

# Natural Help 4... Debility



## What is Debility?

**Debility** is a broad medical term used to describe someone who is in a **state of weakness and often refers to a loss of ability**. When in a state of **debility**, everything seems an effort and what you used to enjoy doing now seems to take too much energy.

The body is weakened and with it so is the immune system, leaving you **vulnerable to a number of illnesses and infections** that you would, under normal circumstances, fight off fairly easily.

You are thus more likely to catch that cold or flu that is going around which is the last thing you need when you are already in a state of fatigue and weakness!

## Diagnosing Debility

You may be diagnosed with **debility** if you constantly feel exhausted and this **prevents you from performing normal day to day functions**.

## What Causes Debility?

While **debility** is most commonly associated with recovery from physical illness or injury, it also affects those suffering from cognitive or emotional problems such as severe depression or stress.

Whatever the cause, being in a state of **debility** usually leaves the person feeling easily fatigued or exhausted, physically weak and experiencing burn out.

## Help for Debility

Natural herbal and homeopathic remedies can definitely help to spruce up the spirit during a time of convalescence.

Certain herbal and homeopathic ingredients such as Hypoxis rooperi (extract of African Potato), Agosmosa betulina (buchu), Siberian Ginseng, Echinacea and Olea europea (extract of olive leaf) can help to **stimulate the appetite, boost the immune system, reduce fatigue** and gain **healthy energy levels** – thus tackling the major symptoms of **debility** and assisting with a speedy recovery.

Herbal and homeopathic remedies are 100% safe, side-effect free - although it is still important to source them from a reputable company for maximum strength and therapeutic effectiveness.

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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.

## Tips to Encourage Swift Recovery

- Drink plenty of water.
- Get sufficient sleep as this is essential for a strong immune system and speedy recovery.
- Eat a healthy and balanced diet and try eat the healthy foods that you enjoy if you do not have much of an appetite.
- Gentle exercise such as slow, short walks will help to strengthen the body, restore healthy circulation, and assist the immune system. Begin slowly and gradually increase the length and intensity of the exercise as you feel you can handle it.
- Manage stress and anxiety levels by learning some relaxation techniques such as deep breathing, meditation, or yoga.
- Get involved in previous interests and hobbies, and try and get out of the house for short periods of time. Exposure to sunlight is also very important since it is nearly impossible to receive all the vitamin D you need through diet alone. It is also a good idea to have social interactions of some sort so that you do not become too isolated.
- Avoid habits that can compromise your immune system, such as cigarette smoking, excessive alcoholic intake and drug use. If you do smoke, it may be a good time to quit smoking naturally.
- Try to maintain a positive outlook and find a constructive outlet for any emotions that may arise.

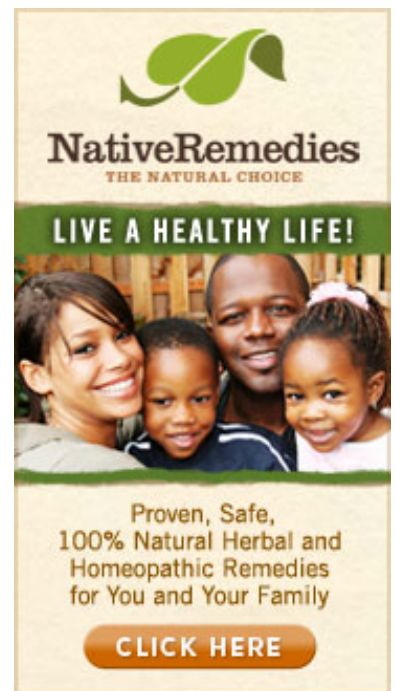
## The Natural Approach

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



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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.

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 –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.

## **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.

## **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](#)

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:

**Fatigue Fighter**: Helps maintain energy levels and feelings of well being, overall systemic and immune functioning.

**Fatigue Fighter** is a 100% safe, non-addictive, natural herbal remedy that can be used consistently to safely support **healthy energy levels, increase stamina and endurance**.

**Fatigue Fighter** contains a selection of herbs known as **natural energy boosters** for their supportive function in **maintaining healthy energy levels**, thereby helping to maintain balanced metabolism, stamina, endurance and routine, as well as healthy performance **without artificial stimulants or caffeine**. Fatigue Fighter can make all the difference, without compromising health and **without the risk of serious side effects**.

The formula remains true to the **whole spectrum method** of herbal extraction, 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 Fatigue Fighter](#)

**Immunity Plus**: For full immune system support for adults and teens

ImmunityPlus is a 100% safe, non-addictive natural herbal remedy formulated to safely maintain the **health and systemic balance of the immune system**, without harmful side effects and stimulants.

ImmunityPlus contains a selection of herbs known for their supportive function in maintaining immune system health and well-being. It supports the healthy functioning of the immune system, thereby helping to maintain the **natural defense against pathogens** and optimum performance.

As we grow older, we sometimes begin to notice that our immune systems are not as good as they used to be. ImmunityPlus can especially benefit those individuals needing to support routine immune strength to guard against common conditions associated with the maturing of cells.

ImmunityPlus can be used consistently, without compromising health and **not causing serious side effects**, to help maintain the body's natural ability to fight viral and bacterial infections-- while also supporting healthy convalescence.

The formula remains true to the **whole spectrum method** of herbal extraction, ensuring the bioavailability and balance of all the active ingredients contained in



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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 Immunity Plus](#)

**Kiddie Boost:** Support healthy immune functioning in children.

KiddieBoost is a 100% safe and natural formula containing carefully selected herbal ingredients known for their **tonic effects on the immune system**, as well as their high safety profile in children's remedies, compared to possibly harsh antibiotic side effects in children.

When children attend school, daycare, or preschool, they are particularly prone to picking up viruses and bugs. To help protect their immune systems, KiddieBoost has been specifically formulated to **strengthen child's immune system** from the age of 12 months. KiddieBoost comes in a convenient drop formula that is easy to administer to children.

KiddieBoost is developed with care by our team of specialists, is 100% natural, and manufactured according to the highest pharmaceutical standards using the **whole spectrum method** of herbal extraction.

This method ensures the bioavailability 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 Kiddie Boost](#)

**AdrenoBoost:** Protects adrenal glands from the damaging effects of stress to maintain healthy functioning.

AdrenoBoost is a 100% safe, non-addictive, natural herbal remedy. AdrenoBoost can be used consistently to safely support **health and systemic balance in the adrenal glands and endocrine system**.

AdrenoBoost contains a selection of herbs known for their supportive function in maintaining hormonal balance. AdrenoBoost supports the **healthy functioning of the adrenal glands**, thereby helping to maintain balanced metabolism, energy levels, sleep patterns, and routine, healthy performance of the immune system.

AdrenoBoost can make all the difference, without compromising health and **without the risk of serious side effects**.

The formula remains true to the **whole spectrum method** of herbal extraction, 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 AdrenoBoost](#)

## **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](#).

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