

# Natural Help 4...

## Shyness



### What is Shyness?

Shyness is not a medical disorder, but rather a behavior pattern or personality trait – **some individuals are more introverted than others** – and this may stem from as far back as childhood. Shyness can also be defined in technical terms – such as anxiety felt in social situations. A person who is shy may avoid meeting new people, confronting new situations or having attention on them.

### What Causes Shyness?

Shyness can be genetic or caused by social experiences that a person may have had. While some people may overcome their shyness with age, for others extreme shyness may lead to social phobia, or anxiety in adulthood. Individuals **may avoid working in an office, or avoid social situations** at all costs.

While common and mild shyness may result in **physical symptoms, such as blushing, or stammering** – extreme shyness can be accompanied by panic attacks – causing symptoms such as increased heart rate, sweating, nausea and shaking. Conventional drugs to alleviate shyness include Paxil and various antidepressants in the SSRI group. However, these drugs come with certain side effects and are not suitable for children who suffer with shyness.

### Help for Shyness

We can look to Nature for a solution – as many herbal and homeopathic remedies utilize all natural ingredients to soothe nerves and **promote calmness in the mind and body**. Herbs such as Melissa officinalis, Lavender and Passiflora incarnata have been used for centuries to calm ‘butterflies in the tummy’ and restore calmed nerves.

Homeopathic ingredients can work at a cellular level to address acute symptoms such as shaking and sweating. Gelsemium, for example suits those who do not like the limelight and is **commonly used for treatment of stage fright**. Chocولاتum suits individuals who experience an acute awareness of their heart, either because it is beating too fast, too slowly or irregularly. Silica is particularly useful for shy children who tend to suffer with nervous exhaustion.

### Tips to combat Shyness

- **Baby steps.** Start off with ‘bite-sized’ chunks – pick a few people that you are comfortable around (even family) and try out social behaviors such as eye contact, smiling and asking them questions.

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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.

- **Initiate.** Think of a few ways to start a conversation. This could be something simple like “Do you have the time?” and then follow up with “That’s a great watch!” You may even start a conversation with a comment “Great weather we’re having...”
- **Plan.** If you feel more comfortable planning a conversation – do so. You may want to rehearse it out loud in front of a mirror. Remember that conversations shouldn’t be too rehearsed or you may seem too robotic! Try to use your notes as a guide, and see how the conversation develops.
- **Group.** People with similar interests find it easier to chat to one another. Join a group or activity with like-minded people. If you are too shy to join a group of a lot of people, perhaps a pen pal is a good idea to start off with, one-on-one.
- **Have a back-up plan.** Often a lot of anxiety about being shy with others is focused on the fear of failure or the chance of rejection. If you have a back-up plan, then if the conversation becomes too much or if you get too nervous, you can remove yourself from the situation before you get too flustered. Try something like “Oh, I forgot something in the office/classroom/gym/car” and take a few minutes alone to re-group.
- **Be you.** Try to still keep what makes you unique. It’s fine if you want to follow guidelines for conversation, but in the end, your personality will shine through, and being yourself is what is likely to make friends and acquaintances



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## 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

### 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.

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.

Whatever your choice, always choose wisely. Research what is best for you. If you

## **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.

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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:

**SocialFear Relief:** Homeopathic remedy temporarily relieves social fear, anxiety, nervousness, shyness and stage fright

**SocialFear Relief** is a safe, non-addictive, FDA-registered natural remedy, containing *100% homeopathic ingredients* especially selected to temporarily **relieve the fear, anxiety, nervousness and shyness related to social situations** like eating or speaking in public.

SocialFear Relief should be taken at the first signs of self-consciousness or unease for short-term **relief of physical symptoms like sweating or heart palpitations** all without side effects.

SocialFear Relief is taken internally and works to increase calmness quickly and effectively, without sedatives! Presented in small dissolvable tablets, SocialFear Relief is easy to ingest and hassle-free with **no artificial colors or preservatives**.

[Learn more about SocialFear Relief](#)

**K-OK Kiddie Calmer:** Homeopathic remedy temporarily relieves nervousness, worry, shyness and separation anxiety in children

**K-OK Kiddie Calmer** is a safe, non-addictive, natural remedy containing *100% homeopathic ingredients* selected to temporarily **relieve nervousness, worry, separation anxiety, and shyness** in children.

K-OK Kiddie Calmer has been formulated specifically for children by our clinical psychologist and is a *registered OTC homeopathic remedy*. K-OK Kiddie Calmer effectively **reduces childhood anxiety, fears and apprehension**.

K-OK Kiddie Calmer should be taken at the first sign of **anxiousness, restlessness or agitated behavior** for effective, short-term relief, as it will help keep your child from feeling flustered or overwhelmed.

K-OK Kiddie Calmer is taken internally and **eases anxiety, apprehension, and shyness**. Presented in small dissolvable tablets, K-OK Kiddie Calmer is pleasant tasting, easy to ingest and hassle-free with no artificial colors or preservatives.

[Learn more about K-OK Kiddie Calmer](#)

**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.



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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](#)

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

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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.

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