

Natural Help 4...

Nervous Breakdown



What is a Nervous Breakdown?

A [nervous breakdown](#) can be described as an **acute [emotional](#) or psychological collapse**. The term [nervous breakdown](#) is not a medical term, but rather a colloquial term used by the general public to refer to and characterize a wide range of mental illnesses.

It generally occurs when a person is unable to function in social roles anymore, experiencing severe depression or feelings of being out of touch with reality. This often occurs **after a long period of stress which has not been adequately dealt with**.

This inability to function can occur in both work and personal arenas, resulting in difficulty in fulfilling obligations. It also causes the individual to develop physical, mental and emotional symptoms. A person experiencing [symptoms of a nervous breakdown](#) may feel extreme tiredness, weakness, episodes of uncontrollable crying, confusion, disorientation and feelings of worthlessness.

There may also be a loss of self-esteem and confidence, extreme weight loss or weight gain, disrupted sleep patterns and feelings of guilt and despair. In severe cases, an inability to move, called catatonic posturing, may result. This is a serious psychiatric condition and should not be taken lightly.

Disorders Associated with a Nervous Breakdown

- Depression
- Panic disorder
- Anxiety
- Generalized anxiety
- Acute stress disorder
- Post-traumatic stress disorder
- Trauma disorders
- Schizophrenia
- Psychotic disorders
- Mood disorders
- Bipolar disorder

Learning to manage stress and identify the early [symptoms of a nervous breakdown](#) such as anxiety, depression and panic disorders can help to prevent its onset. Many people have experienced being on the verge of a [nervous breakdown](#), and it is this feeling of overwhelming helplessness that has forced them to revamp their lifestyles and has offered them the opportunity for growth and enlightenment.

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The content of this ebook is intended for informational purposes only.

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 website.

Diagnosing a Nervous Breakdown

Your doctor will perform a physical examination to rule out any other medical conditions, and also ask you what symptoms you are experiencing. A course of medication may be prescribed as well as a referral to a psychologist or psychotherapist.

Warning Signs Indicating a Nervous Breakdown

There are physical, [emotional](#) and behavioral warning signs and [symptoms of a nervous breakdown](#). They include:

Physical symptoms

- Insomnia
- Loss of appetite or an increase in appetite with 'comfort eating'
- Diarrhea
- Constipation
- Irritable Bowel Syndrome (IBS)
- Breathing problems
- Migraine headaches
- Low libido
- Disrupted menstrual cycle

Emotional symptoms

- Anxiety
- Depression
- Agitation and restlessness
- Indecision
- Loss of confidence and self-esteem
- Inability to stop crying
- Feelings of guilt, poor judgment

Behavioral symptoms

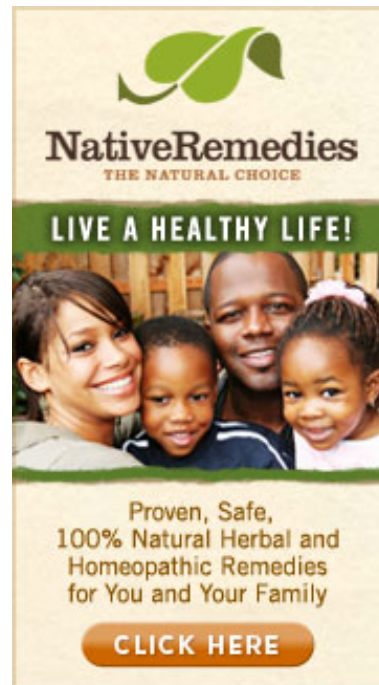
- Mood swings
- Strange behavior such as odd body movements or undressing in public

In more extreme cases, psychosis can occur where the person will experience complete loss of contact with reality. The symptoms may include hallucinations or visions, feelings of victimization or persecution, strange speech patterns and behaviors as well as extreme guilt or grandiosity.

What Causes a Nervous Breakdown?

There is always a trigger or catalyst that sparks a [nervous breakdown](#). Breakdowns usually stem from a change in a major life event such as a broken relationship, death of a loved one, a demanding job or financial difficulties. Factors that contribute to a breakdown include:

- Stress



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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.

- Depression
- Drug and alcohol use
- Genetics (family history)
- Coexisting medical conditions such as vitamin deficiencies or thyroid disorders

Help for Nervous Breakdowns

There are many treatment methods and approaches for dealing with nervous breakdowns. Choosing the right one depends on the diagnosis of the individual case, as **there is no standard cure**.

Prevention Tips for Nervous Breakdowns

Preventative

Obviously the best approach is to prevent the breakdown from occurring in the first place. Recognizing the warning **signs of a nervous breakdown** and reducing and managing stress levels can often produce excellent results and prevent the total collapse usually associated with a [nervous breakdown](#).

Conventional Medicine

Conventional treatments once [signs of a nervous breakdown](#) are observed usually consist of anti-depressants or other psychiatric medications. **These can have serious side effects** as they are high schedule drugs. Prescription drugs alone do not offer a comprehensive treatment for any psychiatric or stress related condition. It is important to seek help in managing the conditions that led up to the breakdown. This is best done by consulting a psychologist.

Natural Remedies

Herbal and homeopathic remedies have the potential to address many of the symptoms of nervous distress and have the advantage of being **safe and effective**, without many of the side effects and potential for addiction commonly associated with the psychiatric drugs. By incorporating these remedies into your lifestyle, you are not only being proactive but also improving your physical, mental and emotional health.

Herbal and homeopathic remedies commonly recommended include ingredients such as St. John's wort (*Hypericum perforatum*), *Passiflora incarnata*, Lavender, Valerian and *Melissa officinalis*. Homeopathic remedies may also be very beneficial in addressing the underlying causes of the psychological distress and are very useful along with psychotherapy.

Nutritional Supplements

[Signs of a nervous breakdown](#) include stress which often means that the individual becomes deficient in certain vitamins and minerals – especially if appetite is also affected. A good multivitamin can be very beneficial and special attention should be paid to taking extra vitamins in the B complex, particularly Vitamin B6 and B12.

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Other therapies

Aromatherapy, yoga, reflexology, Reiki and massage therapy can all be useful adjuncts to treatment and can greatly assist in aiding relaxation and stress management.

Prevention Tips for Nervous Breakdowns

Taking care of ourselves physically, mentally, spiritually and emotionally is very important, especially with the hectic demands placed on our daily lives. These useful tips include:

- Eating a healthy diet and improving food choices
- Exercising regularly
- Actively seeking professional help for better coping mechanisms or help with emotional issues
- Taking a break from work and going on vacation
- Practicing deep breathing exercises and meditation
- Incorporating fun and laughter into your life
- Allowing more time for a good night's rest
- Limiting alcohol and tobacco intake
- Avoiding drugs
- Learning to relax by taking time for yourself
- Maintaining contact with family and friends
- Treating yourself regularly by playing a round of golf, or spending the day at the spa

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)



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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 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

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 consultants ready to advise you on the best choice for your health.

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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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