

Natural Help 4...

Nervousness



What is Nervousness?

For some people, **nervousness** can be quite incapacitating and leave them feeling terror-struck at a time when clear thinking and togetherness are required. It's difficult to impress a future employer in an interview, or inspire an audience, if your hands are shaky and sweaty, your mind is blank and you're trying so hard to catch your breath that talking is an after thought.

Nervousness can be an infrequent, circumstantially bound problem, or it could be the result of another more serious disorder. Either way, help is available, and if treated properly, **nervousness** can be managed.

Diagnosing Nervousness

People react physically in different ways when they are feeling nervous. The following are some of the physical changes that may occur when you are nervous.

- Sweaty hands
- Dry mouth
- Rapid heartbeat
- Breathlessness
- Trembling
- Hot or cold flushes
- Difficulty concentrating
- Muscle tension
- Feeling restless and agitated
- Dizziness or feeling light-headed
- Upset stomach or nausea

What Causes Nervousness?

Feeling nervous can be a normal reaction to stressful, unknown or intimidating circumstances. It is quite normal to feel nervous before a job interview, before delivering a presentation and even before a doctor's appointment. While the situations that give rise to nervous feelings are the triggers, the body changes occur because of an increase of stress hormones released into our blood by the adrenal glands – as a response to the anxiety-provoking situation. How we cope with these nervous feelings can make all the difference.

Situations that May Cause Nervousness

- Public speaking or performance
- Meeting strangers

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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.

- Job interviews
- Starting a new sport or hobby, such as going to the gym or to pottery class for the first time
- Appointments or meetings where you may feel you are going to be ‘put on the spot’ or be the focus of attention such as a meeting with your boss

Of course, [nervousness](#) can play a greater role in certain situations and some people are just more prone to feeling nervous or have **an underlying condition that heightens [nervousness](#)**. Examples of this include:

- Exam nerves
- Test Anxiety
- Anxiety and Anxiety Disorders
- Hyperactivity
- Attention Deficit Hyperactivity Disorder (ADHD) (children & Adults)
- Hyperthyroidism
- Caffeine and other stimulants increase nervous tension
- Many prescription medications, as well as illicit substances, also increase nervous tension.

Help for Nervousness

A little [nervousness](#) before an event is not necessarily a bad thing and can even help to improve performance by increasing levels of alertness and vigilance. However, if [nervousness](#) becomes bothersome to the point where it affects your ability to perform negatively, then there are a number of things you can do to help.

There are many treatments available to help you manage [nervousness](#), depending on the severity and the underlying cause. It is important to **get a professional diagnosis** if you think a more serious psychological disorder or medical condition is the underlying cause.

For treating occasional or situational [nervousness](#), **natural remedies (that are free of side effects), along with learning coping skills and techniques, have been shown to help substantially.**

Some examples of herbal remedies that can help to [stay calm](#) and maintain [healthy nerves](#) include passiflora, valerian and scullcap. There are also many homeopathic remedies that can help. Many people also find that flower essences or biochemic tissue salts can offer considerable relief.

Tips to Help Manage Nervousness

- It’s helpful to know that while you may think your [nervousness](#) is glaringly obvious, **it never looks as bad as it feels**. Many people who feel sure that everyone notices their nervous feelings are surprised to hear friends and colleagues remark on how confident they seemed!
- **Deep breathing** is one of the most helpful tools to help with nerves. Breathe in slowly and deeply through your nose (try to breathe from your diaphragm rather than from your chest), hold your breath in for a few seconds and then release your breath slowly from your mouth.
- **Don’t be frustrated** or angry at yourself for being nervous. It’s a very

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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.

normal fear reaction and focusing on its negative effects will make them seem larger than life.

- **Try to be prepared** for the event that is making you nervous. The more solid your preparation, the more confident and less nervous you will be.
- Watch out for and **stop any negative thoughts** about possible bad outcomes. To help you do this, change “What ifs” to “So what’s.”
- Many people speak faster when they feel nervous. **Take a deep breath** and slow down your rate of speech. This will prevent you from becoming breathless – which makes many people feel more nervous.

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.

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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 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:

MindSoothe: Promote balanced mood and feelings of wellbeing.

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.



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MindSoothe can be used to safely maintain emotional health, balanced mood, [emotional wellness](#) and systemic harmony in the brain and [nervous system](#), without harmful side effects.

This remedy contains a selection of herbs known for their calming and supportive function in maintaining brain and nervous system health, [emotional](#) balance and overall wellbeing.

[Learn more about MindSoothe](#)

PureCalm: Aids nervous system in stress resistance for balanced moods and feelings of well being.

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 and without sedatives. This remedy contains a selection of herbs known for their supportive function in maintaining brain.

PureCalm can especially benefit those individuals needing support overcoming worry, managing stress and to promote inner calm related to certain situations. Natural stress relief products such as PureCalm can be used consistently, without side effects or compromising health.

[Learn more about PureCalm](#)

Nerve Tonic: Promotes nervous system health, maintains balanced mood and worry free mind.

Triple Complex Nerve Tonic is a combination of three, cell-supporting tissue salts, especially selected for their effect on brain and nervous system health. This combination of tissue salts can be used regularly in a general capacity to **promote systemic balance in the brain**, spinal cord and the entire nervous system, as well as in conjunction with other remedies to maintain therapeutic effectiveness.

Tissue Salts, also called cell salts or biochemic salts, are composed of **minerals that occur naturally at a cellular level in our bodies** and all organic matter on earth (plants, rocks and soil).

There have been **twelve essential tissue salts** identified as important components of all body cells and without which, true health is not possible. Each tissue salt plays a different, yet vital role in maintaining cellular health in the organs and **nervous systems** of the body.

Ensuring the healthy functioning of all brain and nervous system cells enhances the bio-availability of supplements, remedies and even nutrients in your diet. It also lessens the chance of a **nervous breakdown**. **Treating panic disorder** in people who suffer a **nervous breakdown** usually involves therapy. The doctor **treating panic disorder** will monitor the symptoms carefully to establish a treatment plan that aims to restore the health of the **nervous system**.

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](#).

And, because our tissue salts are naturally occurring in the body and manufactured to ensure safe, yet optimum potency, they are safe to use for all ages, as well as during pregnancy.

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