

# Natural Help 4...

# Arteriosclerosis



## What is Arteriosclerosis?

Arteriosclerosis is one of the **most common diseases of the arteries**. This disease occurs when plaque (which is made up of cholesterol, fibrin, platelets and other substances) forms on the walls of the arteries and **obstructs the normal flow and circulation of blood**. The arteries become narrowed and the walls lose their elasticity, causing blood flow to be reduced.

People often **confuse arteriosclerosis with atherosclerosis**. Atherosclerosis is a sub-group of arteriosclerosis. Atherosclerosis is a specific type of arteriosclerosis. Atherosclerosis refers to the **thickening of plaque** building up in the inner lining of the artery.

**Plaque is made up of fat, cholesterol and calcium deposits** found in the blood. The plaque hardens over time and narrows the arteries thus reducing the flow of oxygen-rich blood to the organs and other parts of the body.

This **can lead to serious problems**, including heart attack, stroke, or even death. While there is a distinction between arteriosclerosis and atherosclerosis, however, the symptoms and effect on health are the same.

## How is Arteriosclerosis Diagnosed?

The diagnosis of arteriosclerosis is based on the symptoms described, individual medical history, and a physical examination.

Your doctor may look for signs such as:

- A decreased pulse in a narrowed artery
- Decreased blood pressure in a limb
- A bulge in the abdomen or behind the knee

Blood tests, ultrasounds, imaging scans or electrocardiograms may also help to diagnose arteriosclerosis.

## Symptoms of Arteriosclerosis

The **symptoms and signs of arteriosclerosis** generally **depend on which arteries are affected**. Some of the most commonly involved regions are the arteries of the legs, usually in the calf. Arteries to the brain, kidneys, heart and abdominal aorta can also be involved. When the **blockage is severe enough to restrict blood flow to an area,**

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**symptoms occur.** For example, when blood flow to the lower leg is restricted, leg pain is experienced. The pain can usually be relieved by rest. However, if the pain continues to persist while resting, this could indicate a more serious problem. Resuming physical activities and exerting muscles may also increase pain again. Other symptoms include:

- Infection, caused in extreme cases by lack of blood supply and oxygen
- Dizziness and sudden weakness, caused by blockage in the carotid artery in the neck, resulting in stroke-like symptoms
- Chest pain ([angina](#))
- Heart attack, when the coronary [arteries](#) are obstructed
- Increase in [blood pressure](#)
- [Heart disease](#)
- Poor circulation to the fingers and toes
- Kidney artery blockage
- Erectile dysfunction

## What Causes Arteriosclerosis?

The main causes of [arteriosclerosis](#) include:

- [Smoking](#)
- Gender – males are more susceptible to developing [arteriosclerosis](#) than females
- High [cholesterol](#) levels
- [High blood pressure](#)
- [Hypertension](#)
- [Diabetes](#)
- Hereditary factors
- Advancing age
- [Stress](#)
- [Obesity](#)
- “Type A” personality types

Other factors that can increase your risk of developing [arteriosclerosis](#) include certain viral infections, allergies, chronic kidney disease, nicotine or other drug use, or raised levels of the amino acid homocystine.

## Help for Arteriosclerosis

The treatment of [arteriosclerosis](#) **depends on the symptoms presented and severity** of the condition. Treatment options range from light exercise to medication to surgery. In very extreme cases, surgery may be recommended.

It is possible to **control and manage** [arteriosclerosis](#) by adopting positive and healthy lifestyle changes, which can go a long way in **preventing further complications and damage.**

People who suffer from [arteriosclerosis](#) should increase their intake of calcium and magnesium. They should also reduce stress levels through relaxation techniques, eat a healthy, well balanced diet, quit [smoking](#) in a natural manner, exercise



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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.

regularly, and maintain healthy levels of [cholesterol](#), blood [pressure](#) and blood sugar.

## Natural Remedies

Natural and holistic treatments are also **effective in the treatment of cardiovascular health**. Treatments such as herbal and homeopathic remedies are safe and gentle to use and improve the overall functioning of the heart, [arteries](#) and the entire cardiovascular system.

Herbs such as Crataegus oxyacantha (Hawthorn) have well known cardio-protective properties. Passiflora incarnata is a calmativ 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. Ginkgo biloba acts as a **circulatory stimulant and anti-inflammatory**.

*Note: If you are already taking prescription drugs for your condition, always consult your doctor before stopping or adding to your treatment. Also remember that it is important to source your natural medicines from a reputable company in order to ensure maximum safety and efficacy.*

## 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

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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 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.



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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.

In the treatment of depression, the following herbal and homeopathic remedies are often used as part of the treatment plan.

## Related Natural Remedies:

**High-Rite:** Helps maintain healthy blood pressure, artery clarity and and balanced 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**, routine oxygenation of the blood to the heart muscle and 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!

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**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.

## 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.

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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!

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