



What is Shortness of Breath?

Most people have had the experience of feeling short of breath after some intense physical exertion. Your chest may feel tight and it may feel like you just can't get enough air in. **Breathing may seem very difficult or laborious**, and in some cases, you may even have some chest pain.

What Causes Shortness of Breath?

Being short of breath is a common and almost expected complaint when someone has just run a 100m sprint uphill, but when [shortness of breath](#) is disproportionate to the levels of physical exertion, it is referred to as dyspnea. Dyspnea is a **symptom of a number of medical conditions**, and when it is unexpected or severe, it should be treated as a medical emergency. A number of serious conditions such as heart attack, pneumonia, heart failure or asthma attack can cause [shortness of breath](#).

Other causes of dyspnea include pregnancy, stress, and upper respiratory infection obesity and poor fitness levels. As [shortness of breath is a symptom](#) rather than a condition, it is essential to first determine the underlying cause of the problem with the guidance of your health care practitioner.

Help for Shortness of Breath

Natural Remedies

Herbs have been used throughout the ages to promote respiratory health. Taken either as internal remedies, or inhaled via an infusion, herbal as well as homeopathic ingredients have played a significant part in helping to **maintain open airways and easy breathing**, while also encouraging healthy immune system functioning.

Commonly used herbs that promoted respiratory health include Matricaria recutita which is known for its antispasmodic, anti-inflammatory and calmativ properties, while Astralagus is renowned for its **anti-bacterial and immune boosting properties**. Homeopathic ingredients such as Arsen alb, Mag Phos and Nat Sulph are successful at supporting and relaxing lungs and bronchioles, easing tight chests and reducing the presence of phlegm in the chest. With regular use, these herbal and homeopathic ingredients **promote and support respiratory health** while opening the chest and airways for [easy breathing](#).

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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 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



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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.

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:

BioVent Drops: Supports bronchial and respiratory health for easy breathing.

BioVent Drops is a 100% safe, natural formula. BioVent Drops have been used for many years to **safely support the respiratory system and maintain easy breathing**.

Containing a selection of ingredients known for their supportive function in **maintaining open airways and supporting lung health**, BioVent Drops are presented in liquid tincture formula, making them easy to take for all ages.

BioVent Drops is a unique combination of natural ingredients used to promote the ongoing health of the respiratory tract and lungs. Used daily, it can promote respiratory functioning and health, and also support the immune system.

BioVent Drops may be combined with our Triple Complex BronchoSoothe Remedy - for on the spot comfort and support of healthy bronchioles and easy breathing.

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 get you an answer within 24 hours.

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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 BioVent Drops](#)

BronchoSoothe: Natural asthma remedy helps to relax and open airways for normal breathing.

Triple Complex BronchoSoothe is a safe, non-addictive, natural remedy containing *100% homeopathic ingredients* especially selected to temporarily **relieve tightening of the chest to open airways and improve respiratory health.**

Triple Complex BronchoSoothe is a *combination of three biochemic cellular-supporting tissue salts* and may be taken at the first signs of **chest constriction, closed airways or abnormal breathing** for effective, temporary help.

Triple Complex BronchoSoothe is taken internally to support lung and bronchiole functioning, and **maintain respiratory tract and immune system health.** Presented in small tablet form, Triple Complex BronchoSoothe is easy to ingest and hassle-free with **no artificial colors or preservatives.**

Due to its unique homeopathic formula, Triple Complex BronchoSoothe is *safe for all ages, as well as during pregnancy and nursing.*

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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!

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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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