



What is Snoring?

Having to listen to the sound of someone snoring when you are trying to fall asleep can definitely drive you over the edge. Strangely enough, the snorer is usually unaware that he or she is snoring and it is the bed partner who has to contend with the snoring. Snoring is the sound that occurs when **air flow is obstructed in the area where the tongue and upper throat** meet the soft palate and uvula.

These structures cause the tissues to vibrate as you breathe which produces the snoring sounds. Depending on the anatomy of the mouth, the **snoring sound may range from soft, feeble sounds to hoarse, harsh sounds**. While snoring is not only noisy and annoying to others, disturbing healthy sleep patterns and causing sleep deprivation, it is often a symptom of other serious medical conditions.

If snoring increases and is also left untreated, it can result in obstructive [sleep apnea](#). **Obstructive sleep apnea**, in turn, enhances the risk of health complications such as fatigue, lack of concentration, high blood pressure, heart disease, stroke, loss of libido, systemic and pulmonary hypertension. Children with obstructive apnea run the risk of developing attention deficit/hyperactivity disorder (ADHD).

Living with a snorer is not easy. Snoring poses a major threat to domestic harmony by disrupting sleeping patterns which causes a lack of sleep for the bed mate. It results in **poor performance at work**, embarrassment, an unfulfilling sex life, separate bedrooms and even divorce.

Snoring is very common and it is estimated that 45% of all adults snore occasionally, and 25% snore habitually. It is especially common in males, but increases with age (over the age of 65 years) in both sexes. People who are overweight tend to snore more.

Diagnosing Snoring

Consulting a doctor about your snoring problem can benefit both you and your partner. A physical examination will be performed and a medical history taken. Your doctor will also be able to assess the severity of the problem by asking your partner some **questions about how and when you snore**. For further tests and evaluation, you may be referred to an ear, nose and throat (ENT) doctor, also called an otolaryngologist or sleep specialist. Often an overnight stay at a sleep center is required to conduct an **in-depth analysis of your sleeping patterns**.

What Causes Snoring?



The content of this ebook is intended for informational purposes only.

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.

Snoring may be caused by several factors:

- Low, thick soft palate
- Enlarged, swollen tonsils or adenoids
- Excessively bulky throat tissue
- Long uvula
- Poor muscle tone
- Blocked nasal passages or airways
- Deformities of the nose
- Deviated nasal septum
- Seasonal allergies
- Excess alcohol consumption
- Obesity

Help for Snoring

Treatment options to prevent snoring are generally based on a number of factors. These factors depend on your age, overall health, medical history, and the extent of the disorder, your tolerance for specific medications, procedures, or therapies, expectations for the course of the disorder and your opinion or preference. Various treatments include **oral appliances, traditional surgery, laser surgery, radio frequency tissue ablation (somnoplasty)** or continuous positive airway pressure (CPAP).

Oral appliances such as form-fitting dental mouthpieces obtained from your dentist can help to move the position of the tongue and soft palate so that your **air passage remains open**. A surgical procedure called uvulopalatopharyngoplasty (UPPP) performed to treat obstructive [sleep apnea](#) tightens flabby tissue in the throat and palate and expands air passages.

If your snoring is loud and disruptive, laser surgery is recommended. Laser surgery involves a small hand-held laser beam to **shorten the soft palate and remove the uvulva**. Another type of surgical procedure called radio frequency tissue ablation (somnoplasty) uses a low intensity radio frequency signal to remove part of the soft palate to reduce snoring. Continuous positive airway pressure (CPAP) involves wearing a pressurized mask that forces air over your nose while you sleep.

It is highly recommended that certain lifestyle modifications such as eating healthily, **exercising regularly, and reducing alcohol** intake, stopping smoking and losing weight be made in conjunction with the specific treatment.

A more natural, holistic approach can also help to reduce and treat the [symptoms of snoring](#). Herbal and homeopathic remedies are fast becoming a popular choice of treatment for many people. The reason for this is that these herbal remedies address the root of the problem, not only the symptoms and also work at providing a long term cure.

Herbs such as Avena sativa and Scutellaria lateriflora treat nervous fatigue, stress, insomnia and acts as an **excellent nerve tonic**. Passiflora incarnata research is a relaxing herb which is very effective in the treatment of anxiety and stress. In addition, tissue salts containing Calcium Sulphate, Magnesium Phosphate and Calcium Phosphate can also restore healthy sleep patterns and help the body relax.



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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.

Tissue salts are nutritional substances which are used to **maintain optimal health** and functioning and also to **restore balance and relieve symptoms of disease**. Best of all, it is safe for everyone, including pregnant and nursing women, children, small babies and people on other prescription drugs. Remember to consult an experienced herbalist or homeopath when choosing a specific remedy.

Tips to prevent snoring

- There are some helpful tips for people who suffer from mild or occasional snoring and they include:
- Eat healthy, balanced meals that consist of fresh fruit, vegetables, lean meat and fish
- Exercise regularly to develop good muscle tone, promote sleep and at the same time lose weight
- If you are overweight, losing weight will reduce snoring by increasing the space in your air passage way
- Avoid taking medication such as sleeping pills, tranquilizers and antihistamines before bedtime
- Avoid eating heavy meals and snacks at least three hours before bedtime
- Avoid alcohol at least four hours before bedtime
- Establish regular sleeping patterns
- Sleep on your side rather than your back to prevent snoring
- Tilt the head of your bed upwards four inches
- Sleep on a firm pillow as soft pillows encourage your throat muscles to relax and narrows your air passageway
- To prevent sleeping on your back, sew a tennis ball to the back of your shirt; the discomfort of sleeping on the ball will prevent you from staying on your back.
- Inhale steam before sleeping or sleep in a room with a humidifier turned on, which will reduce congestion and moisturize the throat
- Put nasal strips on before going to sleep as they will help to open up your nostrils and allow more air to come in, thus reduce snoring.
- Stop smoking as it causes inflammation and swelling of the throat
- Encourage your bed partner to wear earplugs to filter out the noise or make an arrangement whereby you will only go to sleep once he or she has fallen asleep

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.

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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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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 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



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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 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](#)

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.

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](#).

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.

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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