

Natural Help 4...

Manic Depression



What is Manic Depression?

Manic Depression is now more commonly referred to as Bipolar Disorder. Manic Depression symptoms include extreme mood swings.

The individual **suffering from Manic Depression** alternates between feelings of **depression** and feelings of exaggerated happiness and confidence (mania).

This mood disorder can range in severity and in extreme cases, can be a seriously incapacitating disorder that and sometimes Manic Depression symptoms prevent the individual from living a normal productive life.

Diagnosing Manic Depression

One of the primary difficulties in diagnosing this disorder is that most of those who suffer from it are blind to the negative consequences caused by their alternating mood states and **it is often the people in their lives that are most affected**.

If left untreated, **Manic Depressive disorder** can have serious consequences such as substance abuse, spending sprees and bankruptcy, car accidents, and even suicide. Often times a major problem is that since **Manic Depression symptoms** are so tied up in the psychology of the sufferer, **often times they simply feel that their mood swings are just ‘part of them’**, and will not seek help.

Seek a professional evaluation if you think you may be suffering from Manic Depressive disorder so that you can begin a treatment plan as soon as possible. Usually, a specialist will perform a full psychiatric evaluation in order to determine the extent of the symptoms.

Often, they will also request a full family psychiatric history in order to determine if depression or manic depressive conditions have existed in relatives, as **the condition is considered to be partially hereditary**.

They will also perform blood tests and a physical evaluation to make sure no other disease or sickness is causing the symptoms.

What Causes Manic Depression?

There are many theories as to the cause of **Manic Depressive disorder**. Some suggest that the problem can be based off of a person’s environment or life experience, basically meaning that certain events, hardships, stress or other outside factors can have an impact on a person’s psyche and induce manic

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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.

depressive symptoms.

However, [manic depression](#) is more **widely considered to be a biological disorder**, and that environmental factors mainly act as triggers for symptoms or work to exacerbate the condition.

Evidence also exists to suggest that [manic depression](#) is inherited, and that the children of parents who are manic depressive are more pre-disposed to developing the condition themselves.

Help for Manic Depression

There are a number of treatment options available that can help manage [Manic Depression](#) and **promote a normal and healthy life**. Some options may be prescription medication, psychotherapy, electroconvulsive therapy or a natural holistic approach involving a healthy life-style, positive behavioral changes and natural and homeopathic remedies.

Certain homeopathic and herbal remedies are especially formulated to optimize the nervous system, lift the mood, and reduce anxiety. Some herbal ingredients commonly used for these purposes are Passiflora and Skullcap – both of which can be very helpful in calming manic states.

While herbal remedies commonly used for depression are not usually recommended for the depressive phases of Bipolar Disorder, homeopathic remedies, including Natrium sulphate, Kalium phosphate and Natrium phosphate (all biochemic tissue salts) may often be very helpful.

The benefit of the natural approach is that it is relatively **side effect free** and if taken in the form of tissue salts or other homeopathic ingredients, is also safe to use during pregnancy (often a concern when on long-term medication). **Consult a doctor**, homeopath or naturopath for advice, especially when other chronic medications are also in use and do not discontinue your prescription medication unless under medical supervision.

Types of Manic Depressive Episodes

- **Manic Episode:** A manic episode refers to when a sufferer experiences a **manic upswing in mood**, in which they seem to have limitless energy and enthusiasm. Characteristics of this condition are feeling overly euphoric, an inability to focus or concentrate, unrealistic beliefs in ones abilities and powers, poor judgment and aggressive or overly impulsive behavior.
- **Depressive Episode:** A depressive episode is, for all intents and purposes, the opposite of a manic episode, during which the sufferer experiences **extreme lows in their mood and energy** and is prone to extremely negative thoughts and a loss of self-worth. Characteristics of this condition are feelings of guilt and hopelessness, a loss of interest in pleasurable activities, extreme lethargy, sadness and anxiousness, loss of appetite, and in some cases, suicidal thoughts and tendencies.
- **Mixed Bipolar Episode:** Some patients experience the mixed bipolar episode, in which they can experience **symptoms of manic episodes and depressive episodes at the same time**. This can be an extremely dangerous state that can resemble psychosis in extreme cases. It is marked



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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.

by the sad, hopeless feelings associated with the depressive state, but also the boundless energy, racing thoughts and agitation that is characteristic of manic episodes.

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 pharmaceutical drugs. Contrary to common perception, and provided that they are

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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.

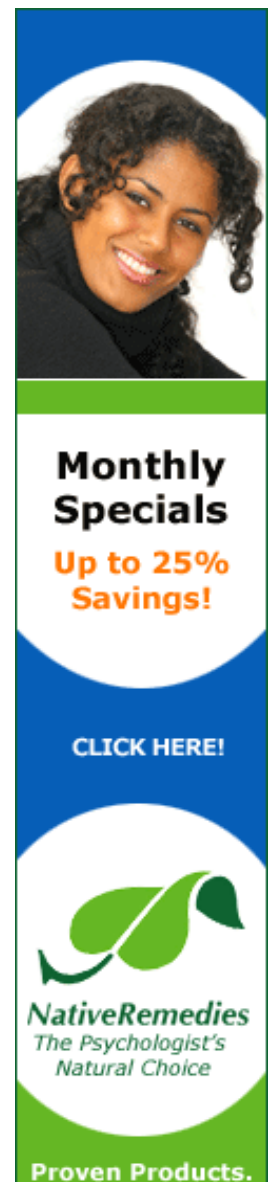
Whatever your choice, always choose wisely. Research what is best for you. If you have a chronic or life threatening condition, don’t make changes without first discussing them with your doctor in order that your condition may be monitored. Well informed and supportive practitioners will support patients who want to take responsibility for their own health.

Related Natural Remedies:

MoodCalm: Homeopathic remedy temporarily calms emotional outbursts and reduces mood swings

MoodCalm is a safe, non-addictive FDA registered natural remedy, containing *100% homeopathic ingredients* especially selected to **relieve mood swings, uncharacteristic behavior and agitation**, as well as anger outbursts.

The selected homeopathic ingredients have been homeopathically proven to safely and temporarily **reduce extreme emotional highs**. MoodCalm helps the body and mind to transition back into equilibrium naturally.



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MoodCalm is taken internally and works quickly to soothe the nervous system and promote a **calm, balanced and stable mood**. Presented in small dissolvable tablets, MoodCalm is easy to ingest and hassle-free with no artificial colors or preservatives.

Due to the **safe and effective homeopathic formula**, MoodCalm may be used without risk of negative interactions. It may also be used *safely during pregnancy and for all ages*. As a result, MoodCalm can make all the difference, without compromising health.

All Native Remedies homeopathic products and biochemic tissue salts are manufactured in an FDA and GMP registered pharmaceutical facility under the supervision of qualified homeopaths and responsible pharmacists. Individual ingredients are listed in the Homeopathic Pharmacopoeia of the United States (HPUS).

[Learn more about MoodCalm](#)

MindSoothe: Promotes balanced mood, emotional health 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 and systemic harmony** in the brain and nervous system, without harmful side effects. This remedy contains a selection of herbs known for their excellent and supportive function in maintaining brain and nervous system health, **emotional balance** and overall emotional well-being.

While the herbal ingredients in MindSoothe have been used for thousands of years in traditional folk medicine, more recently extensive research has supported the therapeutic and tonic benefits, as well as the safety profile of these herbs – meaning that you can use MindSoothe with confidence and without fear of side effects.

The formula remains true to the **whole spectrum method** of manufacture, 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!

In combination with a healthy lifestyle and diet, MindSoothe supports the healthy functioning of the brain and nervous system, thereby helping to **support emotional wellness and maintaining balanced mood, a positive mental attitude, and routine equilibrium**.

As a bonus, regular use of MindSoothe also helps to maintain healthy sleep patterns, a balanced appetite and **support a healthy sex drive**. MindSoothe can be used consistently, without compromising health.

[Learn more about MindSoothe](#)

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

PureCalm: Works quickly to facilitate a calmed mood and soothed nerves

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. This remedy contains a selection of herbs known for their supportive role in maintaining healthy nervous system function. Due to the concentrated tincture formula, PureCalm Drops work quickly to maintain balance and harmony in the nervous system – exactly when you need it!

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!

[Learn more about PureCalm](#)

Mood Tonic: Homeopathic remedy temporarily relieves irritability and sadness, plus maintains normal serotonin levels

Triple Complex Mood Tonic is a safe, non-addictive, natural remedy containing *100% homeopathic ingredients* especially selected to temporarily **relieves irritability and sadness, and helps restore a balanced mood.**

Triple Complex Mood Tonic is a *combination of three biochemic cellular-supporting tissue salts* and may be taken at the first signs of **irritation and moodiness** for effective, temporary help.

Triple Complex Mood Tonic is taken internally to **support normal serotonin levels**. Presented in small tablet form, Triple Complex Mood Tonic is easy to ingest and hassle-free with **no artificial colors or preservatives**.

Due to its unique homeopathic formula, Triple Complex Mood Tonic is *safe for all ages, as well as during pregnancy and nursing*.

All Native Remedies homeopathic products and biochemic tissue salts are manufactured in an FDA and GMP registered pharmaceutical facility under the supervision of qualified homeopaths and responsible pharmacists. Individual ingredients are listed in the Homeopathic Pharmacopoeia of the United States (HPUS).

[Learn more about Mood Tonic](#)

Read the testimonials for these quality products [here!](#)

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6) We offer an unconditional [One Year Money Back Guarantee](#).



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