



What is Chlamydia?

Chlamydia is a sexually transmitted disease caused by a bacterial infection. It is the 8th most common sexually transmitted disease* reported in the United States with over 2 million people between the ages of 14 to 39 infected every year. In women the infection can spread from the cervix to the uterus and to the fallopian tubes.

Symptoms are usually mild and tend to go unnoticed – that is why **chlamydia is aptly known as the silent disease**. Very often women are reinfected because they are unaware that they have the disease or their partners have not been treated. If left untreated, **chlamydia** can damage a woman's reproductive system and lead to infertility

Complications

A number of serious health complications may result from **chlamydia** and these include:

- Pelvic inflammatory disease
- Infertility in women
- An ectopic pregnancy
- Male infertility
- Inflammation in the testicles
- Joint inflammation in some men

Diagnosing Chlamydia

The **diagnosis of chlamydia** is based on your symptoms, medical history and certain laboratory tests may be performed. Tests for both men and women include **urine samples to be tested for the presence of bacteria**. A swab test may also be performed for women (a swab taken from inside the vagina).

At least 70-80% of infected people do not experience any **symptoms of Chlamydia**. Symptoms usually occur within 1 to 3 weeks of exposure.

Women may experience symptoms of:

- Abnormal vaginal discharge
- Burning sensation when urinating
- Bleeding after sexual activity or between menstrual periods
- Lower abdominal pain
- Low back pain
- Nausea
- Fever

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Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.

Men may experience symptoms of:

- Discharge from penis
- Burning sensation when urinating
- Burning and itching around the opening of the penis or inflammation or swelling in the testicle

What causes Chlamydia?

[Chlamydia](#) may be transmitted in the following ways:

- Through sexual contact with an infected person during vaginal, anal or oral sex
- Through sexual contact with a number of sexual partners
- From an infected mother to her baby during childbirth – babies may develop pneumonia or serious eye infections such as conjunctivitis

Help for Chlamydia

Antibiotic drugs such as azithromycin and doxycycline are commonly used to treat the [symptoms of chlamydia](#) for both partners. Completing the course of antibiotics is important for treatment to be effective. Practice safe sex by always using condoms, go for **regular gynecological check-ups if you 'are sexually active**, get tested regularly for [chlamydia](#) and other STD's, refrain from sexual activity or be faithful to one partner to prevent your chance of developing this disease.

Certain herbal remedies have proven to be highly effective in supporting conventional medical treatments to fight off infection and boost the immune system. Herbal remedies are safe to use, non-addictive and **address overall health and wellbeing**.

Carefully selected herbs such as Hypoxis Rooperi (extract of African Potato), Agathosma Betulina (buchu), Mentha Piperita and Solidago Virgaurea (also known as Goldenrod) promote the healthy functioning of the immune system and strengthen the natural **protective ability of the body to fight infection**. In addition, Viscum Album, Crataegus Oxyacanthoides, Schizandra Sinesis, Astragalus Membranaceus and Olea Europea (extract of olive leaf) act as a natural rejuvenating and supportive tonic.

Tips to prevent chlamydia

- A number of preventative measures can be taken to minimize your risk of getting [chlamydia](#) and these include:
- Always use condoms to protect yourself from any type of sex to lower your risk of [chlamydia](#) and other STD's. Use a latex male condom or a female polyurethane condom for vaginal sex and for anal sex, use a latex male condom. For oral sex, use a dental dam.
- Abstain from sexual intercourse – this is obviously the best way to prevent the [chlamydia](#) infection
- Avoid having sex with more than one sexual partner at a time because the more partners you have will increase your risk of [chlamydia](#)



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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.

- Get to know your partner first before having sexual intercourse with him or her and find out whether they have been tested for STD's before you have sex with them
- Practice fidelity, faithfulness and commitment by having a sexual relationship with one person only and no one else!
- Educate yourself about [chlamydia](#) and STD's by speaking to your doctor and learning the symptoms
- Protect yourself by getting tested regularly for chlamydia and STD's

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 symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a

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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.

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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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