



## What is Aviatophobia?

**Aviatophobia** is defined as a [fear of flying](#). It is also referred to as aviophobia, aerophobia or pteromechanophobia. People who suffer from [aviatophobia](#) become **anxious and stressed at the thought of any transportation that involves air travel**.

They may experience symptoms such as heart palpitations, **sweating and heavy breathing once they are in flight** and have to contend with noisy aircraft movements and turbulence. Some people will have images of the plane crashing flash through their mind while others may be claustrophobic or have a fear of heights.

Very often, [aviatophobia](#) is often associated with other fears and phobias, and may not actually be about the flight. It is **viewed as a symptom and not a disorder** as a number of different causes may contribute to the [fear of flying](#) that manifests itself in different people.

[Aviatophobia](#) can **seriously hamper career opportunities** for a person whose work requires him or her to travel. It can also affect personal relationships with family and friends when the person always expresses an unwillingness to accompany them on holiday or visit them.

## What causes Aviatophobia?

[Aviatophobia](#) or the [fear of flying](#) may be brought about as a result of:

- Claustrophobia (fear of closed in or confined spaces)
- Previously bad flight experience
- Lack of understanding about aviation
- Turbulence
- Distorted accounts of airline crashes by the media
- Acrophobia (fear of heights)
- Fear of terrorism or being hijacked
- Loss of personal control
- Agoraphobia (abnormal fear of open spaces, crowded public places or leaving a safe location)
- [Fear of flying](#) over water
- [Fear of flying](#) at night
- Fear of death

## Diagnosing Aviatophobia



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.

The common physical symptoms and [signs of aviophobia](#) include:

- Panic attacks
- Tremors and shaking
- Muscle soreness and muscle tension
- Heart palpitations or chest pains
- Heavy breathing
- Sweating
- Dizziness
- Dry mouth
- Nausea and vomiting

Psychological symptoms that may manifest include a clouded judgment, distorted memory or negative expectations.

## Help for Aviophobia

Anxiety associated with the [fear of flying](#) may be relieved with a number of various treatment options. Behavioral therapies such as **cognitive behavior therapy, systematic desensitization or hypnotherapy** can help to overcome feelings of anxiety and fear.

Systematic desensitization has proven to be highly effective and involves exposing the person to his or her fear until it has disappeared, and also teaching him or her **relaxation techniques when faced with fear**. Educating yourself about aircrafts and how they function has shown to be very beneficial in helping people to deal with their fears of flying.

Many people may opt to use anti-anxiety medications as a temporary solution to reduce anxiety and tension; however these medications can be particularly strong and lead to side effects such as **further disorientation and grogginess**. One should never be tempted to mix these medications together with alcohol as a means to relax and ease anxiety.

## Natural remedies

Herbal and homeopathic remedies can also provide a safe yet effective way for people who have a [fear of flying](#) or suffer from flight anxiety to relieve their fears and worry. These remedies help to address symptoms safely without any side effects. Carefully selected homeopathic ingredients such as Aconite, Argentum nitricum and Ars. Alb **alleviate anxiety, nervousness, heart palpitations, sweating and a feeling of losing control** associated with the [fear of flying](#). Herbs and tissue salts such as Ginger, Mentha Piperita, Kalium phosphate, Cocculus and Pulsatilla vulgaris addresses queasiness brought about by motion sickness.

## More Information on Aviophobia

There are certain measures that can be taken to eliminate and cope with aviophobia and these include:

- Educate yourself about airplanes and flying – gather safety information, understand the mechanics of an airplane and learn what causes turbulence



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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.

- Identify your specific fears associated with flying; ask yourself “what aspect of flying terrifies me?”
- Reduce feelings of anxiety through a process of desensitization
- Read self-help books, watch tapes or find online [fear of flying](#) courses to help you [cope with the fear of flying](#)
- Practice positive self-talk to replace negative thoughts
- Use relaxation techniques such as deep breathing exercises, tensing and releasing muscles to calm the mind and ease anxiety
- Distract yourself while you flying by completing word searches, crossword puzzles, watching a movie, listen to soothing music, read a book or magazine
- Fly with someone that you trust such as a spouse, family member or friend who can comfort you when you need reassurance
- Avoid looking out of the window and do not sit in the window seat
- Avoid mixing alcohol with tranquilizers or anti-anxiety medication to relax you – this is dangerous for your health, and will end up making you feel worse
- Get support by joining support groups or online forums by listening and sharing experiences with others
- Believe and have confidence in yourself that you can [overcome fear of flying](#)

## 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 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,

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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.

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.



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Well informed and supportive practitioners will support patients who want to take responsibility for their own health.

## Related Natural Remedies:

**Easy AirTravel:** Homeopathic remedy temporarily relieves nervousness, anxiety and [fear of flying](#)

**Easy AirTravel** is a safe, non-addictive, FDA-registered natural remedy containing *100% homeopathic ingredients* selected to address the short-term symptoms related to temporarily **relieve nervousness, anxiety and fear of flying**.

Easy AirTravel should be taken at the first signs of nervousness for short-term **relief for increased heartbeat, sweaty palms, trembling or butterflies** in the tummy. This remedy will address unease and anxiousness and effectively, without sedatives, relieve flight anxiety temporarily.

Easy AirTravel is taken internally and the selected ingredients have all been proven to safely support mental health and balance to **overcome a fear of flying**. Presented in small dissolvable tablets, Easy AirTravel is easy to ingest and hassle-free with **no artificial colors or preservatives**. As a result, Easy AirTravel can make all the difference, **without side effects** or compromising health.

All Native Remedies homeopathic products and biochemic tissue salts are manufactured in an FDA and GMP registered pharmaceutical facility under the supervision of qualified homeopaths and responsible pharmacists. Individual ingredients are listed in the Homeopathic Pharmacopoeia of the United States (HPUS).

[Learn more about Easy AirTravel](#)

**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 be 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 function in maintaining brain.

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!](#)

## 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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