

Natural Help 4...

Nervous System



What is the Nervous system?

The [nervous system](#) forms part of a complex electrochemical process that acts as the body control center and communications center. It is responsible for **sending, receiving and processing nerve impulses** throughout the body as well as regulating and maintaining homeostasis. It coordinates muscle activity, thought, learning, memory, speech, the senses and emotion. The [nervous system](#) relies on billions of tiny nerve cells called neurons to function. Neurons carry information by sending electrochemical impulses through the nerves to other muscles and organs.

The [nervous system](#) is made up of three divisions – central [nervous system](#), peripheral nervous system and autonomic nervous system:

Central nervous system

The brain and spinal cord make up the [central nervous system](#). The brain controls how the body functions. It has billions of neurons that stores, receives and analyzes information. It also provides us with our personality, moods, emotions, consciousness and unconscious thoughts. The spinal cord is a continuation of the brain and carries messages between the [central nervous system](#) and the rest of the body.

Peripheral nervous system

The peripheral [nervous system](#) consists of sensory receptors, sensory neurons and motor neurons. This system is made up of the somatic nervous system and autonomic [nervous system](#).

The somatic [nervous system](#) (voluntary nervous system)

The somatic nervous system controls voluntary muscle movements, making them contract or relax. This system also carries information from the eyes, ears, the skin and muscle to the brain and spinal cord.

The autonomic [nervous system](#) (involuntary nervous system)

The autonomic nervous system consists of two parts, the sympathetic and the parasympathetic. These systems regulate organs and glands automatically, without any voluntary input and act on the body in opposite ways. They also help to maintain homeostasis.

Dignosing Nervous system problems

**Sign up for our
Email Newsletter
for Even More
Natural Health
Information!**



[Click Here >>](#)

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.

After a careful review of the patient's medical history and a physical examination, certain procedures will be used to help accurately **diagnose a nervous system disorder**. The various diagnostic methods doctors use includes imaging tests such as computed tomography or CT, magnetic resonance imaging (MRI), angiography, positron emission tomography, and Doppler ultrasonography.

What Causes Nervous system problems?

Infections

- Meningitis
- Polio
- Encephalitis
- Epidural abscess

Functional disorders

- Headache
- Dizziness
- Neuralgia
- Epilepsy

Structural disorders

- Bell's palsy
- Carpal tunnel syndrome
- Brain or spinal cord injury
- Brain or spinal cord tumors
- Peripheral neuropathy
- Guillain-Barre syndrome

Vascular disorders

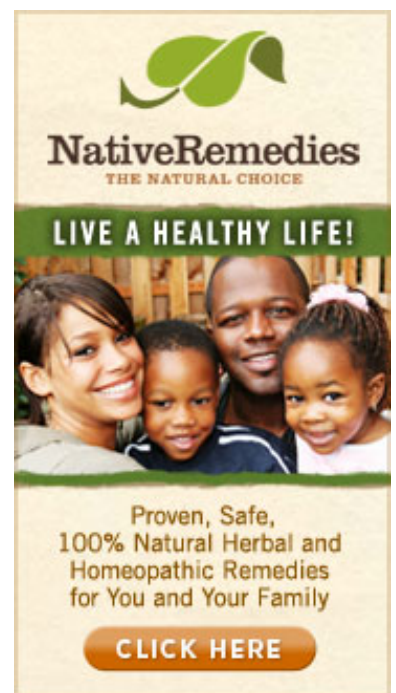
- Stroke
- Transient ischemic attack (TIA)
- Subdural hemorrhage and hematoma
- Subarachnoid hemorrhage
- Extradural hemorrhage

Degeneration

- Multiple sclerosis
- Alzheimer's disease
- Huntington's chorea
- Parkinson's disease
- Amyotrophic lateral sclerosis (ALS)

Help for Nervous system problems

Treatment options for neurological disorders usually depends on the diagnosis, underlying causes, the overall health of the individual and the severity of the condition. Various medications may be prescribed to treat these disorders and in more severe cases, **neurological surgery** may be prescribed. Complementary



NativeRemedies
THE NATURAL CHOICE

LIVE A HEALTHY LIFE!

Proven, Safe,
100% Natural Herbal and
Homeopathic Remedies
for You and Your Family

[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.

therapies such as acupuncture, physiotherapy, massage, hydrotherapy or chiropractic techniques may also be helpful during rehabilitation.

Natural and holistic treatments have been used through the ages to support the nervous system, **soothe nerves** as well address symptoms of stress and tension. Homeopathic remedies such as tissue salts work at **supporting health at a cellular level** and are also extremely safe and effective to use for people of all ages. Tissue salts such as **Ferrum phosphoricum, Kalium phosphate** and **Magnesium phosphate** are beneficial for the health of the nerves, act as a natural anti-spasmodic and muscle relaxant and also calms and uplifts the spirit. Natrium muriaticum and Calcium phosphate promotes brain health and functioning, memory, concentration and mood.

Tips to promote and maintain a healthy nervous system

- There are several things that you can do to support [nervous system](#) health and these include:
- Eat a healthy, well balanced diet that contains vitamin D and 12, calcium and potassium
- Stay active by exercising at least three times a week
- Get enough rest and try to have at least eight hours sleep at night
- Stop smoking and avoid an excessive intake of alcohol
- Give your brain a workout by doing challenging or stimulating activities such as building a puzzle, playing word games, painting, sketching, reading or playing music
- Learn to relax and reduce stress by practicing deep breathing exercises, going yoga or meditation
- Surround yourself with positive people who will uplift you and make you feel good about yourself
- Train your brain to not harbor unhealthy thoughts

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

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.

Great Health Sites

[Naturally Beautiful Me](#)

[Natural Pet Health Blog](#)

[Natural Holistic Health](#)

[Mom's Blog](#)

[Health or High Water](#)

[Pet Herbal Info Blog](#)

[The Natural Beat Blog](#)

[PetAlive Natural & Herbal Remedies for Pets](#)

[Native Remedies - Natural & Herbal Remedies](#)

[Remedies4 - Free Natural Health Ebooks](#)

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 associated with standardized extracts of kava kava, a herb previously safely used



**Monthly
Specials**
**Up to 25%
Savings!**

[CLICK HERE!](#)


NativeRemedies
*The Psychologist's
Natural Choice*

**Proven Products.
Excellent Service
and Delivery**

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:

Triple Complex Nerve Tonic: Promotes easy, comfortable and normal breathing

Triple Complex Nerve Tonic is a safe, non-addictive, natural remedy containing *100% homeopathic ingredients* especially selected to temporarily **relieve the effects of stress, worry and nervous tension.**

Triple Complex Nerve Tonic is a *combination of three biochemic cellular-supporting tissue salts* and may be taken at the first signs **frazzled nerves and imbalanced moods** for effective, temporary help.

Triple Complex Nerve Tonic is taken internally to help **reduce the symptoms of everyday stress, worries and tension** as well as to assist with any nervous system functioning and brain efficiency. Presented in small tablet form, Triple Complex Nerve Tonic is easy to ingest and hassle-free with **no artificial colors or preservatives.**

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

[Learn more about Triple Complex Nerve Tonic](#)

Triple Complex Mood Tonic: Facilitate a calmed mood and soothed nerves

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.*

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.

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

[Learn more about Triple Complex Mood Tonic](#)

TremorSoothe: Homeopathic remedy temporarily controls shakes, tremors, twitches and muscle spasms

TremorSoothe is a safe, non-addictive, natural herbal remedy containing *100% homeopathic ingredients* especially selected to temporarily control shakes, tremors, twitches and muscle spasms.

TremorSoothe should be taken at the first sign of symptoms for the short-term **improvement of muscular-skeletal and [nervous system](#) health.**

TremorSoothe is taken internally and works to support the neurological messages sent to various parts of the body including the hands, feet, arms, legs, torso, and face. Presented in small dissolvable tablets, **TremorSoothe** is easy to ingest and hassle-free with **no artificial colors or preservatives.**

[Learn more about TremorSoothe](#)

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



[Read more about the Native Remedies Full Spectrum Approach™](#)

Find More Great Health Ebooks at [Remedies4.com](#)

The statements regarding these products have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease. The information on this Web site or in emails is designed for educational purposes only. It is not intended to be a substitute for informed medical advice or care. You should not use this information to diagnose or treat any health problems or illnesses without consulting your pediatrician or family doctor. Please consult a doctor with any questions or concerns you might have regarding your or your child's condition.

All images on this site are property of Native Remedies LLC and/or the original image licensors. The content of these images is not meant to suggest that the person depicted uses or endorses our products or services. Informational material and representations have been provided by the manufacturers of the listed products. Copyright © 1997-2008 Native Remedies, LLC. All rights reserved.