



What is the Nervous System?

The nervous system forms part of a complex electrochemical process that acts as the body control center and communications center. It is responsible for **sending, receiving and processing nerve impulses** throughout the body as well as regulating and maintaining homeostasis. It coordinates muscle activity, thought, [learning](#), memory, speech, the senses and [emotion](#). The nervous system relies on billions of tiny nerve cells called neurons to function. Neurons carry information by sending electrochemical impulses through the nerves to other muscles and organs.

The nervous system is made up of two divisions - the central nervous system and the peripheral nervous system:

Central nervous system

The brain and spinal cord make up the **central nervous system**. The brain controls how the body functions. It has billions of neurons that stores, receives and analyzes information. It also provides us with our personality, [moods](#), [emotions](#), consciousness and unconscious thoughts. The spinal cord is a continuation of the brain and carries messages between the central nervous system and the rest of the body.

Peripheral nervous system

The peripheral nervous system consists of sensory receptors, sensory neurons and motor neurons. This system is made up of the somatic nervous system and autonomic nervous system.

The somatic nervous system (voluntary nervous system)

The somatic nervous system controls voluntary muscle movements, making them contract or relax. This system also carries information from [the eyes](#), ears, the skin and muscle to the brain and spinal cord.

The autonomic nervous system (involuntary nervous system)

The autonomic nervous system consists of two parts, the sympathetic and the parasympathetic. These systems regulate organs and glands automatically, without any voluntary input and act on the body in opposite ways. They also help to maintain homeostasis.

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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.

Dignosing Nervous system problems

After a careful review of the patient's medical history and a physical examination, certain procedures will be used to help accurately **diagnose a nervous system disorder**. The various diagnostic methods doctors use includes imaging tests such as computed tomography or CT, magnetic resonance imaging (MRI), angiography, positron emission tomography, and Doppler ultrasonography.

What Causes Nervous system problems?

Infections

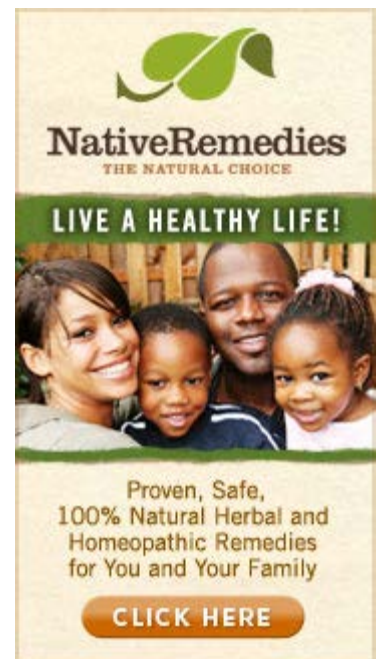
- Meningitis
- Polio
- Encephalitis
- Epidural abscess

Functional disorders

- [Headache](#)
- Dizziness
- [Neuralgia](#)
- Epilepsy

Structural disorders

- [Bell's palsy](#)
- [Carpal tunnel syndrome](#)
- Brain or spinal cord injury



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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.

Ask Our Experts a Product Question

If you have a question about one of our products, its usage or dosage, ask Michele and her team of experts about about it [HERE!](#) We will do our best to

- Brain or spinal cord tumors
- Peripheral neuropathy
- Guillain-Barre syndrome

Vascular disorders

- [Stroke](#)
- Transient ischemic attack (TIA)
- Subdural hemorrhage and hematoma
- Subarachnoid hemorrhage
- Extradural hemorrhage

Degeneration

- Multiple sclerosis
- [Alzheimer's disease](#)
- Huntington's chorea
- [Parkinson's disease](#)
- Amyotrophic lateral sclerosis (ALS)

Help for Nervous system problems

Treatment options for neurological disorders usually depends on the diagnosis, underlying causes, the overall health of the individual and the severity of the condition. Various medications may be prescribed to treat these disorders and in more severe cases, **neurological surgery** may be prescribed. Complementary therapies such as acupuncture, physiotherapy, massage, hydrotherapy or chiropractic techniques may also be helpful during rehabilitation.

Natural and holistic treatments have been used through the ages to support the nervous system, **soothe nerves** as well address symptoms of [stress](#) and tension. Homeopathic remedies such as tissue salts work at **supporting health at a cellular level** and are also extremely safe and effective to use for people of all ages. Tissue salts such as **Ferrum phosphoricum, Kalium phosphate** and **Magnesium phosphate** are beneficial for the health of the nerves, act as a natural anti-spasmodic and muscle relaxant and also calms and uplifts the spirit. Natrium muriaticum and Calcium phosphate promotes brain health and functioning, memory, [concentration](#) and mood.

Tips to promote and maintain a healthy nervous system

- There are several things that you can do to support nervous system health and these include:
- Eat a healthy, well balanced diet that contains vitamin D and 12, calcium and potassium



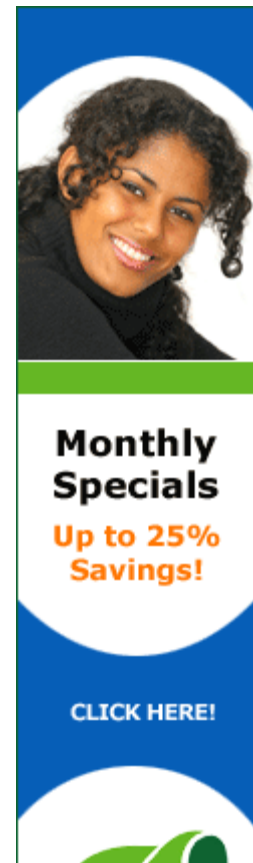
Great Health Sites

[The Natural Beat](#)

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[Native Remedies](#)

[Pet Herbal Info](#)



- Stay active by exercising at least three times a week
- Get enough rest and try to have at least eight hours sleep at night
- Stop smoking and avoid an excessive intake of alcohol
- Give your brain a workout by doing challenging or stimulating activities such as building a puzzle, playing word games, painting, sketching, reading or playing music
- Learn to relax and reduce stress by practicing deep breathing exercises, going yoga or meditation
- Surround yourself with positive people who will uplift you and make you feel good about yourself
- Train your brain to not harbor unhealthy thoughts



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,

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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.

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.

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.

6) We offer an unconditional [One Year Money Back Guarantee](#).



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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:

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

Brain Tonic: Homeopathic remedy relieves forgetfulness and mental fatigue, and increases alertness

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