of the immune system, thereby helping to maintain the **natural defense against pathogens** and optimum performance.

As we grow older, we sometimes begin to notice that our immune systems are not as good as they used to be. ImmunityPlus can especially benefit those individuals needing to support routine immune strength to guard against common conditions associated with the maturing of cells.

ImmunityPlus can be used consistently, without compromising health and **not causing serious side effects**, to help maintain the body's natural ability to fight viral and bacterial infections-- while also supporting healthy convalescence.

The formula remains true to the **whole spectrum method** of herbal extraction, ensuring the bioavailability 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 Immunity Plus](#)

**Kiddie Boost**<sup>™</sup> : Support healthy immune functioning in children.

KiddieBoost is a 100% safe and natural formula containing carefully selected herbal ingredients known for their **tonic effects on the immune system**, as

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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.

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well as their high safety profile in children's remedies, compared to possibly harsh antibiotic side effects in children.

When children attend school, daycare, or preschool, they are particularly prone to picking up viruses and bugs. To help protect their immune systems, KiddieBoost has been specifically formulated to **strengthen child's immune system** from the age of 12 months. KiddieBoost comes in a convenient drop formula that is easy to administer to children.

KiddieBoost is developed with care by our team of specialists, is 100% natural, and manufactured according to the highest pharmaceutical standards using the **whole spectrum method** of herbal extraction.

This method ensures the bioavailability 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 Kiddie Boost](#)

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