

Natural Help 4...

Raynaud's Disease



What is Raynaud's Disease?

Raynaud's disease is a **circulatory condition that affects blood supply to the skin** and peripheries and causes the extremities of the body to lose feeling and become numb.

Raynaud's Disease is most commonly associated with **cold temperatures** and stress and sufferers of this condition will find their toes and fingers feel very cold or may even lose sensation in response to a stressful situation or exposure to cold. During a Raynaud's attack, the arteries and blood capillaries narrow, reducing blood circulation to affected areas, usually the extremities such as toes, fingers, ears and the tip of your nose.

This reduced peripheral blood flow is a normal protective mechanism to **prevent excessive heat loss** from these areas and **preserve the body's core temperature**. Similarly, in times of stress the body goes into a "flight or fight" response which causes the blood flow to the fingers and toes to be significantly reduced so that blood is conserved for the vital organs and muscles.

In people with Raynaud's syndrome these responses are exaggerated - causing troublesome symptoms at inappropriate times. The reduced blood flow leaves the extremities looking pale or even blue and cold as no warm blood reaches these areas.

Diagnosing Raynaud's Disease

There are no blood tests that can specifically diagnose Raynaud's syndrome , but generally health care practitioners will make a diagnosis based on the description of your symptoms. Your doctor may examine you and order further tests to rule out other conditions and diseases of the arteries, and to determine if there is a possible underlying condition that is causing Raynaud's.

In some cases your practitioner may ask you to place your hand in cold water to bring on an episode of Raynaud's in order to make a more accurate diagnosis.

What are the Symptoms of Raynaud's Disease?

People with Raynaud's syndrome may notice their skin changing color, first it becomes pale and then it changes to blue, when they are cold or stressed – most noticeably in the fingers. They may feel a prickly **numbness in toes** and sometimes a stinging pain with throbbing and redness when they begin to relax or warm up as blood returns to the extremities.

Symptoms of Raynaud's occur in the extremities and may include the following

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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.

in affected areas.

- white or bluish color
- **numbness in toes** or other extremities
- loss of sensory perception
- mild swelling
- redness with sensations of throbbing and/or tingling once blood flow returns to normal

What Causes Raynaud's Disease?

Though its causes are not completely understood, [Raynaud's](#) seems to be caused by an overreaction of blood vessels in the extremities to temperature and stress. In normal physiology, when a person's body is exposed to cold, the blood vessels in the extremities become narrowed and slow down blood supply to the fingers and toes. In the case of an individual with Raynaud's these blood vessels narrow dramatically, causing troubling symptoms.

There are two **types of Raynaud's Disease** - it can develop as a complication of an underlying disorder (Secondary [Raynaud's](#)) or it can develop independently in the absence of any other underlying health conditions (Primary Raynauds).

Primary Raynaud's Disease

This is the most common form of the disorder and typically it tends to affect the digits of both hands and both feet. Researchers are now exploring the possibility that there may be a genetic link to the development of **Primary Raynaud's Disease**.

Certain other factors may also increase an individual's **risk of developing Primary [Raynaud's](#)**. Women are generally more commonly affected as are people who live in cold places and those who suffer from chronic stress.

Secondary Raynaud's Disease

In less common cases, [Raynaud's](#) is caused by another underlying problem. Although secondary [Raynaud's](#) is less common, it is often more serious than Primary Raynaud's and extra care should be taken. **Conditions that may cause Secondary [Raynaud's](#)** include:

- Scleroderma, a condition that causes hardening of connective tissue
- Lupus
- Rheumatoid Arthritis
- Carpal Tunnel Syndrome
- Other diseases that affect the arteries including atherosclerosis
- Smoking
- The use of beta blockers
- Certain Chemotherapy agents and some over the counter cold and flu medications can also predispose an individual to [Raynaud's](#).

Help for Raynaud's Disease



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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.

Treatment of Raynaud's often includes treatment of the underlying condition (in Secondary [Raynaud's](#)) and treatment to reduce the frequency of attacks and prevent tissue damage. There are a number of treatment methods including conventional medical methods, biofeedback and herbal and homeopathic remedies.

Medical Treatment

A number of **allopathic medications** on the market work on the principle of dilating the blood vessels in order to prevent the symptoms of [Raynaud's](#).

Examples are Calcium channel blockers such as amlodipine (Norvasc), Alpha blockers such as prazosin (Minipress) and Vasodilators.

In some cases a chemical injection is recommended which works by blocking the sympathetic nerves in affected areas. In severe cases surgery on the nerves in the hands and feet may be performed.

Biofeedback

Studies have shown that biofeedback is capable of **helping people with Raynaud's Disease** to control their hand temperatures and to increase blood flow to affected areas. Biofeedback requires training the body to reduce sympathetic responses to stress and reduce vasoconstriction, thereby allowing greater blood flow to the extremities. Biofeedback can result in significantly reduced symptoms, although it must be understood that this is not a quick fix and requires up to 20 sessions of training.

Natural Remedies for Raynaud's Disease

As Raynaud's Disease is related to **poor circulation**, the most successful treatment methods are those that provide **long-term assistance with circulation problems**. Herbal and homeopathic remedies specific to the condition and containing ingredients such as Rosemary, Ginger, and Ginkgo biloba can do just this – in a natural manner! Used regularly, these work to effectively restore the function of the circulatory system; improving blood flow to the extremities while helping to prevent tissue damage. These **herbal ingredients** also address the **underlying triggers of Raynaud's** by reducing inflammation and stress levels while working to guard against cold fingers and toes.

Are there Other Complications that May be Related to Raynaud's Disease?

Severe Raynaud's is rare, but when it does occur there are a few potentially serious complications. In some cases, blood flow to the fingers or toes is permanently damaged resulting in deformities. If an artery is affected and an area becomes completely blocked from blood flow skin ulcers or gangrene can occur, which can

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be difficult to treat. In the most severe cases where the tissue dies as a result of Raynaud's, amputation of the affected area is usually necessary.

What Should you do During an Attack?

At the first signs of an attack, the most important plan of action is to warm the area affected. Do the following to help gently warm your fingers and toes:

- Perhaps the most obvious step – get out of the cold and move to a warmer area!
- Place your hands under your armpits or between your thighs to warm them up.
- Keep things moving. **Numbness in toes** and fingers is a common symptom so wiggle your fingers and toes and if this fails try doing windmill motions with your arms, and jogging on the spot. Movement will help to **keep the blood flowing properly**.
- Run your fingers and toes under some warm water.
- Get the blood flowing by massaging your hands and feet.
- If a stressful situation has triggered the attack then remove yourself from the situation and practice some deep breathing or other relaxation techniques.

Tips for Coping with Raynaud's Disease

Raynaud's Disease is a condition that you have to learn to manage and adapt to. While this may be difficult at times, there are a number of ways to prevent and cope with attacks.

- Dress warmly outdoors and avoid getting cold. Winter is often a difficult time for those with Raynaud's so it is essential to cover up with hats, gloves, thick socks and ear muffs in cold weather.
- Consider moving to a milder climate. While relocation may seem like a huge preventative measure, it is definitely something worth considering if you live in an area with extremely cold winters.
- Exercise regularly! Keeping fit with a regular exercise routine will **encourage circulation and reduce the chances of Raynaud's attacks**.
- Don't smoke and avoid secondary smoke. The nicotine in cigarettes causes the blood vessels to constrict resulting in a drop in body temperature in the extremities. This can induce an attack - so if you are a smoker, try to stop smoking naturally.
- Manage your stress levels. Stress is a common trigger of Raynaud's so find ways to recognize and better manage your stress. Avoid those situations that tend to stress you and adopt stress relieving techniques such as yoga, meditation or deep breathing exercises.
- Look after your hands and feet. Avoid wearing things that may constrict blood flow to these extremities such as tight rings, tight socks or wrist bands.


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



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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.

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.

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](#).

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:

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.

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Vizu-All Plus is a 100% safe, non-addictive natural herbal remedy formulated by our team of natural health experts. Vizu-All Plus can be used consistently to safely **support visual health and encourage circulation to the eyes** while promoting overall systemic and immune system health.

Vizu-All Plus supports the healthy functioning of the eye, thereby helping to maintain routine visual health both day and night, as well as encouraging blood flow to the optical nerve and surrounding tissues. Vizu-All Plus can make all the difference, without compromising health and **without serious side effects.**

The ingredients in Vizu-All Plus have been selected for their ability to **help support circulatory and tissue health**, particularly of the feet and hands, while encouraging the maintenance of healthy blood flow to the brain to prevent age-related absent-mindedness and to support healthy levels of oxygen and nutrients to the brain.

The formula remains true to the **whole spectrum method** of herbal extraction, 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!

[Learn more about Vizu-All Plus](#)

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

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Alternative Healing Academy

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With the increasing popularity of aromatherapy, reflexology, color & crystal therapy and a return to a more holistic lifestyle, people have begun searching for ways to earn more money; expand their skills; improve the health of themselves, friends & family; and increase their knowledge of alternative medicine.

The Alternative Healing Academy has developed several new courses in the holistic health care field for those who would like the opportunity to learn a healing modality at their own pace and in their own homes.

A Doctor of Reflexology with The Alternative Healing Academy is teaching classes with curriculum very similar to the Reflexology Practitioner Course and the Basic Aromatherapy at her local community college.

Our holistic health courses were developed by professionals in the Holistic Health Care field trained in the following modalities: Aromatherapy, Advanced/Master Aromatherapy, Reiki, Tuning Fork Therapy, Color and Crystal Therapy, Homeopathy, Herbalism, and Advanced Reflexology.

Furthermore, since we at the Alternative Healing Academy also realize that not everyone wants to make alternative medicine a career choice, we also offer [basic courses](#) as well as several [Mini Courses](#) which will teach you the skills you need to help improve the health and quality of life for yourself, your family and your friends.

[Check out our Affordable Payment Plans!](#)



All graduates of an Alternative Healing Academy home study course will receive a 20% discount off [AHHA Practitioner Membership](#) if they meet qualifying criteria and join within six months of their graduation date.

About Our Courses

Would you like to learn accurate, detailed aromatherapy, reflexology and/or color & crystal therapy information at your own pace in the comfort of your home? Would you like to become certified in Reflexology, Aromatherapy or Color and Crystal Therapy? An Alternative Healing Academy Distance Learning Course could be what you're looking for...

If you own or work for one of the following:

Natural Foods Store, Aromatherapy Store,
New Age Retail Store, Gift Shop, Herb Store,

Aromatherapy Manufacturer,
Massage Center, Holistic Center, Day Spa, or any type of Salon

If you are a practitioner:

Massage Therapist, Esthetician, Chiropractor, Nurse, Herbalist,
Acupuncturist, Bach Flower Therapist, Body Worker, Reiki,
Doula, Midwife, Energy Worker

If you are interested in personal development or improving the health of yourself and your family - these courses are also for you!

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Common Questions Asked About Holistic Health Distance Learning Courses:

What is Certification?



Most schools will offer an exam that tests the student's knowledge of the material taught in the respective course. Upon successful completion of this exam, a Certificate or Diploma will be issued by the school attesting that the student has successfully met the requirements as specified by that school. The only governmental recognition of Aromatherapy in North America is the occupational title designation granted to the BCAA under the Societies Act of British Columbia.

What is a Certified Aromatherapist or Reflexologist?

Most prospective students want to know whether taking our courses will lead to their becoming 'Certified' in that healing modality, thereby leading to the title of Certified Aromatherapist, Certified Reflexologist or Certified Color/Crystal Therapist. The answer to this really depends on what you mean by 'Certified.' We believe it can be misleading to purport that completing a course in a healing modality such as reflexology, aromatherapy or color/crystal therapy will lead to a designation of 'Certified' Therapist. These are not official

title designations nor are they ones which are recognized by any country's governmental body. All that these titles mean is that this is what an Individual Instructor, School or Institution decided to put on the Diploma it awards those who successfully complete their course.

What is an accredited course in Aromatherapy or Reflexology?

The answer to this will depend on who you are asking. At the present time, British Columbia is the only government to recognize Aromatherapy as a distinct profession and has granted Occupational Title Protection to the members of the BCAA (British Columbia Alliance of Aromatherapy) with the exclusive right for its members to call themselves Registered Aromatherapists (R.A.).

At this time, neither Reflexology nor Color/Crystal Therapy have such occupational designations in any country although one prominent Reflexology school in Colorado, The Modern Institute of Reflexology, has gained occupational designation for their institution in that state. MIR has been designated by the Colorado State Division of Private Occupational Schools - Dept. of Higher Education as an approved school. Our Reflexologist who developed the reflexology modules for our courses was trained at MIR as a Certified Reflexologist, a Master Reflexologist and a Dr. of Reflexology.

In the United States, the NAHA (National Association for Holistic Aromatherapy) has put into place their Approved Standards for Aromatherapy Training. The Alternative Healing Academy's Advanced Aromatherapy course meets and exceeds these standards and we are in the application process of becoming an approved program through the NAHA.

In Canada, there are a number of different Associations including the BCAPA (British Columbia Association of Practicing Aromatherapists) and the CFA (Canadian Federation of Aromatherapists). Time will tell if one authoritative body or association becomes the standard by which to judge and govern the educational offerings of these alternative healing modalities.

It has to be noted that NO form of aromatherapy "certification" is currently recognized in the USA by anyone other than those in the trade, nor is aromatherapy (or essential oils in the aromatherapy trade) regulated by any governmental body.

Some information about the courses we offer:

1) You can receive the course in one of two ways: A cd with the modules and tests in PDF format can be shipped to you; or, The modules can be emailed to you three at a time. Each time you complete the tests for the current three modules, a new set of three modules will be emailed to you.

2) All modules are clearly explained, are in pdf format and fully

illustrated.

3) The Advanced Aromatherapy Practitioner and the Advanced Reflexology Practitioner courses are designed to meet the National Association for Holistic Aromatherapy (NAHA) guidelines.

4) A tutor will be available via email to answer any questions you may have.

You will be contacted after purchase to find out how you would like your course delivered. All tests for the course can be either emailed or snail-mailed to The Alternative Healing Academy.

Upon successful completion of any full diploma or certification course (with a score of 80% or higher), you will receive a beautiful Diploma, suitable for framing.



Course Testimonials

"I'm done! Going through the final and the case studies and having such amazing experiences and opportunities to help people, I truly feel blessed and honored to have had the intense education that came with this course. I discovered in me a new ability to serve others, not only through education but through the power of healing that comes with the use of essential oils. I am continuing to train personally with Alexandria Brighton and have begun work toward opening an aromatherapy practice. Thank you so much for your patience and knowledge. Most of all thank you for this new way of living and enjoying Life."

-A. Lindquist - Advanced Aromatherapy Practitioner

"I am finding the course great. It is written very well so even people like me can understand the human body a whole lot better. I just hope that I can remember it all. I don't think I have a chance of remembering the names of everything in the muscular system or the movement system. But, I do have more of an understanding of how everything works now. I find it just amazing. Thanks Heaps."

-M. Oliver - Basic Anatomy & Physiology

"This information is great that you are teaching. I would really like to talk my oldest daughter into taking your course. It really goes into detail which is very informative."

-Debbie F. - Basic Reflexology

"Seven years ago I started to see a reflexologist for migraines and sinus problems. I was amazed that I finally found relief without medication. I decided this year to search out a course in reflexology so I could help family and friends and show them the benefits of reflexology. I researched various courses on the internet and decided to go with the basic course through the Alternative Healing Academy. I was impressed with course material and the ease of receiving the course material."

"I was given an choice of having a CD sent to me or to receiving and sending back the assignments through email. I choose email. I received 3 lessons at a time that I could read and study on my own time frame and return the lessons when I was done. Everything was sent in a very timely manner and communication was open and quick. If I needed help, I knew it was only a click away and the response time was very quick. The techniques used also came in a video mode in the email that I could replay as much as I needed to."

"I felt I learned a lot and am able to help myself and others. Being able to log 20 hours of treatment time and writing the case histories for the final exam was extremely rewarding and helpful. I would recommend this course to others interested in reflexology because the course material was very informative and complete and written in easy to understand language."

-Jean Russell - Basic Reflexology Course

"I'm so excited about (the Advanced Aromatherapy course) and I'm particularly excited about the possibility of making custom blends for people! I hadn't anticipated having that opportunity when I took the course so I'm excited to have everything done! I'm very excited to have finished. I really enjoyed this course and really appreciate all the work you've put into it! This has been a fabulous jumping off point for me and I'm so glad I took it."

"p.s. I know the boys are much slower at the Reflexology, but my son is loving the classes."

-Megan P. - Advanced Aromatherapy Course

Our Associations

Organizational Member of the American Holistic Health Association - <http://www.ahha.org/>

Professional & Business Member of the National Association of Holistic Aromatherapy - <http://www.naha.org/>

Professional Member of the International Reflexology Association - <http://www.holisticbenefits.com/ima/international-reflexology-association.html>

Professional Member of the International Aromatherapy Association - <http://www.internationalaromatherapyassociation.com/>

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