



## What are Swollen Lymph Nodes?

Lymph nodes are also known as lymph glands, or just glands, and form part of the lymphatic system. They are tiny, bean-shaped clusters of cells found in groups or chains throughout the body. **Lymph nodes are the most important component** of the [immune system](#) and within these glands, lymphocytes (immune cells) exist.

Glands consist of lymphatic tissue surrounded by a capsule of connective tissue and are located in the armpits, on either side of the neck, inside the chest, abdomen, pelvis and in the groin.

Lymph nodes filter the lymphatic fluid and **trap infectious particles and foreign material** such as cancer cells or bacteria that are traveling through the body in the lymph fluid. They serve as one of the body's barriers to infection and play an important role in the immune response.

## What Causes Swollen Lymph Nodes?

When a **disease spreads to or involves the lymph nodes**, they become enlarged and swollen – this is called lymphadenopathy and is a **common sign of infection**. [Swollen lymph nodes](#) can be caused by a multitude of different conditions and swelling of these glands is often one of the first signs that something is wrong.

### The causes of swollen lymph nodes include

- Bacterial infections such as tonsillitis, wounds, infected cuts, and abscesses
- Viral Infections (e.g. Mumps, glandular fever)
- Fungal infections
- Parasitic infections
- Alcoholism and alcohol abuse
- Bulimia
- Cancer of the breast, lung, stomach, throat and melanoma
- Gaucher's disease
- Hodgkin's disease
- HIV
- Hyperthyroidism
- Non-Hodgkins Lymphomas
- Sarcoidosis
- Sjogren's Syndrome
- Strep Throat
- Thyroiditis

Enlargement of the glands can be **rapid or gradual**. Rapid swelling is common

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with viral or bacterial infections and can be accompanied by pain. Other diseases such as cancer usually cause a slow and gradual growth, which tends to be pain-free.

Lymphoedema is the term used to describe swelling of a part of the body due to obstruction of the flow of the lymph. This tends to occur after removal of the lymph glands for conditions such as cancer (e.g. swelling in the arm after surgery for breast cancer) when the lymph glands are removed. Sometimes lymphoedema may also present itself after **treatment for lymphoma** following radiotherapy or lymph node biopsy.

## Help for Swollen Lymph Nodes

Treating [swollen lymph nodes](#) typically depends on the cause. If the nodes are inflamed, you do not have to be concerned. However, if you have symptoms of some other condition together with enlarged lymph nodes, you should seek immediate medical assessment.

Pain relievers and medication to reduce a fever such as ibuprofen and acetaminophen are the **standard form of [treatment for swollen lymph nodes](#)**. Applying warm compresses and elevating the affected area may also help to reduce swelling. If the swelling is caused by infection, antibiotics and antiviral medications may be prescribed.

People with immune disorders may also be prescribed medication to reduce swelling. A localized abscess may need to be drained by cutting the skin open and removing the infected material. More severe episodes of swelling are often due to malignancy and surgery; radiation or chemotherapy may be required.

## Natural Remedies

Natural and holistic treatments are also beneficial in treating the certain **underlying [causes of swollen lymph nodes](#)**. Treatments such as herbal and homeopathic remedies are gentle and help to ensure overall health and well-being without the risk of side effects. Herbs such as Hypoxis rooperii (extract of African Potato) help to **boost the [immune system](#)** and act as a strengthening tonic. Viscum album also enhances the [immune system](#) while reducing inflammation and encouraging repair of damaged cells.

In addition, herbs such as Echinacea (Echinacea spp.), Wild indigo (Baptisia tinctoria), and licorice (Glycyrrhiza glabra) are used in acute conditions to boost immunity and **improve the flow of lymph**. Remember to source herbal remedies from a reputable company, as therapeutic dosage and ingredient quality is important when using herbal medicines.

## 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



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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.

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 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

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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:**

**AdrenoBoost**: Promote healthy adrenal functioning

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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 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.

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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!

[Learn more about KiddieBoost](#)

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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.

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