



What is Glossophobia?

Glossophobia may be defined as a very specific form of [stage fright](#) or [speech anxiety](#) which is the fear of speaking in public. Most confident people have experienced some degree of nervousness or anxiety when they have to give a speech, presentation, or perform on stage. They still manage to cope with the occasion even though they are not enjoying it. However, people who suffer from [glossophobia](#) (referred to as glossophobics) may deliberately **avoid situations where they would have to speak in public**.

This can happen when an employee has to make a presentation to the rest of his department and becomes completely frozen. It can happen at a social gathering where the thought of **meeting new people causes you to become nervous and edgy**. As a result [glossophobia](#) may hamper the sufferer's ability to further his or her academic, social or career opportunities. If left untreated, this can lead to loneliness, poor self-esteem, depression and isolation. There are helpful strategies to manage and cope effectively with [glossophobia](#).

Diagnosing Glossophobia

Symptoms and signs

The common symptoms and [signs of glossophobia](#) include extreme anxiety before the event or the idea of speaking in front of a group of people. Physical symptoms often appear as well which results from the body's response to a flight or fight reaction to stress.

These symptoms include:

- Sweating
- Increased heart rate
- Feelings of nervousness or panic attack
- Dry mouth
- Tense, weak or quivering voice
- Stiff neck or upper back muscles

In severe cases, some people may even experience nausea or vomiting from the [stress](#) and anxiety.

What causes Glossophobia?

The exact [cause of glossophobia](#) is not known, although a number of factors can



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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.

contribute to this disorder. Traumatic events that may have affected you as a child or during adulthood may contribute to [glossophobia](#) and cause you to **avoid speaking in public**.

It may also occur when you have been slowly avoiding to speak publicly over a period of time and the idea of it causes you so much anxiety that it has now resulted into [glossophobia](#). Certain psychological conditions such as where the **speaker suffers from poor self esteem**, always wants complete approval, believes that everything must be perfect, or expects failure can also bring about episodes of [glossophobia](#).

Help for Glossophobia

Various treatment options are available to [treat glossophobia](#). Certain drugs such as beta blockers may be used to **help people relax before speaking in public**. Complementary therapies such as hypnosis, meditation or psychotherapy can be quite beneficial in helping you to [overcome glossophobia](#).


Taking public speaking classes such as Toastmasters International or Association of Speakers Club will be able to **alleviate your fears of speaking in front of others** and improve public speaking skills. Counseling or psychotherapy may also help you to address the root of the problem and learn effective techniques to deal with this condition.

Natural treatments such as herbal and homeopathic remedies have proven to be effective in relieving fear, anxiety and **nervousness associated with public speaking** events. Homeopathic remedies are not only safe and gentle to use but also fast-acting.

Homeopathic ingredients such as Gelsemium, Chocolatum and Graphites helps reduce anxiety levels, conquer [shyness](#), social fear and worries, and promotes a sense of calmness. In addition, herbs such as Melissa officinalis (Lemon Balm), Lavandula augustifolia (Lavender) and Passiflora incarnata (Passion Flower) support the nervous system by **keeping the nerves soothed and settled**.


Tips to cope with the glossophobia

- There are certain measures that can be taken to cope with [glossophobia](#) and these include:
- Make sure that you are thoroughly prepared to perform at optimal level
- Practice giving a speech or presentation in front of a mirror until you know it
- Attend public speaking courses to help you overcome your fear of speaking in public
- Before going on stage, walk off your nervous energy to calm yourself or listen to music
- Stay calm by practicing deep breathing exercises, meditation or yoga
- Repeat positive affirmations throughout the day – “I will succeed”, I am capable of doing this” or I am worthy
- Imagine that the audience is in their underwear and that at the end of the day they are just ordinary people



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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.

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 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

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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 Remedies:

SocialFear Relief: Homeopathic remedy temporarily relieves social fear, anxiety, nervousness, shyness and stage fright

SocialFear Relief is a safe, non-addictive, FDA-registered natural remedy, containing *100% homeopathic ingredients* especially selected to temporarily **relieve the fear, anxiety, nervousness and shyness related to social situations** like eating or speaking in public.

SocialFear Relief should be taken at the first signs of self-consciousness or unease for short-term **relief of physical symptoms like sweating or heart palpitations** all without side effects.

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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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