



What is Shingles?

Shingles, also referred to by the medical term herpes zoster, is a reactivation of a previous viral infection that **causes a painful, blistering rash** in the specific area served by the nerve root involved. It is caused by the chickenpox (varicella zoster) virus and typically only affects a specific area of the skin.

[Shingles](#) can be extremely uncomfortable, and can cause you to feel surprisingly ill. However, it is usually not a serious condition and, if treated early, the **risk of developing other complications can be reduced**. More severe episodes of [shingles](#) can lead to a condition known as postherpetic neuralgia. [Shingles](#) typically affects older people or those with [weak immune systems](#).

Diagnosing Shingles

The symptoms and [signs of shingles](#) may include:

- Feeling slightly unwell with pain and tenderness prior to the appearance of the [rash](#)
- Pain, burning, tingling, [itching](#) numbness or extreme sensitivity in a certain part of the body (always affects one side of the body)
- A red [rash](#) which quickly develops into blisters
- Fever
- Headache
- Fatigue
- Chills
- Upset stomach
- Depression

The [rash](#) can affect any part of the body but is usually in one specific area on one side of the body only. It may affect the **head, limbs, or around one side of the chest or abdomen**. The [rash](#) may also affect the upper cheek or the side of the forehead and, potentially seriously, it may involve the eye area.

What Causes Shingles?

[Shingles](#) is caused by the varicella-zoster virus, the same virus that causes chickenpox. The only way that you can develop [shingles](#) is if you have **previously had chickenpox**. Varicella-zoster belongs to group of viruses called herpes viruses that cause cold sores and genital herpes. Once you have had chickenpox, the virus lies dormant in the nervous system for years.

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Shingles occurs when this virus is reactivated in one particular nerve root and travels along the nerve towards the skin. The area of skin served by that particular nerve is affected and this is how the rash covers such a clearly defined area of skin only. Most times an episode of shingles is due a weakened immune system or stress. Physical contact with those who never had chickenpox, have weak immune systems, **newborn babies or pregnant women** should be avoided.

Help for Shingles

The diagnosis of shingles is determined by the pattern of the rash which is the area that is covered and the blister-like form of the rash. If the rash develops near the eyes, it could lead to an **infection of the cornea**. Prompt treatment is necessary to reduce the risk of further complications.

Additional complications that may occur as a result of shingles include **postherpetic neuralgia, inflammation of the brain** (encephalitis) and other neurological problems. In addition, shingles can cause hearing problems, temporary or permanent blindness as well as bacterial skin infections.

Shingles is best treated immediately to alleviate the pain and reduce the risk of other complications. Prescription medications that can provide relief include oral antiviral medications. Corticosteroids may also be prescribed to **reduce swelling and pain** associated with shingles. In addition, painkillers, antidepressants as well as anticonvulsants may also be prescribed to help treat shingles. Topical ointments such as calamine lotion can soothe the affected area.

There are certain vaccines available to prevent chickenpox as well as shingles. The varicella virus vaccine is a childhood immunization administered between 12 and 18 months. It is also recommended for older children and adults who have never had chickenpox. If you still contract chickenpox after receiving the vaccination it is generally less severe. A vaccine called Zostavax is available to help **prevent shingles in adults over 60 years** and older, and has dramatically reduced the risk of developing this condition in susceptible individuals.

Natural Remedies

Natural treatments can also help to boost the immune system which is especially important when you develop shingles. Treatments such as herbal and homeopathic remedies are gentle to use and improve your overall health and wellbeing without the risk of side effects. Use herbs such as Hypoxis rooperi (extract of African Potato) and Viscum album to **strengthen the immune system**.

Astragalus membranaceus acts a rejuvenating tonic and also helps to combat fatigue. Olea europea (extract of olive leaf) and Echinacea are two very useful herbs that have well known **anti-bacterial and anti-viral properties**.

Once you have developed shingles, you may feel **tired, run down and have significant pain**. Remember to take good care of yourself. Clean the affected area and apply cool compresses to relieve the pain. Relax in a tub of lukewarm water and use calamine lotion to ease the itching. Increase your intake of vitamins to boost your immune system and rest as much as possible.



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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.

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Itch Dr.: Natural soothing cream to promote healthy skin all over

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ImmunityPlus: Promotes healthy immune system functioning and helps fight viral and bacterial infections

ImmunityPlus is a 100% safe, non-addictive natural herbal remedy formulated to safely **maintain systemic balance and immune system health**, without harmful side effects.

ImmunityPlus contains a selection of herbs known for their supportive function in maintaining immune system well-being, thereby **helping to keep you healthy and strong**.

The formula remains true to the whole spectrum method of herbal extraction, ensuring the bio-availability and balance of all the active ingredients contained in the remedy. This method of manufacture also significantly reduces the likelihood of side effects and maintains all active ingredients in perfect balance – exactly as nature intended!

[Learn more about ImmunityPlus](#)

KiddieBoost: Promotes healthy immune function, and reduces infection and illness risks in children

KiddieBoost is a 100% safe and natural formula containing carefully selected herbal ingredients known for their **tonic effects on the immune system**, as well as their high safety profile in children's remedies.

KiddieBoost has been **specifically formulated to support children's immune systems** from the age of 12 months and comes in a convenient drop formula that is easy to administer to children.

KiddieBoost is developed with care by our team of specialists, is 100% natural, and manufactured according to the highest pharmaceutical standards using the whole spectrum method of herbal extraction.

This method ensures the bioavailability and balance of all the active ingredients contained in the remedy. This method of manufacture also significantly reduces the likelihood of side effects and maintains all active ingredients in perfect balance – exactly as nature intended!

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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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