



## What is Fear of Flying (Aviophobia)?

Having a fear of flying (otherwise known as **Aviophobia**) can be extremely difficult and restricting. The world is becoming closer with the convenience of internet, telephones and air-travel, and in many circumstances flying is becoming a modern-day necessity. Close relatives immigrate, business opportunities demand travel to far off places and the wonders of the world are only a plane ticket and a few hours away.

While many people experience mild anxiety before a flight, those with Aviophobia experience **overwhelming symptoms of stress and anxiety** which commonly affect their functioning.

Fear of Flying is **a specific phobia that affects millions of people worldwide**. Fortunately there are various treatment options that can help conquer the fear that is keeping you grounded.

### Symptoms of Aviophobia

A person with a fear of flying feels intense anxiety at even the thought of having to travel by air and will usually avoid it at all costs. In some cases, when a flight is unavoidable, a person with Aviophobia will endure the flight with an over-whelming sense of nervousness, possibly even experiencing a panic attack. Other common symptoms expressed are:

- Nausea, vomiting and motion sickness
- Dizziness or a feeling of 'falling'
- Sweating
- Muscle tension
- Heavy breathing
- Increased heart rate or palpitations
- Shaking or trembling

## Diagnosing Aviophobia

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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.

If your fear of flying has reached phobic proportions, it is a good idea to make an appointment with a psychologist. The psychologist will offer **fear of flying advice** and assess you by asking about your fear, how it started, the severity of your fear reactions and how it affects your life. Professional **fear of flying advice** will give you another perspective on **overcoming fear of flying**.

**Phobias often occur along with other disorders**, so a psychologist will also try to rule out other problems such as another category of anxiety disorder, depression or substance abuse before a diagnosis of specific Phobia is made.

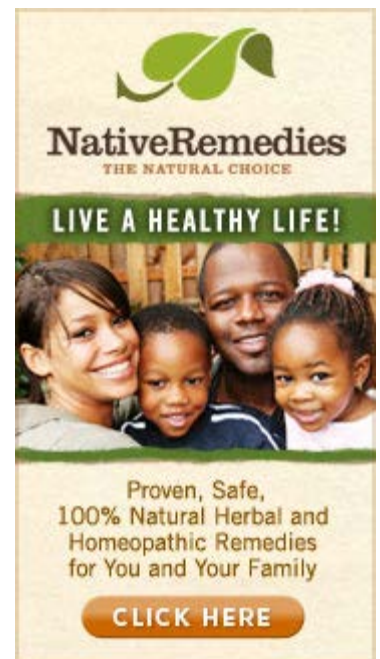
## What Causes Aviophobia?

The causes of fear of flying are vast and differ between people. Sometimes it is **due to a bad past experience** such as mid-air turbulence, or loss of a loved one in a plane crash.

**Overcoming fear of flying** is also difficult because hearing horrific news stories or T.V. programs of plane crashes may be enough to develop a phobia. Many people have developed a fear of flying **after the 9/11 terror attacks** in the USA.

### Additional Fears Behind Aviophobia

- Small enclosed spaces (claustrophobia)
- Heights
- The dangers of turbulence
- The risk of crashing
- Flying over water
- Relinquishing all control to the unseen, unknown pilots at the front of the plane
- Depending on the unknown mechanics of a machine for your safety
- Fear of having a panic attack
- Fear of possible terrorism



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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.

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- Motion sickness
- Taking off, or landing

Sometimes **this anxiety can be traced back to the fear of the unknown** and a lack of information. Many people feel anxious because they feel physical sensations, such as a loss of balance as the plane dips.

Others might hear noises that they do not understand and think this may be a sign of danger, when in fact these are normal and to be expected on any flight.

## Help for Aviophobia

Overcoming fear of flying can be done. There are a number of treatment options for someone suffering from this or any other fear, including drug therapy, natural remedies, Cognitive Behavioral Therapy (CBT), relaxation techniques and airline affiliated programs. Explore your options and find which would be best for you by seeking the **fear of flying advice** you need.

### Treatment Options for Aviophobia

#### Drug Therapy

Psychiatric medication such as benzodiazepines or other relaxant drugs are sometimes prescribed to temporarily control symptoms of Aviophobia. However it must be kept in mind that drug treatments do not treat the underlying disorder and may cause unwanted side-effects. Always remember to “test-out” any medication on the ground where medical supervision is at hand, to ensure you don’t have any adverse reactions – as this is not something you only want to discover mid-flight!

#### Natural Herbal and Homeopathic Remedies

Certain natural remedies may be taken to help control the anxiety associated with flying. Herbs such as Hypericum perforatum (St John’s Wort), Passiflora incarnata, Scutellaria laterifolia (Scullcap) and Valerian are often recommended for anxiety and will help to calm the nerves and relax the mind during your flight. There are also excellent herbal and homeopathic remedies for travel sickness. As with any other phobia, a holistic approach using a combination of treatments will prove to be most successful.

#### Cognitive Behavioral Therapy (CBT)

Desensitization is one of the more commonly used methods in treating fear of flying. This will entail gradually facing the idea of flying, starting with simply talking about it, or visiting an airport, to eventually taking a flight. You will be taught relaxation methods and coping techniques to combat your phobia.



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## Relaxation Techniques

Meditation, deep breathing and muscle relaxation techniques can help reduce your anxiety during flights. Practice these at home first so that they can be easily applied when you need them. Especially composed CD's can help to reduce anxiety, relieve tension, take your mind off things and regulate breathing during the flight.

## Airline-Affiliated Programs

Many Airlines now offer special programs to help people overcome their fear of flying. These may include desensitization sessions where you can actually board the plane without taking off, information provision so that you understand more about the workings of planes and what can be expected, as well as other coping strategies that have been successful for others.

# More Information on the Fear of Flying

## Tips for Coping with Fear of Flying

- **Get informed!** The more you understand about flying, turbulence, and the statistical risk of flying, the more you will realize that there is little to fear. Statistically, flying is the safest form of travel.
- Try and **figure out what scares you about flying** and then address that problem. Most often it's another underlying fear that needs to be dealt with such as a fear of panic attacks or claustrophobia.
- During a flight, **try keeping your mind occupied** so that you don't think catastrophic thoughts about what can go wrong. Take along magazines or make use of the on-flight entertainment and watch a movie – or you can consider flying at night, when it is less disorientating.
- Introduce yourself to your pilot and **inform the air hostesses of your fear**. You may find comfort in meeting and seeing the confidence of the people that you are entrusting your safety to.
- Avoid stimulants such as sugar or coffee on the day of the flight. These may increase the symptoms of your anxiety.
- Get to the airport early. Feeling rushed will make you feel more anxious by the time you board the flight.
- Try not to use alcohol to relax you. Because of the difference in altitude, it may have a greater effect on you than you'd hoped to which may make you feel more out of control.
- Book a seat near the front of the aircraft as the turbulence is less noticeable there. **If you do experience turbulence, don't tense up**. Rather try relaxing your body and going with the flow. Turbulence is very common during flights and is not a cause for



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# 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, 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



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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. Well informed and supportive

practitioners will support patients who want to take responsibility for their own health.

## **Related Natural Products:**

**Easy AirTravel**: Homeopathic remedy relieves the fear, nervousness, anxiety and panic attacks associated with flying

**PureCalm**: Works quickly to facilitate a calmed mood and soothed nerves

**The Calm Within CD**: Relaxing CD promotes relaxation and reduces stress

**Calm Tonic**: Homeopathic remedy relieves the effects of stress, worry and nervous tension, plus supports nervous system health

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