Natural Help 4...
Agoraphobia

What is Agoraphobia?

The primary fear of someone suffering with Agoraphobia, is experiencing a panic attack in a **crowded public place surrounded by unfamiliar faces and no escape routes** or help in sight.

A panic attack can be a terrifying experience where the heart races and it may be difficult to maintain normal breathing patterns. The sudden feeling of dizziness can often make a person feel like they are about to pass out or that they are having a heart attack.

Agoraphobia is **commonly misunderstood as a fear of open or public spaces**. In reality, it is not actually these spaces that are feared, but rather the threat of having a panic attack or panic symptoms in one of these settings.

An individual with Agoraphobia experiences **extreme anxiety about places or certain situations where escape may be difficult or embarrassing**, or where help may not be readily available should a panic attack occur.

This extreme anxiety often results in an intense fear of leaving one's *comfort zone* and often results in isolation and an extremely negative effect on functioning and relationships.

Diagnosing Agoraphobia

Agoraphobia is usually diagnosed by a psychologist or mental health practitioner. The psychologist will require a detailed account of the history of **Agoraphobia symptoms** you have experienced, their severity and the various situations that trigger them.

In addition, they will check that you do not have any other disorders or problems such as an anxiety disorder, depression or substance abuse. Your mental health practitioner should also **ensure that a physical illness is not the root cause of your anxiety**.

What are the Symptoms of Agoraphobia?

People with Agoraphobia develop "safe places" (usually their own home), but it may also include any other frequented areas where they feel psychologically safe and secure. In addition, they often develop "safe people" with whom they feel totally comfortable and can depend on should something happen.

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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.

When people suffering from this condition leave these people or places of safety, they often experience **Agoraphobia symptoms** which include feelings of extreme anxiety or a panic attack. This results in obsessive avoidance behavior (they may only want to shop at a particular shopping mall and will drive to the next suburb to do so) and in extreme cases Agoraphobics live the life of a recluse, seldom stepping out their front door.

Who Suffers from Agoraphobia? Is there a Cure?

Some **Agoraphobia facts** are that the condition most likely develops in late adolescence or early adulthood and tends to affect more women than men. It is a very limiting and isolating disorder that can begin to take control – adversely affecting daily function. However, Agoraphobia is treatable and it is never too late to reclaim a panic-free life!

What Causes Agoraphobia?

There are certain **Agoraphobia facts** you should know. Agoraphobia is caused by the same multiple factors that are associated with other phobias and panic attacks. In most cases it **develops as a reaction to a past bad experience** (usually an unexpected panic attack) where the individual felt unsafe and exposed to danger, or criticism in an unfamiliar or open setting.

The individual then becomes pre-occupied about the **possibility of having another anxiety reaction** and this anxiety alone can then cause another panic attack, thus perpetuating the cycle.

Help for Agoraphobia

A number of treatment options are available to help overcome Agoraphobia. While many people with this disorder are prescribed scheduled drugs to control the anxiety associated with Agoraphobia, they often experience unwanted side effects, and may become dependant on the medication.

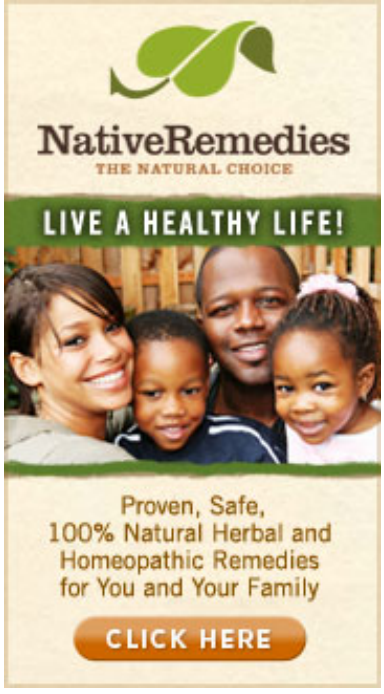
While prescription drugs may be beneficial, it is important to **avoid masking Agoraphobia symptoms** without actually solving the underlying problems. Research has shown that phobias respond best to a combination of treatment modalities.

A holistic approach would include appropriate therapeutic treatment by a registered psychologist, as well as the use of natural remedies, relaxation techniques or other treatment methods such as hypnotherapy. A treatment plan that is custom made for the individual provides the best approach.

The following are some of the most commonly recommended treatment approaches for Agoraphobia. Explore all treatment options to find the approach that best suits you.

Treatment Options for Agoraphobia

Drug Treatment



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.

While physicians are often quick to prescribed scheduled drugs to control the anxiety associated with Agoraphobia, they **often have unwanted side affects,** and some may even be addictive. While prescription drugs may be beneficial at temporarily masking symptoms, they do not address the underlying problem and may bring with them new problems such as dependency.

Natural Herbal and Homeopathic Remedies

Agoraphobia is essentially an Anxiety Disorder that involves the flood of anxiety inducing-chemicals through your body (e.g. adrenaline). To help manage the underlying anxiety associated with this condition, there are a number of natural products available. The calmative effects of certain herbs in **Agoraphobia treatments** such as Passiflora incarnata, Scutellaria laterifolia (Scullcap) and Valerian, can help restore tranquility to your life and help restore your body's own natural chemical balance.

These remedies also serve to take 'the edge off' the discomfort and anxiety associated with facing your fears. Hypericum perforatum (St John's Wort), taken regularly, can also have a longer term balancing and calming effect – helping to provide a platform of confidence and well being and thereby reducing overall anxiety levels.

Unlike allopathic medication, natural remedies offer great results without unwanted side-effects or risks of addiction. As different products on the market can vary in strength and therapeutic dosage, make sure that you source yours from a reputable manufacturer who also offers support and guidance in how to use the remedies.

Cognitive Behavioral Therapy (CBT)

Agoraphobia treatments sometimes includeCognitive Behavioral Therapy. CBT makes use of various techniques which may help the individual to better understand and manage symptoms as well as the maladaptive thoughts and behaviors that underlie them. Desensitization or exposure therapy is the most common method of treating Agoraphobia.

This therapy includes gradual exposure to the feared situation at a gentle pace. The therapeutic process starts with small manageable goals and progresses in manageable steps. A person with Agoraphobia might begin with stepping outside the front door, and progress to a walk around the block.

Relaxation Techniques

Meditation, deep breathing and muscle relaxation techniques are generally a part of **Agoraphobia treatments** in order to reduce over-all anxiety. These methods are also great for clearing your mind of unwanted negative thoughts. There are CD's available that are specifically composed for this purpose.

Other Disorders Related to Agoraphobia

Other **Agoraphobia facts** you should be aware of are that the condition is related to other disorders such as depression, substance abuse, other phobias and anxiety

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If you have a question about one of our products, its usage or dosage, ask Michele and her team of experts about about it HERE! We will do our best to get you an answer within 24 hours.

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disorders (particularly Panic Disorder).While the symptoms of Agoraphobia may feel physical, they always begin in the mind. It is therefore recommended that a professional evaluation be sought, so that you can receive a proper diagnosis and treatment for any other co-existing problems.

Tips for coping with Agoraphobia

- **One step at a time!** Set small attainable goals and get comfortable with them before moving on to the next step.
- **Familiarize yourself with unknown situations before diving into them.** For example, if you know you have a function to attend, go and look around the venue beforehand so that it is not altogether unknown.
- Some people find running a particularly useful way of facing their Agoraphobia - as it's almost impossible to have a panic attack while running. Disguised as a jogger, nobody will notice your anxious breathlessness as unusual. While it may literally seem that you are running away from your fears, you will be doing the exact opposite! An added bonus is that while you jog your body will release happiness producing hormones at the same time, leaving you with a sense of accomplishment and relaxation.
- **Keep a journal, talk to a "safe person"**, or find another positive means for expressing your emotions. As with many psychological conditions, Agoraphobia is often entangled in deep emotions, insecurities and thoughts that need to be explored and dealt with.
- **Keep reminding yourself of the reality of your situation**. While this may be easier said than done, try to focus on the realistic outcomes of your anxiety situation. When catastrophic thoughts are running through your mind try yelling a focus-phrase (out loud or in your head) such as "STOP IT" or "ENOUGH NOW!" that will help to bring you back into the present. Your panic will soon pass and even if you have to push past a few people to get outside, they probably won't notice. Remember that panic is not physically harmful!
- **Empower yourself in other areas in your life.** Take up a hobby, sporting activity, or interesting course. The confidence you gain in these areas will spill over into other aspects of you life.
- **Become an expert!** Learn all there is to know about Agoraphobia. There are multiple self-help books, internet resources and support groups that will help you understand your condition more fully and provide helpful guidance.
- **Live a healthy life-style!** Eating a well balanced diet, getting enough sleep and relaxation time and regular exercise can help reduce anxiety and stress.

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

Six Good Reasons to choose Native Remedies as your trusted suppliers of herbal & homeopathic remedies:

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.

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

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.

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.

ONE YEAR MONEY BACK GUARANTEE

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Related Natural Remedies:

MindSoothe: Promote balanced mood and feelings of wellbeing.

MindSoothe is a 100% safe, non-addictive, natural herbal remedy that has been especially formulated by a Clinical Psychologist for adults and teens, and comes in a compact capsule form, making it easy to take.

MindSoothe can be used to safely maintain emotional health, balanced mood and systemic harmony in the brain and nervous system, without harmful side effects.

This remedy contains a selection of herbs known for their calming and supportive function in maintaining brain and nervous system health, emotional balance and overall wellbeing.

Learn more about MindSoothe

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 been 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 role in maintaining brain function.

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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