



## What is Neuritis?

**Neuritis** is a condition of the nervous system and is characterized by an **inflamed nerve or group of nerves**. There are two types of **neuritis**, optic **neuritis** and peripheral **neuritis**.

## Types of Neuritis

**Optic Neuritis** is also known as retrobulbar neuritis. It occurs when the optic nerve at the back of the eye becomes inflamed. The optic nerve consists of fibers that transfer visual information from the nerve cells in the retina to the nerve cells in the brain. If these fibers become inflamed, **visual signaling to the brain may be disturbed**.

Pain is often felt when trying to move the eye and distinguishing colors with the affected may also be difficult for the individual suffering from optic neuritis. It is often a sign of an underlying disease or illness such as multiple sclerosis. If left untreated, optic **neuritis** can lead to permanent damage and loss of vision.

**Peripheral neuritis** is also known as peripheral neuropathy and occurs as a result of damage to the nerves of the peripheral nervous system. The nervous system is divided into two categories, the central nervous system and peripheral nervous system. The central nervous system comprises the brain and spinal cord while the peripheral nervous system refers to all the other nerves in your body – sensory nerves, motor nerves and automatic nerves.

This condition is also a sign of several underlying diseases such as diabetes, pressure or trauma to the nerve, vitamin deficiencies, alcoholism or autoimmune and hereditary disorders. Numbness, tingling in the hands and feet, burning pain and lack of coordination are some of the **symptoms of peripheral neuritis**.

## Diagnosing Neuritis

The diagnosis of **neuritis** is based on a thorough physical examination as well as medical history. Your doctor would most likely refer you to a neurologist. Certain tests such as various blood tests, x-rays, EMG, **nerve conduction tests** or nerve biopsy may be performed to determine the cause of neuropathy.

## Symptoms of Neuritis

The most common **symptoms of neuritis** include:

- Tingling, burning, pins and needles sensations and stabbing pains in the

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- affected nerves
- Tremors and numbness
- Wasting away of muscles
- Pain
- Fatigue
- Feeling of heaviness
- Cramps
- Imbalance in gait
- Loss of sensation or paralysis in muscles

## What Causes Neuritis?

There are several [causes of neuritis](#), and they include:

- An injury, bad bruise, heavy pressure, a blow or fracture of the bone
- Muscular sprain or over-extension of the joint
- Allergic reactions
- Diabetes
- Seizures
- Hypothyroidism
- **Inherited disorders such as** Charcot-Marie-Tooth disease and amyloid polyneuropathy
- Multiple Sclerosis
- Rheumatoid arthritis
- HIV infection
- AIDS
- Hepatitis
- Alcoholism
- Nutritional deficiencies
- Exposure to toxic compounds

## Help for Neuritis

In order to reduce permanent nerve damage, it is necessary to treat the underlying cause such as **controlling diabetes or chronic renal failure**. There are various treatment options that can help relieve the [symptoms of neuritis](#) and include medication, injection therapy, vitamin supplements, physical therapy and acupuncture. In some cases, surgery may be required to treat certain [causes of neuritis](#) such as carpal tunnel syndrome or radiculopathy.

Many of these prescribed medications may bring about unwanted side effects such as constipation, diarrhea, nausea, drowsiness, low blood pressure and weight gain. Often people have difficulty coping with this condition and support groups can help to deal with **feelings of frustration** and depression, as well as improve quality of life.

More and more people are leaning towards a more natural and holistic approach to health. Natural treatments such as herbs and tissue salts are highly effective for relieving nerve inflammation and pain as well as to **promote systemic balance in the brain**, spinal cord and the entire nervous system. These treatments are safe and gentle on the body's system, and also enhance the therapeutic effects of other remedies by promoting brain efficiency.



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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.

If used regularly, a combination of ingredients used found in tissue salts promotes nervous system health. Herbs such as Zanthoxylum clava herculisis (Toothache Tree) have antispasmodic properties and are highly effective in **stimulating the circulatory system** while Matricaria recutita (German Chamomile) is widely used as a gentle anti-inflammatory and soothes muscular pain in the lower back. In addition, Harpagophytum procumbens (Devil's Claw) and Arctium lappa (Burdock) are excellent treatments for [arthritis](#), [lumbago](#), [rheumatism](#) and sciatica.

## Tips to prevent neuritis

There are some helpful tips to manage and cope with neuritis and they include:

- Eat nutritious, well balanced meals that includes whole grains, brown rice, raw and sprouted seeds, milk and yogurt
- Avoid sugar, refined cereals, wheat bread, meat and tinned fish as they aggravate the [symptoms of neuritis](#)
- Bathe in warm water with Epsom salt at least twice a day for about 25-30 minutes
- Gentle exercise such as regular walking and other moderate exercises are also beneficial
- Increase your intake of Vitamin B1, B2, B6 and B12
- Applying heat and pressure to the affected may also relieve [neuritis](#)

## 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

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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 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.



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## Related Natural Remedies:

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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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