



What is Tuberculosis?

Tuberculosis (TB) is a **contagious and potentially fatal disease** that predominantly affects the lungs. While only 10% of people exposed to **TB** actually advance to the stage of active **tuberculosis**, the increasing prevalence of HIV and AIDS in recent years has resulted in **increased numbers of TB cases**. With more people contracting active **TB**, more people are exposed to the infection.

Like the common cold, **TB** is **transmitted easily through the air** when an infected person coughs and sneezes, as well as through the exchange of saliva. The bacterium that causes **TB** is only spread through people with the active disease in their lungs. However, a **healthy person can become infected by inhaling only a small amount** of this bacterium.

Once infected with the bacteria, this does not necessarily mean that **TB** will develop. **TB symptoms** may closely follow initial infection, but **the immune system is particularly effective in stopping TB bacteria** from affecting the body, and it can thus remain dormant in the lungs without causing illness. This **latent tuberculosis bacterium can nevertheless become active** (even decades after exposure) if the immune system is weakened, and people with immune deficiency are thus very vulnerable to this disease.

TB is a serious disease that is **responsible for approximately 1.6 million deaths a year worldwide**, the majority of which occur in the region of Africa. However, **TB is treatable** and to a large extent, preventable. Since **tuberculosis symptoms** so closely resemble symptoms from other illnesses, it is advisable to receive a proper diagnosis from a medical professional.

Diagnosing Tuberculosis

TB tests are also recommended for people who are HIV positive, those who have come into close contact with someone who has active contagious **TB**, as well as those people who are occupationally at risk of contracting or spreading the disease, such as health care workers, prison personnel, and people working with the elderly. When **TB symptoms** are thought to be experienced, obtaining an official diagnosis via a screening is recommended.

Tests for Tuberculosis

Screening for **TB** may include a number of tests. Firstly, your doctor will ask you for a brief medical history and a detailed description of your symptoms. **A TB**

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Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.

skin test can be performed in which a small amount of [tuberculosis](#)-purified protein derivative (PDD) is injected under the skin of the forearm.

If there is a reaction (a raised bump at the site of the injection) within 48 to 72 hours after the test, it is likely you have been exposed to the [TB](#) bacteria and it is in your system. This test is not always accurate and a positive result does not necessarily mean that you have active [tuberculosis](#).

Further tests such as a blood test, a sputum culture test (where the phlegm is examined in a laboratory for signs of the bacteria), and a chest x-ray will confirm whether or not [TB](#) is present and considered active or [latent tuberculosis](#).

What are Tuberculosis Symptoms ?

Of the small percentage of people who go on to develop active [tuberculosis](#), approximately 75% will develop pulmonary [TB](#), which is restricted to the lungs and easily transmitted to others. The remaining 25% of [TB](#) cases affect other areas of the body including the kidneys, bones, brain, and skin. If the symptoms mentioned below sound familiar, **it is advisable to seek medical attention** and obtain a proper diagnosis to differentiate between [TB symptoms](#) versus those caused by other illnesses.

The most prominent symptom, and sometimes the only initial indicator of pulmonary [TB](#), is a **persistent and productive (phlegm-producing) cough** that lasts for longer than three weeks. Other common symptoms include:

- Chest pain
- Coughing up blood
- Fever
- Night sweats
- Loss of appetite
- Anorexia or noticeable weight loss
- Paled complexion
- Fatigue
- Pain when breathing or coughing

What Causes Tuberculosis?

[Tuberculosis](#) is caused by bacteria called mycobacterium [tuberculosis](#) which are released into the air in microscopic droplets when someone with active and untreated [TB](#) sneezes, coughs, yawns, or speaks. There is a **much higher chance of contracting [TB](#)** when in close contact with a carrier than from a stranger in passing.

Factors such as poor nutrition, limited access to proper health care, misuse of [TB](#) medication, crowded living conditions, poor hygiene habits, and new strains of drug-resistant [TB](#) all contribute to higher [TB](#) incident rates.

Help for Tuberculosis

Treatment for [tuberculosis](#) is usually a combination of antibiotic medications.



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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.

Depending on your diagnosis and whether you have active or [latent tuberculosis](#), your doctor may prescribe a combination of the following medications:

- Isoniazid
- Rifampicin (one brand name: Rifadin)
- Ethambutol (brand name: Myambutol)
- Pyrazinamide

It is important to note that **TB is a serious medical condition and is not suited to home treatment**. It is important to follow all of your health care advisor's instructions and directions carefully, and **take the medication regularly until the course is finished** (usually between 6 and 12 months). While side effects of these drugs are not very common, they can be serious when they do occur, and you should always call your doctor if you begin to feel unwell while on treatment.

Natural Herbal and Homeopathic Remedies

Whether conventional medical treatment is chosen or whether the patient is treated by means of natural medicine, treatment should **always be supervised and carried out by a trained health professional** experienced in the treatment of this illness.

One of the most important preventative measures to **guard against contracting TB is to boost the immune system**. It is essential to support the body's natural defense mechanisms if you have already become ill, especially after or during a lengthy period of antibiotics (as would be prescribed to treat [TB](#)).

Natural Remedies to Boost the Immune System

Various **herbal and homeopathic remedies can provide great benefit** for [tuberculosis symptoms](#) if used alongside conventional medication to strengthen the body's natural immune response. Herbs such as Echinacea purpurea, Astragalus membranaceus, Inula helenium and Withania somnifera are well-documented for their **antiviral, antifungal, and antibacterial properties**, as well as their excellent ability to strengthen and assist the immune system to **promote faster recovery**.

While a controversial topic, excessive use of conventional [TB](#) drugs have been blamed for the multi-drug resistant (MDR and XMDR) strains of [TB](#) that are increasingly prevalent. In the search for alternatives less likely to increase the [TB](#) pandemic, it is **important that medical authorities explore the potential of herbal and homeopathic remedies**.

Tips for Coping with Tuberculosis

Hearing your doctor confirm a diagnosis of [tuberculosis](#) is often difficult news to process. It means undergoing a strict treatment plan, and the condition sometimes comes with negative social connotations, especially as many people are still ignorant of the details of [TB](#). Make sure you have good social support during this time, and remember to **look after your physical and emotional health**, as the two are intrinsically connected.

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- It is essential to **take your medication regularly** each day for as long as your doctor prescribes (usually not shorter than 6 months). Put your medication somewhere you will see it each day, such as next to your toothbrush, so that you don't forget. If you fear you may struggle with this, you may consider having it administered by a health professional each day, or ask a trustworthy family member to remind you.
- **Try keep up with your normal activities**, hobbies and social relationships. While you may need more rest and some time off from stressful responsibilities, you also **do not want to become isolated or depressed**.
- Emotions such as anger, frustration and denial are fairly common after such news, it is **important to deal with these emotions**. Consider seeking professional help from a counselor or psychologist if you are struggling with negative feelings.
- You may have to **keep your distance from others** until the treatment begins to work and you become non-contagious. This generally takes between 2-3 weeks, but your doctor will advise when you are no longer contagious. This may be a difficult time, but is a necessary precaution.
- **Make a list of people you have recently been in close contact with**, as you may need to contact these individuals so that they can be tested. Ask a health care professional or friend to help you do this if you cannot do it alone.
- It is important to **eat a balanced and healthy diet** that supplies your body with all the necessary nutrients to keep your metabolism up and help to fight off infection.
- **Avoid alcohol and illicit drugs during treatment** as these may interfere with healing.

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.



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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 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.

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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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:

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ComfiCoff is a 100% safe and natural remedy containing herbal ingredients. These ingredients are combined in a syrup base to **provide rapid and effective support for the throat and chest** in children and adults, **promoting clear and open airways.**

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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!

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Immunity Plus: For full immune system support for adults and teens

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

ImmunityPlus contains a selection of herbs known for their supportive function in maintaining immune system health and well-being. It supports the healthy functioning of the immune system, thereby helping to maintain the **natural defense against pathogens** and optimum performance.

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viral and bacterial infections-- while also supporting healthy convalescence.

The formula remains true to the **whole spectrum method** of herbal extraction, ensuring 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 Immunity Plus](#)

Kiddie Boost: Support healthy immune functioning in children.

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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 Kiddie Boost](#)

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

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