

# Natural Help 4...

## Staying Healthy Naturally



### How You Can Stay Healthy Naturally... Plus Choosing the Right Natural Remedies

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, 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

Sign up for our  
Email Newsletter  
for Even More  
Natural Health  
Information!



[Click Here >>](#)

The content of this ebook is intended for informational purposes only.

It is not intended to diagnose or treat any medical condition. Nothing in this ebook is intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.

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](#)



The advertisement for Native Remedies features a green leaf logo at the top. Below it, the text reads "Native Remedies 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.

### **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!](#)

**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.

## Taking the Full Spectrum Approach™

### Guaranteeing Quality, Effectiveness & Safety

With a wide range of [natural remedies](#) and treatments on the market today, it can sometimes be difficult to make sense of it all. And, since there is no standardization in the herbal industry, there is no guarantee as to the consistency, safety or potency of the herbal remedies you buy.

Reputable companies - like [Native Remedies](#) – develop their products using the Full Spectrum Approach (FSA) to ensure you get the quality, potency and protection you deserve.

The [Full Spectrum Approach](#) consists of a set of standards and processes that combine wild crafted herbs, cGMP (current Good Manufacturing PSractices) manufacturing and a full spectrum extraction method.

1. Formulation The first step in formulating a new remedy should always be determining a customer's needs and matching them with natural ingredients that have proven effectiveness.

In doing so, companies draw on a vast body of documented knowledge about traditional medicine, as well as more recent clinical research into herbal remedies and proven homeopathic ingredients. Together with a team of natural health experts, the final formulations are compiled and decided upon.

2. Raw Material Quality & Source All of the raw ingredients used in natural remedies should be purchased from reputable suppliers and our ingredients are organically grown whenever possible. They should also ensure that wild-crafted herbs are grown far away from sources of pollution and electricity pylons, and that their presence does not compromise the integrity and balance of their environment.

All raw ingredients should be purchased with an accompanying Certificate of Analysis and should go into quarantine until further in-house tests are completed and released by responsible pharmacists, ensuring that the herbs are fresh and not contaminated by any impure substances (e.g. heavy metals or bacterial infections).

3. Manufacturing All remedies should be manufactured in an FDA registered facility under sterile conditions to ensure that no contamination occurs.

All products should be then manufactured according to the principles of GMP

## Great Health Sites

[Pet Herbal Info Blog](#)

[The Natural Beat Blog](#)

[PetAlive Natural & Herbal Remedies for Pets](#)

[Native Remedies - Natural & Herbal Remedies](#)

[Natural Help 4...Free Natural Health Ebooks](#)



**Monthly  
Specials**  
Up to 25%  
Savings!

CLICK HERE!



**NativeRemedies**  
The Psychologist's  
Natural Choice

Proven Products.  
Excellent Service  
and Delivery

(Good Manufacturing Practice) ensuring the consistency, safety and effectiveness of the remedies.

## Full Spectrum Method vs. 'Standardized' Extracts

You may have heard the term 'standardized' extract used in relation to herbal remedies, but do you know what this means?

Many pharmaceutical companies have begun manufacturing herbal remedies using a process of extraction whereby **harsh chemicals are employed** to extract the active ingredients of medicinal herbs.

You will recognize these extracts by the usage of the words 'standardized' extract on the labels. This method of manufacturing is often cited as being more scientific and able to produce a superior product with controlled and guaranteed amounts of active ingredients in each product.

Contrary to these claims, **this process is not approved** by the manufacturers of [holistic medicines](#). One of the reasons is that the process of extracting so-called 'active ingredients' and isolating them from the rest of the herb is one that has **resulted in an increase in side effects**, as the herb in this way loses its natural ability to protect against side effects.

In addition, many manufacturers use all parts of the plants to create standardized extracts, whereas herbalists know that only certain parts of some herbs should be used.

In the case of Ginkgo Biloba, for example, it is well known that the seeds of this plant are poisonous and can cause seizures and that only the leaves should be used. Standardized extracts of Ginkgo Biloba have been associated with the risk of seizure in some trials.

*The most recent example of the dangers of using this manufacturing process includes the development of liver toxicity from using Kava Kava extract, an herb which has been safely used for hundreds of years!*

It must also be added that this process of extraction **requires the use of harsh chemicals and solvents, traces of which are difficult to remove completely** from the final product.

To us, it makes little sense for companies to go the natural route, while being unable to guarantee that their product is free of contamination with chemicals known to be harmful to health!

Unlike many *so-called* [natural remedies](#) manufactured according to the methods described above, you should look for a company that **avoids standardized extracts completely and use the [Full Spectrum method of extraction](#)**, which is recommended by all the authoritative Materia Medica dealing with herbal medicine.

This helps to **maintain the integrity, balance and therapeutic effect** of herbs with the **least risk of side effects** or harm to your health!

When you buy [herbal and homeopathic medicines](#) you should be confident that you're receiving a product **manufactured to the highest standards of health, production and effectiveness!**

### 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](#).

## Learn More About Your Health and the Use of Natural Remedies:

**Health A-Z Ailment Search:** Browse our large index of the most common health ailments and learn ways to improve your health naturally and safely.

**Ask Our Experts:** If you have a question about how natural remedies can help improve your health, or what natural remedy is best for your particular question, simply [Ask Our Experts](#). They are on call 24/7 and will be happy to answer any questions you may have!

**PetAlive Natural Remedies for Pets:** If your beloved pet is suffering from illness, rest assured there are natural remedies and methods to help bring him back to health. Learn more at [PetAlive](#).



**Read more about the Native Remedies Full Spectrum Approach™**

Find More Great Health Ebooks at [NaturalHelp4.org](#)

The statements regarding these products have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease. The information on this Web site or in emails is designed for educational purposes only. It is not intended to be a substitute for informed medical advice or care. You should not use this information to diagnose or treat any health problems or illnesses without consulting your pediatrician or family doctor. Please consult a doctor with any questions or concerns you might have regarding your or your child's condition.

All images on this site are property of Native Remedies LLC and/or the original image licensors. The content of these images is not meant to suggest that the person depicted uses or endorses our products or services. Informational material and representations have been provided by the manufacturers of the listed products. Copyright © 1997-2008 Native Remedies, LLC. All rights reserved.