Natural Help 4... Angina

What is Angina Pectoris?

Angina pectoris is the medical term for **chest pain or the feeling of pressure in the chest** that occurs when the heart muscle does not receive a sufficient supply of blood and oxygen. When the arteries supplying blood and oxygen to the heart are blocked, the blood flow to the heart muscle is obstructed and chest pain results.

Angina pectoris may also be felt in the neck, back, shoulders, arms or jaw, and sometimes can be confused with the pain of indigestion. It is **more common in men than women**, and generally affects people over the age of 50-- although it can also occur in younger people.

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Three Main Types of Angina Pectoris

Stable Angina

The **most common type of angina is stable angina**, and this occurs when the heart is working harder than usual. It tends to occur after physical exertion, under emotional stress, or during excitement. It is a **result of a fixed obstruction of blood flow** to the heart. At rest, there is sufficient blood and oxygen supply to the heart and no pain is felt. However, under conditions of exertion or strain, there is insufficient oxygen delivered to the heart muscle, and the pain of angina is felt. Stable angina is not a heart attack, but **can indicate the possibility of a heart attack** occurring in the future.

Unstable Angina

Unstable angina is **more serious and can quickly progress to a heart attack**. It can occur at times of rest, such as during sleep, or it may occur during physical exertion. Unstable angina occurs as a result of a sudden interruption of blood flow to the heart, and is caused by a partial or complete blockage of the artery. A person who has never experienced angina before **may suddenly develop moderate or severe symptoms of discomfort**. Usually, these attacks will become more frequent and intensify over time unless the blockage is corrected.

Variant Angina

Variant angina is rare and usually occurs when the person is at rest. The pain experienced is severe and often occurs between midnight and early morning.

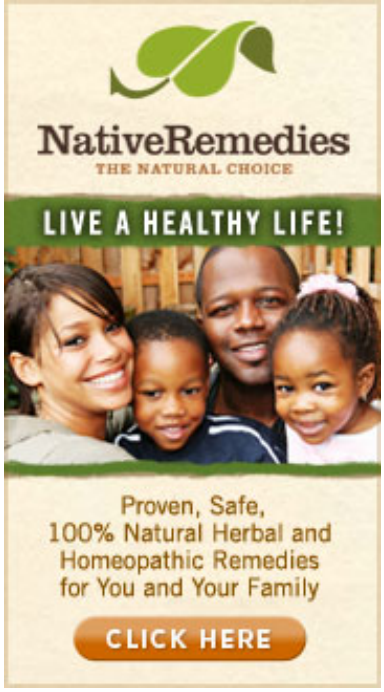
The content of this ebook is intended for informational purposes only.

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.

How is Angina Pectoris diagnosed?

The diagnosis of angina pectoris is **based upon the person's symptoms**, **medical history**, and **a physical examination**. A doctor's evaluation will help to rule out whether the chest pain could be caused by anything else, such as indigestion or physical injury. If angina is suspected, your doctor will carry out other tests and investigations to confirm the diagnosis of angina and to establish the underlying cause.



Tests Typically Used to Diagnose Angina Pectoris

Tests that may be performed include:

- Electrocardiography (EKG, ECG)
- Chest x-ray
- Exercise (stress) test
- Coronary angiography/cardiac catheterization
- Ergonovine test
- Blood tests including cholesterol level

Symptoms of Angina Pectoris

Symptoms of angina pectoris vary from person to person. Angina may also be sparked when one exerts unusual physical strain. It may also worsen after eating a large meal, when changing from a warmer to a colder temperature, or walking in the wind.

Symptoms commonly experienced include:

- Heaviness or tightness in the chest
- A stabbing pain that may spread to the left shoulder, arm, hand, neck, throat or jaw. This pain is often described as squeezing or pressing in nature. Numbness may sometimes also be felt.
- Additional symptoms include sweating, nausea or difficulty breathing.

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.

What Causes Angina Pectoris?

Angina pectoris is the **result of coronary artery disease**, the **most common form of heart disease**. Coronary artery disease (CAD) is a condition in which fatty deposits build up in the arteries, eventually **blocking the arteries supplying the heart muscle**.

This build up of fatty deposits is a gradual process called atherosclerosis. As the fatty deposits build up, the coronary arteries become narrow and stiff and blood flow to the heart is reduced, thereby reducing the supply of oxygen to the heart muscle and causing pain.

Help for Angina Pectoris

The first approach in the treatment of angina pectoris is to **prevent the progression of heart disease**. By **addressing the known causes of heart**

disease, such as reducing high cholesterol levels, controlling high blood pressure, stopping smoking, losing weight, exercising, and eating a "heart-healthy" diet, the symptoms can be reduced.

Most people **can live a productive life** if they make the necessary lifestyle changes. By following medical advice, taking doctor-prescribed medication, maintaining a good, physical condition and eating well, **angina can be controlled**.

There are also **natural alternatives to conventional medicine** such as **herbal and homeopathic remedies** useful in controlling angina without the harsh side effects associated with prescription drugs. Herbal and homeopathic remedies are **safe and gentle to use**, while at the same time addressing the underlying causes of the condition.

Herbs such as Crataegus oxyacantha (Hawthorn) have **well-known cardio-protective qualities** that protect against the damage caused by plaque build up in the coronary arteries. Passiflora incarnata is a calmative herb which also relaxes blood vessels and reduces blood pressure. In addition, Viburnum opulus (Guelder Rose bark) is a very **effective cardiac tonic and muscle relaxant**, while Ginkgo biloba improves blood flow throughout the body.

Note: Remember to always consult your doctor before stopping your prescription medication or adding natural remedies to your treatment. Also be sure to source natural remedies from a reputable natural medicines company to ensure safety and effectiveness.

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 upon 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)

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! We will do our best to get you an answer within 24 hours.

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PetAlive Natural & Herbal Remedies for Pets

Native Remedies - Natural & Herbal Remedies

Natural Help 4...Free Natural Health Ebooks

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** that are to be found within the practice of natural medicine. Holistic medicine 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. 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 the benefit of easy consistency of dosage (and cheaper production lines), they have grave disadvantages, including 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.

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

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:

High-Rite: Helps maintain healthy blood pressure, artery clarity and functioning, and heart health.

High-Rite is a 100% safe, non-addictive natural herbal remedy formulated by our team of natural health experts. High-Rite has been used for many years to safely **maintain health and systemic balance of the cardiovascular and circulatory systems**.

High-Rite contains a selection of herbs known for their supportive function in maintaining circulatory health and well- being. High-Rite can make all the difference, **without risking serious side effects** or compromising health.

High-Rite supports the healthy functioning of the cardiovascular system, thereby helping to **maintain balanced pressure of the blood on veins and arteries**, support routine oxygenation of the blood to the heart muscle, and promote pulse regulation.

The formula remains true to the **whole spectrum method**, 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 High-Rite

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

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.

all extremities, assist routine oxygenation of the blood to all body tissue and organs, and provide optimum temperature regulation.

Learn more about Circu-Live

Aqua-Rite: Promotes water balance to maintain blood pressure, cardiovascular, liver and gall bladder health.

Aqua-Rite is a 100% safe, non-addictive natural herbal remedy formulated by our team of natural health experts. Aqua-Rite has been used for many years to safely maintain the health and **systemic balance of the cardiovascular, circulatory and fluid systems** in the body.

Aqua-Rite **supports routine water balance in the body**, thereby helping to support balanced circulation as well as the pressure of the blood on veins and arteries. Aqua-Rite can make all the difference, without compromising health and **without serious side effects.**

Aqua-Rite contains a selection of herbs known for their supportive function in maintaining circulatory health and well-being. It is formulated as a companion remedy for High-Rite, especially in cases where **water balance and healthy blood pressure** need to be supported in conjunction with each other.

Acting as a **natural water balancer**, Aqua-Rite also helps to support liver and gall bladder functioning and promote good circulation.

The formula remains true to the **whole spectrum method**, 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 Aqua-Rite

Read the testimonials for these quality products here!

Read more about the Native Remedies Full Spectrum Approach™

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