

# Natural Help 4...

## Numbness



### What is Numbness?

Numbness is an **abnormal sensation** that can occur anywhere in the body, but is most commonly felt in the hands, feet, arms, or legs. Common symptoms include **tingling and numbness in hands and feet**. Numbness is a fairly broad term ranging from the harmless numbness you get when your fingers are too cold, to more serious conditions that require immediate medical attention.

Numbness is also often referred to in an emotional context to describe feelings of detachment or the lack of any emotional response, a symptom commonly associated with **depression**. In a physical context, numbness is generally as a result of damage, blood deprivation or **disease of certain nerves in the body**.

### What Causes Numbness?

Numbness can have all kinds of different causes, as it is a symptom of many different ailments, diseases and conditions. A proper diagnosis is therefore crucial, so that you can **treat the cause of the numbness** rather than just treat the **symptoms of numbness** itself which include **tingling and numbness in hands and feet**.

It's also important to take additional precautions as **loss of sensation** can lead to increased chances of accident and injury.

### Possible Causes of Numbness

- Not enough blood flow to the various extremities of the body. This often occurs when one remains in the same position for too long, or sits in an awkward position that restricts blood flow to a certain area. This can also happen to extremities when it is very cold as blood vessels constrict bringing on **tingling and numbness in hands and feet**.
- **Injury to a healthy nerve** such as a neck or back injury may cause numbness in various areas of the body, most commonly along the arms or legs.
- Pressure on the spinal nerves, such as that due to a slipped disk, often present in a **type of numbness referred to as sciatica**.
- Lack of blood supply to an area in the body - usually due to plaque buildup in the blood vessels, an inflammatory condition or to **poor circulation**.
- Carpal tunnel syndrome
- Complication from Diabetes, often called diabetic neuropathy
- Migraines
- Multiple sclerosis

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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.

- Seizures
- Stroke
- Transient ischemic attack (TIA)
- Underactive thyroid
- Abnormal levels of calcium, potassium, or sodium in the body
- A lack of vitamin B12 or other vitamin
- The side effects of certain medications
- **Toxicity in nerves**, caused by toxins such as lead, alcohol or tobacco
- A side-effect of radiation therapy
- After-effects of some surgical procedures

## Help for Numbness

In order to **treat numbness**, it is important to find the underlying cause. Whether due to poor circulation, diabetes, or multiple sclerosis, nature has a number of herbal and **homeopathic remedies** with ingredients to tackle both the underlying cause as well as the symptom itself. It is believed for example that homeopathic remedies may play an essential role in **healing nerve damage**.

Biochemic tissue salts such as Ferrum phosphoricum, Kalium phosphate and Magnesium phosphate can be of great assistance in **healing nerve damage** which is often the **cause of numbness**. These have been shown to assist in the **nutritional needs of your brain and nerve health**, while **promoting systemic balance** in the entire nervous system.

Other herbs used for **healing nerve damage** are Matricaria recutita, Rosemary and Ginkgo biloba which address some of the underlying **causes of numbness** and act as a tonic for an all round **healthy nervous system!**

## 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.

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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.

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 – 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.

## **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](#)

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

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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:**

**Circu-Live™** : For circulatory and nervous system health, keeps healthy toes and fingers comfortably tingle free.

Circu-Live is a 100% safe, non-addictive, natural herbal remedy formulated by a team of experts in the field of natural medicine, Circu-Live has been used for many years to safely maintain **health and systemic balance of the circulatory system.**

Containing a selection of herbs known for their **supportive function in maintaining circulatory health** and well being, Circu-Live remains true to ensuring the bio-availability and balance of active ingredients contained in the remedy, while significantly reducing the likelihood of side effects.

Circu-Live **supports functioning of the cardiovascular system**, thereby helping to maintain healthy circulation of the blood through veins and arteries to all extremities, assist routine oxygenation of the blood to all body tissue and organs, and provide optimum temperature regulation.

[Learn more about Circu-Live](#)

**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



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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**.

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.

[Learn more about Nerve Tonic](#)

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

### **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](#).



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