

Natural Help 4...

Shock



What is Shock?

The medical term shock refers to the organs and tissues of the body not receiving a sufficient flow of blood. As a result of the imbalance of oxygen supply and demand, a build up of waste products occurs and can cause damage to the organs. This type of shock is **known as physiological shock and can result in collapse, coma or even death** if it is not treated immediately.

Often when people hear disturbing news about a loved one or have endured a traumatic experience, they also suffer from shock. This type of shock is usually referred to as **psychological shock and occurs after a physically or emotionally harrowing incident**. The state of mind is affected and in more severe cases, professional help may be required.

Treating shock immediately in the case of physiological shock can be life-saving. Treating symptoms of shock associated conditions immediately will prevent organ damage and death. In addition, incorporating healthy changes into your life can make a major difference in the way your body reacts to and deals with physiological shock symptoms.

Diagnosing Shock

The most common symptoms of shock include:

- An extremely low blood pressure
- Fast but weak pulse
- Dizziness, faintness or light-headedness
- Feeling weak or nauseous
- Moist, clammy skin
- Profuse sweating
- Unconsciousness
- Rapid, shallow breathing
- Feeling anxious, agitated or confused
- Chest pain
- Blue lips and fingernails

What Causes Shock?

There are multiple causes of shock and symptoms depending on which type of shock you are dealing with.

Causes of Physiological Shock

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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.

Physiological (circulatory) **shock** can be caused by any condition that reduces the blood flow.

There are various types of physiological **shock and symptoms** include:

- **Cardiogenic shock** occurs when the heart is severely damaged by heart attack or heart failure.
- **Hypovolemic shock** occurs when the total volume of blood in the body drops below normal such as severe external or internal bleeding, dehydration, diabetes insipidus, kidney failure, extensive burns, or inflammation of the pancreas.
- **Hemorrhagic shock** occurs as a result of hemorrhage due to physical trauma – e.g. motor vehicle collisions or penetrating injuries such as gunshots or knife wounds.
- **Neurogenic shock** occurs specifically from trauma that leads to spinal cord injuries.
- **Septic shock** occurs when bacterial infection causes toxic **shock** syndrome and blood pressure drops. Damage to the lungs causing acute respiratory distress syndrome can occur as can liver failure, kidney failure and coma.
- **Anaphylactic shock** is caused by severe allergic reactions to things such as bee and wasp stings, nuts, shellfish, eggs, latex and certain medications, including penicillin.

Causes of Psychological Shock

- Receiving disturbing news such as the death of loved one
- Being involved in a traumatic event such as a car accident, or being the victim of crime

Psychological **shock** can disrupt your life, leaving you engrossed and preoccupied with the event or news that caused the **shock**. The individual may also have difficulty coping with day to day functioning such as personal relationships and work.

If the psychological **shock symptoms** do not improve and continue to persist, leaving the individual unable to return to normal life, post-traumatic stress disorder may have developed.

The individual with psychological **shock symptoms** may be affected in the following ways:

- **Intrusion** - the individual fixates on the event and news by playing it over and over again in his or her mind
- **Avoidance** – the individual withdraws from normal activities and may resort to alcohol and drugs to numb the pain
- **Increased arousal** – the individual feels ill-tempered and angry

Help for Shock

When someone goes into **shock**, treatment is needed immediately. **Treating shock** with the following guidelines to make a difference:



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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.

- Call a doctor or emergency services for medical help immediately.
- Check the person's rate of breathing and circulation every 5 minutes. If the person is experiencing trouble breathing, begin CPR.
- Lay the person flat on the back and raise the legs about 25 cm to help restore the blood pressure. If the person is conscious but has trouble breathing, place him or her in a sitting position.
- Administer first aid treatment to wounds, injuries or illnesses.
- Loosen tight clothing and keep person warm and comfortable.
- Do not give the person food or liquids to prevent inhalation of vomit.

Emergency treatment would involve the person in [shock](#) being hospitalized. To treat him or her effectively, [treating shock](#) will include:

- Temperature control such as cooling blankets or warming devices.
- Give fluids and blood intravenously to improve the blood flow.
- Extra oxygen is administered either by a tube in the nose, a face mask, or an endotracheal tube and ventilator. A ventilator is used if the patient has trouble breathing.
- To deal with underlying conditions such as heart problems, drugs are administered or surgery may be performed. Bacterial infections will be treated with antibiotics.

If physiological [shock](#) is left untreated, it is usually fatal. Depending on the severity of the condition associated with [shock and symptoms](#), some people do recover while others may need long-term care.

Natural Treatments for Physiological Shock

Physiological [signs of shock](#) always requires emergency medical treatment. This type of [shock](#) is best treated by a medical doctor or homeopath who would be able to do the necessary diagnostic tests and commence treatment aimed at stabilizing the patient.

On the way to the emergency room, Flower Essences or homeopathic remedies like Aconite which are specifically chosen to treat acute conditions can help to stabilize the individual. However, no other medication, including herbal remedies, should be taken prior to medical examination in the case of a seriously and acutely ill person suffering from symptoms of physiological [shock](#).

Once the patient with physiological [signs of shock](#) has been stabilized and treatment begun, there are a number of restorative and immune strengthening herbal remedies which can be used to support healing and recovery.

These herbs include Indian gooseberry (Phyllanthus emblica), Echinacea, Astragalus, Sweet basil (Ocimum sanctum), Tamarisk (Tinospora cordifolia) and Ginseng (Panax ginseng). Remember to consult your doctor before taking any herbal remedies, especially if you've lost a lot of blood or are also taking prescription medication.

Natural treatments for Psychological Shock

There are natural and holistic treatments to reduce the symptoms of psychological

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signs of shock and promote emotional recovery. Herbal and homeopathic remedies are 100% safe, natural and effective, and provide excellent relief for the person who has experienced a traumatic encounter.

There are no sedating or harmful side effects like so many of the prescription drugs administered today. Herbal ingredients may include Chamomilla, Passiflora Incarnata (Passion Flower), Scutellaria Laterifolia (Scullcap) as well as Lavender to help in [staying calm](#) and to induce a peaceful state of mind.

Homeopathic remedies for psychological [shock](#) include Aconite, Belladonna and Arnica. Flower remedies are also very beneficial. Consult a doctor, homeopath or naturopath if you need help.

Preventing Physiological Shock

Physiological [Shock](#) can be prevented by being aware of some of the physiological causes and maintaining a healthy lifestyle. These preventative strategies include:

- Wear seatbelts and adhere to speeding limits because neurogenic [shock](#) is often as a result of motor vehicle accidents which lead to spinal injuries.
- Reduce your risk of heart disease by following a healthy diet, exercising regularly, stop smoking and taking the appropriate medication to control [symptoms of shock](#).
- Carry an epinephrine pen if you suffer from allergies.
- Learn basic first aid.

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



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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 – 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

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](#).

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:

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.

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](#)

Mom's Magic Trauma Sprinkles: Promotes comfort in children with distress due to shock, trauma and general upset.

Mom's Magic Trauma Sprinkles is a combination of herbal and homeopathic ingredients that are 100% safe, natural, effective and well- known **natural remedies for shock, trauma, and childhood distress**.

If your child has experienced an emotional fright, physical trauma or is even just uncontrollably upset, these pleasant tasting granules will **immediately soothe and calm your child**. Mom's Magic Trauma Sprinkles will quickly comfort your child and restore a sense of well-being - without any sedation or negative effects.

Mom's Magic Trauma Sprinkles is very easy to administer. Simply sprinkled on the tongue, they are **quickly absorbed through the mucous membranes of the mouth for rapid relief**. When your child is in the middle of a tantrum, screaming or crying inconsolably, getting them to swallow a pill is virtually impossible, making Mom's Magic Trauma Sprinkles the ideal on-the-spot remedy.

Like all Native Remedies products, Mom's Magic Sprinkles has been developed with care by our practicing clinical psychologist and is manufactured according to the highest pharmaceutical standards. Individual ingredients are well-researched and have been specially chosen for their high safety profile in children's remedies.

[Learn more about Mom's Magic Trauma Sprinkles](#)



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Calm Within CD: Improve relaxation, support balanced emotions and stress levels.

The Calm Within CD is composed by our Clinical Psychologist to promote good physical and emotional health using a specially developed therapeutic sound techniques and [soothing music](#).

A combination of therapeutic script and natures [soothing sounds](#) induce a state of [deep relaxation](#), effectively relieving tension and supporting the body's natural ability to heal. In therapy with music that heals anxiety and depression such as natures soothing sounds the listener is taken through a series of progressive relaxation steps, leading to a state of [deep relaxation](#). Thereafter guided imagery is used to further enhance and expand therapeutic benefits.

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

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!

[Advanced Color/Crystal Reflexology Practitioner](#) | [Basic Anatomy & Physiology](#) | [Basic Reflexology Practitioner](#)
[Basic Aromatherapy Practitioner](#) | [Advanced Reflexology Practitioner](#) | [Advanced Aromatherapy Practitioner](#)
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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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