



## What is Sleep Apnea?

**Sleep apnea** is a condition characterized by episodes in which **breathing stops during sleep**. These episodes of stopped breathing usually last for 10 seconds or more, sometimes more than 300 times a night. This condition is potentially life threatening causing significant social and emotional problems, and hampering day to day living. People with **sleep apnea** will **awaken partially as they struggle to breathe**, but in the morning will be unaware of any sleep disturbances ever occurring.

There are two main types of **sleep apnea** – obstructive sleep apnea and central sleep apnea.

**Obstructive sleep apnea:** is the most common type of **sleep apnea** and is caused by the relaxation of soft tissue in the back of the throat that obstructs the airway passage. When you try to breathe, there isn't sufficient air as a result of the blockage. The blockage may be due to your windpipe being blocked by your tongue, tonsils, uvula or the fatty tissue in your throat.

**Central sleep apnea:** is a rare type of **sleep apnea** that is associated with the function of the central nervous system. It occurs when the area of the brain that controls your breathing does not send the correct signals to the breathing muscles. This means that there is no effort to breathe at all for brief periods. With central apnea, **snoring** does not usually occur.

It is estimated that **sleep apnea** affects more than 12 million Americans. It is more common in men (over 40 years old) than women, and in people who are **overweight** or **obese**.

Additional medical problems associated with untreated sleep apnea include **hypertension**, **coronary artery disease**, myocardial infarction, **stroke**, psychiatric problems, **impotence**, cognitive dysfunction, **memory loss**, and death.

## Diagnosing Sleep Apnea

The **diagnosis of sleep apnea** is based on a complete medical history and symptoms of the individual. Your physician may also ask you a series of questions pertaining to sleep quality, daytime **sleepiness and bedtime habits**. A thorough physical examination of the mouth, neck and throat (oropharynx) is performed to detect for any abnormalities.

Certain tests may also be performed and they include:



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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.

- Polysomnography test that records a variety of body functions during sleep such as the electrical activity of the brain, eye movement, muscle activity, heart rate, respiration effort, air flow, and blood oxygen levels. It is used both to diagnose [sleep apnea](#) and to determine its severity
- The Multiple Sleep Latency Test (MSLT) measures the speed of falling asleep
- ECG to show [arrhythmias](#) during sleep
- Arterial blood gases to show low oxygen or elevated carbon dioxide
- Echocardiogram to evaluate the function of the heart
- Thyroid function studies

Usually people suffering from [sleep apnea](#) will have a combination of **obstructive sleep apnea and central sleep apnea**. The person who has obstructive [sleep apnea](#) does not remember the episodes of apnea during the night. It is generally, family members, particularly spouses who witness the periods of apnea.

Symptoms include:

- Excessive daytime sleepiness
- Loud snoring
- Periods of silence (not breathing) followed by gasps
- Restless sleep
- Falling asleep during the day and at inappropriate times
- Morning headaches
- Trouble [concentrating](#) and limited attention
- Recent weight gain
- [Low Libido](#)
- Irritability
- [Memory loss](#)
- [Fatigue](#)
- Poor judgment
- Mood or behavior changes
- [Anxiety](#)
- [Depression](#)

Additional symptoms that may be associated with this disorder include:

- [Hyperactivity](#), especially in children
- Automatic behavior (performing actions by rote)
- [High blood pressure](#)
- Leg swelling (if severe)

## What Causes Sleep Apnea?

[Sleep apnea](#) occurs when air struggles to pass into your lungs while you are sleeping. Under normal conditions, the upper part of your throat muscles keeps this passage open to **allow air to flow into your lungs**. During sleep, these muscles usually relax but the passage stays open enough to allow air to flow through.

The advertisement for NativeRemedies features a green leaf logo at the top. Below it, the text reads "NativeRemedies THE NATURAL CHOICE". A green banner with white text says "LIVE A HEALTHY LIFE!". The central image shows a smiling family of four: a woman, a man, and two children. Below the image, the text states "Proven, Safe, 100% Natural Herbal and Homeopathic Remedies for You and Your Family". At the bottom, there is a brown button with the text "CLICK HERE".

### 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.

Some people, however, have a narrower passage and during sleep, relaxation of these muscles causes the passage to close. As a result, **air cannot pass through into the lungs** and loud snoring and labored breathing occurs. When the airway is obstructed completely, air fails to reach the lungs.

## Help for Sleep Apnea

Depending on the medical history of an individual and the severity of the disorder, there are a variety of treatment options available. A few simple lifestyle changes can also make a huge difference. Firstly, eating a balanced diet and exercising regularly is very important as they both **promote healthier sleeping patterns**.

Learning to manage your weight and losing weight may relieve the **symptoms of sleep apnea** in some people. Avoiding alcohol and medications such as sedatives and muscle relaxants as well as quitting smoking will help to control sleep apnea. Pillows and devices specifically designed to prevent people from sleeping on their backs may also be of benefit to some.

For more extreme cases of sleep apnea, continuous positive airway pressure (CPAP) is one of the most popular methods prescribed. It is a form of **mechanical breathing assistance** that involves the use of a mask worn over the nose or nose and mouth at night that blows pressurized air through the airway to keep it open.

In addition, surgical procedures may be performed to remove enlarged tonsils or adenoids (tonsillectomy) or excess tissue at the back of the throat (uvulopalatopharyngoplasty or UPPP).

Natural and holistic approaches are also excellent treatment methods for **providing relief of sleep apnea**. More and more people are exploring natural remedies and declining the use of allopathic medicines. Treatments such as herbal and homeopathic remedies help to improve symptoms but also address the individual's overall physical, mental and emotional wellbeing. Certain herbs such as Avena sativa, Scutellaria laterifolia and Passiflora incarnata can safely be taken to treat chronic **sleep problems** and **maintain healthy sleep patterns**. In addition, a combination of herbs and sleep facilitating nutrients such as Hypericum perforatum, Schizandra chinensis, Calcium lactate, Magnesium lactate and Vitamin B6 treats the underlying causes of sleep problems, balances serotonin levels naturally and induces a regular, satisfying sleep.

## Tips to help you cope with sleep apnea

- There are some helpful guidelines that can be followed to manage **sleep apnea** more effectively:
- Establish and maintain regular bedtime and wake-up time patterns
- Eat a healthy balanced diet packed with fresh fruit and vegetables
- Exercise regularly by walking, jogging, swimming or going to gym
- Determine how much sleep you need to feel constantly awake and recharged - this can be done by keeping a sleep journal
- Improve your sleeping position by lying on your side
- Practice relaxation techniques such as meditation, yoga or visualization to reduce **stress** and **anxiety**
- Spend time outdoors after waking as this regulates the body's biological

## 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.

## Great Health Sites

[Pet Herbal Info Blog](#)

[The Natural Beat Blog](#)

[PetAlive Natural & Herbal Remedies for Pets](#)

[Native Remedies - Natural & Herbal Remedies](#)

[Natural Help 4...Free Natural Health Ebooks](#)

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- Create a comfortable, tranquil and relaxing sleeping environment
- Maintain a healthy weight as being overweight or obese also affects sleeping patterns
- Avoid stimulants such as caffeine, sedatives, alcohol and nicotine that may interfere with the sleep cycle
- Avoid eating heavy meals and drinking large amounts before bedtime
- Join a support group and have access to family, marriage and occupational counseling

## 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.



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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.

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:**

**Serenite Plus:** Natural sleep tonic for a restful night

SerenitePlus is an herbal formula specially formulated by a Clinical Psychologist for teenagers and adults. The natural ingredients are chosen for their soothing properties to **assist with occasional routine restlessness at night and to**

## **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](#).

**wind down naturally** after a busy day. Being in tincture form, Serenite Plus is quickly absorbed and gets to work almost immediately as a **natural sleep tonic to support the maintenance of night time harmony and rest.**

SerenitePlus has been used safely and effectively for many years. Using up-to-date scientific knowledge of natural sleep patterns, SerenitePlus is a new and improved herbal formula.

*SerenitePlus may also be combined with [Serenite-LT](#) for added benefits.*

[Learn more about Serenite Plus](#)

**Serenite-LT:** Natural remedy supports healthy sleep patterns and sustained peaceful, restful nights

Many of our customers are already familiar with Native Remedies' SerenitePlus, which has been used safely for **evening support of healthy sleep.**

Due to ongoing product research and customer demand, it became obvious that there was a definite need for a remedy which could provide **ongoing, long-term support** of the sleep cycle. This led to the development of Serenite-LT - a unique herbal remedy with added nutrients, specially formulated to naturally support the sleep cycle and maintain healthy sleep patterns.

Using up-to-date scientific knowledge of **natural sleep patterns**, Serenite-LT combines selected herbs and sleep-supporting nutrients in an effective formula, which will help provide support for a good night's rest on a regular basis.

[Learn more about Serenite-LT](#)

**Sleep Tonic:** To promote healthy sleep patterns

Sleep Tonic is a remedy containing a combination of three, **cellular-supporting tissue salts** especially selected for their effect on brain and nervous system health. This combination of tissue salts can be used regularly in a general capacity to **promote systemic balance in the brain and nervous system**, as well as in conjunction with other remedies to maintain therapeutic effectiveness.

**Tissue salts**, also called **cell salts** or **biochemic salts**, are **composed of minerals which occur naturally at a cellular level** in our bodies and all organic matter on earth, such as plants, rocks and soil. Just like the bricks and mortar of a wall, tissue salts are the building blocks for cells. All in all, **twelve tissue salts have been identified as being essential components of all body cells** and without which, true health is not possible. Each tissue salt plays a different, yet vital role in maintaining cellular health in all the organs and systems of the body.

**Sustaining the correct balance of tissue salts in the body** is similar to the structural engineer laying good foundations when building a house. This process of tissue salt balance, called Biochemistry, was first explored by Dr. Scheussler, a prominent 19th Century German physician. Dr. Scheussler discovered that, when reduced to ashes, each human cell contained 12 minerals or biochemic tissue salts. He believed that these minerals should be present in all living cells (and in perfect balance) to support good health and well-being. This knowledge is still highly respected today and practiced by Homeopaths and Naturopaths all over the world.



[Read more about the Native Remedies Full Spectrum Approach™](#)

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**Making sure that all the cells of your brain and nervous system are functioning effectively will also mean that you will enhance the bio-availability of all supplements, remedies and even nutrients in your diet – thereby maximizing all your brain health efforts! And because our tissue salts are naturally occurring in the body and manufactured to ensure safe, yet optimum potency, they are safe to use for all ages (from infancy to old age) – as well as during pregnancy!**

**[Learn more about Sleep Tonic](#)**

**Read the testimonials for these quality products [here!](#)**

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