

# Natural Help 4...

## OCD



### What is Obsessive Compulsive Disorder?

Obsessive Compulsive Disorder (OCD) is an anxiety disorder that can be most debilitating if left untreated. As the name suggests, **OCD is characterized by compulsive actions, practices and thoughts** which are experienced to such an extent that they interfere significantly with the wellbeing of the individual. This disorder can have devastating effects on occupational, psychological and social functioning. **Teen OCD** is devastating for the teenager suffering from the disorder and for his family.

People with Obsessive Compulsive Disorder typically struggle to cope with daily life. Even seemingly simple tasks can become daunting and time consuming. However, with the correct treatment, there is much that can be done to improve symptoms as well as quality of life.

### Diagnosing Obsessive Compulsive Disorder

A mental health practitioner will ask you to give a detailed picture of your obsessions and/or compulsions. They will also note your feelings towards them and the way it has affected your life functioning in terms of daily routine, occupation, social interactions and relationships.

In order to get a clearer picture and **rule out any other disorders**, your health care practitioner may request to speak to family members or friends. Once a diagnosis is made, be sure to ask about all possible treatment options and explore which ones would best suit you!

### Symptoms of OCD in Adults

OCD is characterized by chronic obsessions and compulsions. Depending on the nature of the disorder, the symptoms of OCD vary and are often personal and unique to the person with the disorder. Symptoms include:

#### Obsessions

A person with OCD suffers from **recurring and persistent intrusive thoughts, images, ideas or impulses** over which they have little or no control and which cause considerable distress. The most common obsessions relate to the following themes:

- Aggressive impulses, or the fear that you're going to harm someone
- Contamination; fear of germs or disease
- Sexual content

**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.

- The need for symmetry and order – often as a way of warding off bad luck or disaster

We all get the odd thought or idea that pops into our head from time to time. While most of us can easily dismiss it and carry on, for a person with OCD, there seems to be no escaping these thoughts or impulses. Imagine if the thing you feared the most was a thought! The more you try not thinking about the forbidden thought, the stronger it becomes. For example, if you're trying not to think of stabbing someone with a knife, this image is the first thing that comes to mind. **Teen OCD** is especially isolating since the youngster may suffer from symptoms during class and extracurricular activities and may feel ostracized.

## Compulsions

One way to relieve the anxiety associated with these obsessions is to act on compulsions. **Compulsions are repetitive behaviors**, often intended to produce or prevent some future event or situation. An obsessive concern of contamination would usually result in hand-washing compulsions, while obsessions with symmetry would result in re-arranging and ordering of objects.

In many cases the compulsion is totally unrelated to the obsessive thought, but the action becomes a ritualistic distraction. The individual may realize that these actions are senseless, but feel unable to resist them.

For example, where some of us may superstitiously avoid stepping on cracks in the sidewalk, people with OCD may feel extreme anxiety if they don't give in to this compulsive behavior and often only feel relief when they have done so.

- Common compulsions include:
  - Washing hands over and over again
  - Repetitive checking that appliances are turned off or windows are closed
  - Frequently wiping objects before touching them
  - Collecting and hoarding specific items
  - Counting items over and over
  - Repeating specific words and phrases in a particular order in 'your head'
  - Rearranging things endlessly to create 'balance'
  - Excessive list making
  - Repeating actions in sets of three
  - Having a strict ritual before going to bed that has to be followed exactly

Many of us have learnt about OCD by watching movies or plays about people who are ruled by compulsions such as hand washing, counting and other forms of compulsive behavior. Some examples are 'Macbeth', 'Rain Man' and Jack Nicholson's 'As Good As It Gets'.

Although compulsions are the most well known [symptoms of OCD](#), many people with this condition suffer only from obsessive thoughts. In fact, compulsive behavior is not a prerequisite to the [diagnosis of OCD](#).

## Who Suffers from OCD? Is there a Cure?

Research suggests that OCD affects more women than men. OCD usually appears in early adolescence or mid twenties but can start earlier, especially in boys. After initial **OCD symptoms** start, the severity of the disorder can quickly escalate.

The advertisement for NativeRemedies features a green leaf logo at the top. Below it, the text reads "NativeRemedies THE NATURAL CHOICE". A green banner with white text says "LIVE A HEALTHY LIFE!". Underneath is a photograph of a smiling family consisting of a woman, a man, and two children. At the bottom, the text states "Proven, Safe, 100% Natural Herbal and Homeopathic Remedies for You and Your Family" and includes a red button with the text "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.

There is no reason for you to be consumed by OCD - a range of medical options are available and, if properly used, **obsessive compulsive disorder treatments** can help the individual live a balanced and healthy life.

## What Causes Obsessive Compulsive Disorder?

There is no definite theory as to what causes OCD. In fact, there are quite a few different potential causes, and different cases can be linked to different roots.

### Possible Causes of OCD

#### Biological Causes

- **Genetics** - studies suggest that a tendency towards anxiety may be hereditary.
- **Brain chemistry abnormalities** - Brain imaging studies have shown that people with OCD sometimes show different neuro-chemical brain activities than those without OCD and this condition is strongly associated with imbalances in brain chemistry. However, it is not certain whether these imbalances are caused by the OCD or whether the imbalances existed first.

#### Psychological Causes

- Strong feelings of guilt and responsibility might lead a person to the idea that thinking something bad is morally just as bad as doing it. "If I think of hitting you, it's morally the same as actually hitting you and so I must be a terrible and violent person."
- Some people feel overly accountable for what happens around them and think certain thoughts are dangerous. "If I think that, it might actually happen and then I will be responsible for it."
- Freudian theory suggests that obsessions and compulsions represent subconscious attempts to suppress guilt associated with unwanted sexual impulses.
- Psychodynamic theory explains obsessions and compulsions as attempts to deal with anxiety originating from the subconscious mind.

#### Stress

- Stress or trauma can often precipitate or worsen the symptoms of OCD in certain susceptible people. In **teen OCD**, stressful times during the academic year such as midterms and finals can trigger or worsen symptoms.

#### Drug Abuse

- OCD may sometimes be precipitated by the use of certain drugs which have the potential to alter brain chemistry.

#### Prescription Medication

- OCD symptoms may be related to the side effects of some prescription drugs.

### 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](#)

[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](#)

# Help for Obsessive Compulsive Disorder

There are a wide variety of treatment options for OCD and it is advisable to explore all options before deciding on a treatment plan.

## Treatments for OCD

### **Cognitive Behavioral Therapy (CBT)**

This form of **obsessive compulsive disorder treatments** has been very successful in treating **OCD symptoms**. Cognitive behavioral therapy encourages the person with OCD to gradually face whatever triggers the compulsive behaviors and also gives the individual the confidence to try and stop them. CBT also empowers the person with constructive ways of dealing with the anxiety that the OCD causes. As CBT works at a safe and steady pace, the long term effects are promising!

### **Drug Therapy**

Several medications have been shown to help with the symptoms of OCD, some of which are clomipramine, fluoxetine, fluvoxamine, sertraline, and paroxetine. While these anti-depressant drugs may be successful at lessening **OCD symptoms**, they do not address the root cause of the disorder and the symptoms will generally reappear once the medication is stopped.

These drugs also **cause unwanted side effects** such as dry mouth, nausea, drowsiness, weight gain and loss of libido. Although it was initially thought that these medications did not have the potential to result in dependency, this view has been revised after many reports of withdrawal symptoms experienced when trying to stop the medication.

If you decide that prescription drugs are the best option for you, remember that research indicates that they are best used together with therapy, rather than as a stand alone treatment option.

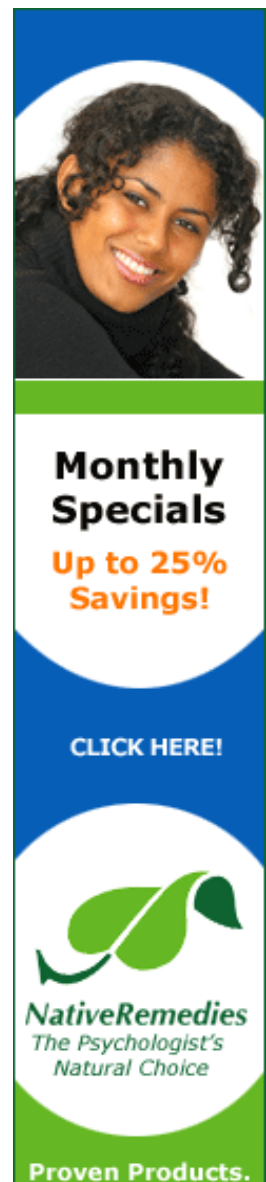
While prescription medication can be effective as part of a broader treatment plan, it is not always necessary for treatment. It is strongly advised that you research these drugs thoroughly and make an informed decision.

### **Natural Herbal and Homeopathic Remedies**

There are a number of **herbal and homeopathic remedies which may assist in the struggle against OCD**. OCD is strongly associated with imbalances in brain chemistry and there are a number of herbal remedies that have been shown to be effective in restoring chemical balance and neurological health in the brain.


In addition, because anxiety levels contribute significantly to OCD symptoms, herbal and homeopathic remedies that help to **reduce anxiety levels** may also be of benefit when considering **obsessive compulsive disorder treatments**. Some herbal remedies often recommended for OCD are Hypericum perforatum (St John's Wort), Passiflora incarnata, Scutellaria laterifolia (Scullcap) and Valerian.

The benefit of a natural approach is that correctly formulated remedies can give



Monthly  
Specials  
Up to 25%  
Savings!

[CLICK HERE!](#)



**NativeRemedies**  
The Psychologist's  
Natural Choice

Proven Products.

you all the benefits of treatment **without the negative side effects of prescription drugs.**

Proven Products.  
Excellent Service  
and Delivery

Used alone or in conjunction with psychotherapy, **herbal and homeopathic remedies can help relieve anxiety and bring the individual to a holistic balance.** A natural approach focuses on treating the individual rather than the symptoms! Discuss this option with your doctor or consult a homeopath or naturopath for advice.

## Other Disorders Related to OCD

It is not uncommon to find other disorders co-existing with OCD. In some cases OCD is accompanied by:

- Other anxiety disorders
- Depression
- Eating disorders
- Substance abuse
- Attention deficit hyperactivity disorder (ADHD)
- Tourette's syndrome
- Autism
- Asperger's Syndrome
- Mental handicap

## Tips for Coping with Obsessive Compulsive Disorder

- Stick to your treatment plan even though it may seem difficult and daunting at first.
- Therapies such as Cognitive Behavioral Therapy (CBT) may take some time before improvement is noted. Many people with OCD give up too soon, believing that the therapy will not help them. However, those who persevere usually experience significant improvement, thereby reducing the need for prescription drugs.
- Do your own research. Understanding your disorder will help you to cope with it.
- Seek support from loved ones who can offer encouragement during difficult times.
- Find a support group where you can share your difficulties and learn from the experiences of others. Speaking about your obsessive thoughts can often help to reduce the power they have over you.
- Avoid negative coping mechanisms such as illicit drugs and alcohol.
- Participate in social activities. Do not isolate yourself.
- Healing is an ongoing process, so be patient with your recovery progress.

## 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

### **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

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.

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

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

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



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

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

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.

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**: Promotes balanced mood, emotional health and feelings of well-being

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.

MindSoothe can be used to **safely maintain emotional health, balanced mood and systemic harmony** in the brain and nervous system, without harmful side effects. This remedy contains a selection of herbs known for their excellent and supportive function in maintaining brain and nervous system health, **emotional balance** and overall emotional well-being.

While the herbal ingredients in MindSoothe have been used for thousands of years in traditional folk medicine, more recently extensive research has supported the therapeutic and tonic benefits, as well as the safety profile of these herbs – meaning that you can use MindSoothe with confidence and without fear of side effects.

The formula remains true to the **whole spectrum method** of manufacture, ensuring the bio-availability and balance of all the active ingredients contained in the remedy. This method of manufacture also significantly **reduces the**

**likelihood of side effects** and maintains all active ingredients in perfect balance – exactly as nature intended!

In combination with a healthy lifestyle and diet, MindSoothe supports the healthy functioning of the brain and nervous system, thereby helping to **support emotional wellness and maintaining balanced mood, a positive mental attitude, and routine equilibrium.**

As a bonus, regular use of MindSoothe also helps to maintain healthy sleep patterns, a balanced appetite and **support a healthy sex drive.** MindSoothe can be used consistently, without compromising health.

[Learn more about MindSoothe](#)

**Nerve Tonic:** Homeopathic remedy temporarily relieves the effects of stress, worry and nervous tension, plus supports nervous system health

**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 Nerve Tonic is *safe for all ages, as well as during pregnancy and nursing.*

All Native Remedies homeopathic products and biochemic tissue salts are manufactured in an FDA and GMP registered pharmaceutical facility under the supervision of qualified homeopaths and responsible pharmacists. Individual ingredients are listed in the Homeopathic Pharmacopoeia of the United States (HPUS).

[Learn more about Nerve Tonic](#)

**The Calm Within CD:** Relaxing CD promotes relaxation and reduces stress

Close your eyes, take a deep, deep breath... and relax'

So begins The Calm Within CD, composed and recorded by our Clinical Psychologist. Based on actual therapeutic sessions used in her private practice, The Calm Within combines peaceful soothing music with progressive relaxation exercises, guided imagery and positive self scripting to provide you with an **hour of therapeutic bliss** whenever you need it.

This combination of therapeutic techniques and soothing deep relaxation music

has been especially designed to **induce a state of deep relaxation**, similar to what would be achieved in therapy, effectively relieving tension and supporting the body's natural ability to heal.

The CD is approximately one hour in length and is created to help provide all the benefits of an **hour of relaxation therapy** with a trained counselor - in the comfort of your own home!

[Learn more about The Calm Within CD](#)

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

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.