



## What are Tremors?

Tremors are involuntary, shaking movements of any part of the body. It **usually affects the hands, lower arms and head**. Tremors may occur at any age but more commonly affect the elderly. Tremors are often a sign of a neurological disorder such as Parkinson's but may also result from emotional stress.

While some tremors are perfectly normal, it is very important to contact your health practitioner if they worsen. If left untreated, **tremors can interfere with normal day-to-day activities** and result in further health complications.

## The most common types of tremors include:

- **Essential tremor** is the most common type of tremor. It often affects the hands and head but may also affect other parts of the body such as the muscles. It runs in families and is also referred to as familial tremor.
- **Parkinsonian tremor** occurs at rest but may slow down or disappear when the person moves. Movement begins in one side of the body and slowly moves to the other side.
- **Dystonic tremor** occurs in individuals who are affected by a movement disorder called dystonia (involuntary muscle contractions cause twitching, repetitive motions and abnormal positions or postures). Any muscle in the body may be affected by this tremor and often occurs when the individual moves in a particular way or position. This type of tremor occurs irregularly and may be alleviated by complete rest.
- **Cerebellar tremor (Intention tremor)** is also known as intention tremor. These tremors are slower with broader, coarser movements. They occur when an affected part of the body is moving or active and disappears at rest.

## Diagnosing Tremor

The diagnosis of tremors are based on a complete medical history and performing a physical examination. Additional tests may be ordered if your doctor suspects that the **tremor is caused by an underlying condition**. These tests include blood tests, urine tests, CT scan, MRI or electromyogram.

The most common symptoms and signs of tremors include:

- May occur occasionally, in episodes or at various intervals
- May affect head, hands, eyelids or other muscles
- Shaky, quivering voice
- Nodding of the head

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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.

- Worsens with voluntary movement
- Worsens with emotional stress

## What causes Tremors?

**Tremors** develop when parts of the brain or spinal cord have difficulty controlling the muscles throughout the body.

Neurological disorders can cause uncontrollable **tremors** and these include:

- Parkinson's disease
- Multiple sclerosis
- Stroke
- Head injury

Other causes include:

- Certain drugs such as amphetamines, corticosteroids, caffeine, antidepressants, antipsychotics, lithium, and the withdrawal of alcohol
- Hereditary
- Wilson's disease
- Over-active thyroid
- Liver failure
- Aging
- Mercury poisoning
- A symptom of hypoglycemia
- Lack of sleep or vitamins such Vitamin B1 or magnesium
- Stress and anxiety
- Rage

## Help for Tremor

Treatment depends on diagnosis of the underlying cause. Medications such as beta blockers or **anti-convulsant drugs may be used to treat essential tremors**. Individuals suffering from Parkinson's may be prescribed anti-parkinson drugs such as levodopa. Head, voice and **tremors** have been treated effectively with Botulinum toxin A.

Complementary therapy such as physical therapy may also be recommended to **lessen tremors, improve muscle control and co-ordination**. Occupational therapy may also be beneficial in helping the patient use practical strategies and adaptive aids that can reduce the effects of tremor on everyday life.

Surgery in the brain region may also be required if the **tremors** are severe. Certain surgical procedures such as thalamotomy involve part of the thalamus being destroyed, and pallidotomy in which a small structure within the brain is destroyed.

Natural and holistic treatments such as herbal and homeopathic remedies can control involuntary muscle spasms, shaking hands, twitches and **tremors** effectively. Homeopathic ingredients are safe and gentle to use on the body without being addictive.

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.

Carefully selected ingredients such as Stramonium, Mag. phos., Agaricus muscarius and Tarentula can help to calm the nervous system and **improve the stability of muscular** function. In addition, herbs such as Melissa officinalis (Lemon Balm), Lavandula augustifolia (Lavender) and Passiflora incarnata (Passion Flower) support the health of the nervous system and help to maintain a calm, balanced mood.

## Tips to reduce tremors

While there is no way to [prevent tremors](#), certain steps can be taken to [reduce tremors](#) and these include:

- Eliminate triggers such as caffeine from your diet
- Practice balancing and co-ordination exercises
- Avoid taking certain drugs such as amphetamines as they can cause [tremors](#)
- Avoid excessive intake of alcohol – small amounts of alcohol have been known to [reduce tremors](#)
- Reduce stress by practicing relaxation techniques such as deep breathing, meditation or yoga

## 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 and approaches which are to be found within the practice of natural medicine, which encompasses many different disciplines, including herbalism, homeopathy,

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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 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.



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Well informed and supportive practitioners will support patients who want to take responsibility for their own health.

## Related Natural Remedies:

**TremorSoothe:** Homeopathic remedy temporarily controls shakes, tremors, twitches and muscle spasms

**TremorSoothe** is a safe, non-addictive, natural herbal remedy containing *100% homeopathic ingredients* especially selected to temporarily control shakes, tremors, twitches and muscle spasms.

TremorSoothe should be taken at the first sign of symptoms for the short-term **improvement of muscular-skeletal and nervous system health.**

**TremorSoothe** is taken internally and works to support the neurological messages sent to various parts of the body including the hands, feet, arms, legs, torso, and face. Presented in small dissolvable tablets, **TremorSoothe** is easy to ingest and hassle-free with **no artificial colors or preservatives.**

[Learn more about TremorSoothe](#)

**Triple Complex Nerve Tonic:** Promotes easy, comfortable and normal breathing

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

[Learn more about Triple Complex Nerve Tonic](#)

**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

## 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.](#)

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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