

Natural Help 4...

Low Vitality



What is Low Vitality?

Occasionally, we can all feel like our **natural energy levels are at a low** and life's demands are increasingly more difficult to manage - this is **low vitality**. Feeling **overwhelmed by obligations** is not uncommon and can range from a subtle lethargy and **feeling tired** to a more chronic and debilitating state of fatigue or exhaustion.

Either way, it can have a serious effect on work performance, put strain on relationships and **take away the excitement and joy** from the things we love to do.

Diagnosing Low Vitality

When your **natural vitality** is low, you often feel **drained of both physical and intellectual vigor**. Not only is there the lack of motivation and concentration needed to meet daily demands, but the immune system can also be severely compromised making the body more vulnerable to illness and infection.

What Causes Low Vitality?

Feeling tired or overwhelmed by obligations has become such a common feeling in modern society that it seems to go hand-in hand with the **fast paced life-style expected of us** in today's world.

Try asking yourself when you last **woke up feeling refreshed** and ready to tackle the day!

Eating an unbalanced diet, not getting enough water, exercise or sleep, too much mental activity and **not enough rest time often leads to low vitality** and results in an imbalance of natural rhythms.

Help for Low Vitality

The essential thing to remember is that you have the choice to regain a sense of youthful **healthy energy**, balance and vigor. Address any life-style problems that may be contributing to your **low vitality**.

Natural herbal and homeopathic remedies can be used to restore **natural vitality** and all round system functioning in a safe, side-effect free way. A combination of certain herbs such as Siberian Ginseng, Olea europea (extract of olive leaf) and

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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.

Centella asiatica can be taken to help **fight fatigue and boost energy without the stimulants** often present in OTC medication or dietary stimulants such as caffeine.

These herbs are often taken to **increase immune functioning and energy**, making the first steps towards healthy change a little easier and manageable, so you can once again tackle life's challenges head-on without **feeling overwhelmed by obligations** we must face!

Ways to Combat Low Vitality

- Exercise regularly to restore **natural vitality**
- Drink plenty of water and cut down on tea, coffee, soda and alcohol
- Eat a balanced diet with the recommended daily dose of fruit and vegetables
- Cut down on fast energy releasing foods such as sugar and wheat as they are usually followed by energy lows soon after eating
- Make sure your iron levels are correct (anemia can be a cause of low **vitality**)
- Get enough sleep and rest-time
- Address conflicts that cause negative emotions and learn to communicate your concerns at home, at work and in relationships
- Change your attitude and adopt an optimistic and proactive approach to dealing with life's demands
- Do something interesting, as feeling bored, powerless and negative will only sap your energy
- Manage and reduce your stress levels

If after making these necessary changes you see no increase in your energy levels or if you have other concerning symptoms, it is advisable to make an appointment for a medical assessment. Sometimes fatigue is a symptom of a more serious medical condition that needs to be addressed.

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,



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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.

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 – 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

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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:

Fatigue Fighter™: Helps maintain energy levels and feelings of well being, overall systemic and immune functioning.

Fatigue Fighter is a 100% safe, non-addictive, natural herbal remedy that can be used consistently to safely support **healthy energy levels, increase stamina and endurance**.

Fatigue Fighter contains a selection of herbs known as **natural energy boosters** for their supportive function in **maintaining healthy energy levels**, thereby helping to maintain balanced metabolism, stamina, endurance and routine, healthy performance **without artificial stimulants or caffeine**. Fatigue Fighter can make all the difference, without compromising health and **without the risk of serious side effects**.

The formula remains true to the **whole spectrum method** of herbal extraction, ensuring the bio-availability 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!

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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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