



What is Fear of Open Spaces?

The [fear of open spaces](#) (also referred to as [agoraphobia](#)) is defined as a form of anxiety disorder that causes an abnormal [fear of open spaces](#), **crowded public places or leaving a safe location**. The person experiencing the fear is usually not afraid of open spaces or people but fears being in an embarrassing situation where he or she may not be able to escape from the situation. This disorder develops initially after the sufferer experiences a panic attack, usually in a public place, and afterwards the attacks may occur without warning.

As a result of the randomness of these attacks, the sufferer expects future panic attacks to occur and fears situations where attacks may occur. The [fear of open spaces](#) is a very distressing condition, and may impact negatively on daily living, social situations, work and relationships. **People with this condition rarely venture out in public** and may often need to be accompanied. If left untreated, the [fear of open spaces](#) can lead to serious health problems such as panic or obsessive disorders, depression and tension.

Diagnosing Fear of Open Spaces

Common symptoms and signs of the fear of open spaces vary from person to person and may include:

- Shortness of breath
- Rapid breathing
- Trembling or shaking
- Irregular heartbeat
- Nausea
- Sweating
- Mild feelings of discomfort, panic or anxiety which leads to intense fear
- Fatigue
- Sense of impending doom

What causes Fear of Open Spaces?

The [fear of open spaces](#) occurs as a result of an internal anxiety or panic disorder that becomes severe or out of control causing the individual to avoid situations or locations where feelings of panic may be experienced.

The unconscious mind makes a negative association linking crowded public places, open spaces, leaving a place where you felt safe and protected or emotional trauma. People who are **shy and cautious by nature have low confidence levels** and tend to be worriers or perfectionists may also develop this phobia.

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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.

These phobias may also be learned unintentionally.

Help for Fear of Open Spaces

Various treatment options can help reduce the symptoms associated with the [fear of open spaces](#) as well as **develop coping skills** and manage fear and anxiety effectively. Medications such as anti-anxiety and anti-depressive drugs such as Zoloft, Paxil or Prozac may be prescribed to treat anxiety and panic attacks.

These drugs are potent and have some severe side effects and withdrawal symptoms. A beneficial treatment for the [fear of open spaces](#) is cognitive behavioral therapy (CBT) together with desensitization which involves using breathing and relaxation techniques to help the individual **learn to cope with the situation** and address his or her fear, panic or anxiety. In addition, therapeutic approaches such as hypnotherapy, visualization therapy, meditation or yoga can also help to relax and distress.

Natural and holistic treatments have proven to be quite effective in treating anxiety disorders such as the [fear of open spaces](#). Homeopathic remedies work by helping the mind and body to **restore balance at a cellular level** and are safe and gentle to use for people of all ages.

Carefully selected homeopathic ingredients such as Aconite, Natrum carbonicum and Calcarea carbonica **promotes calmness** and relieves the fear and anxiety associated with leaving the home or comfort zone and being in new surroundings and wide open spaces.

Tips to cope with the fear of open spaces

In order to manage the [fear of open spaces](#), certain things can be done to alleviate phobic symptoms and these include:

- Be realistic and embrace your fears by taking one step at a time
- Replace negative self-talk with positive affirmations and the belief that you can beat this fear
- Keep a journal to track your progress and express your emotions
- Explore other interests or hobbies such as painting, joining a book club or to gain more confidence in yourself
- Learn relaxation techniques such as various types of breathing exercises, meditation, yoga, pilates or guided mental imagery to cope with the situation
- Eat a well balanced diet, exercise regularly and follow health sleep routines to reduce stress and anxiety
- Join a support group where you can discuss your fear and feelings with people who are experiencing the same phobia
- Educate and empower yourself about your condition so that you can understand it better

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



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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, 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 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.

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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 Remedies:

AgoraFear Relief: Homeopathic remedy temporarily relieves fear, anxiety and nervousness prompted by new environments

AgoraFear Relief is a safe, FDA-registered, non-addictive natural remedy containing *100% homeopathic ingredients* especially selected to **temporarily relieve the fear, anxiety and nervousness** associated with everyday challenges like leaving the house or being in a crowd of people.

AgoraFear Relief may be taken at the first signs of **nervous symptoms** (palpitations, sweating, trembling or shortness of breath) for effective, temporary help. The selected ingredients are all proven to be safe and effective in the short-term relief of the nervousness and **anxiety caused by fear of crowds**, fear of leaving the house, or the fear of going outside—all without side effects.

AgoraFear Relief is taken internally and works by helping the mind and body to restore balance at a cellular level. Presented in small dissolvable tablets, AgoraFear Relief is easy to ingest and hassle-free with **no artificial colors or preservatives**.

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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!](#)

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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