



## What is Vomiting?

**Vomiting** is the involuntary action of the body to empty the contents of the stomach through the mouth. Vomit is made up of **half-digested food from your stomach, stomach mucus, saliva**, stomach acids and other chemicals that help you digest food. Bile is green in color – which is why vomit is usually yellowy green in color. Bile is not created in your stomach, it is created in the intestines - when an individual vomits the bile comes from further down in the digestive system. The nasty smell associated with vomiting can also be blamed on bile and stomach acids.

## What Causes Vomiting?

**Vomiting** can occur as a result of '**morning sickness**' in pregnancy, **flu**, motion sickness, infection, food poisoning, overindulgence, blocked intestine, illness, nervousness, anxiety, concussion or brain injury and migraines. **Vomiting is usually preceded by queasiness in the stomach** (nausea), a sensation of biliousness and stomach ache. Children most commonly suffer from 'stomach **flu**' that can also cause nausea and diarrhea.

*It is recommended that if vomiting is prolonged and symptoms persist that you consult your doctor for further investigation. If children suffer with vomiting it is advised that extra precautions be taken as dehydration through loss of fluids is a high concern.*

## Help for Vomiting

Many herbal and homeopathic remedies have been formulated with specific ingredients to provide a stable foundation for queasy stomachs. Ginger has long been regarded as a gentle natural remedy for relieving the symptoms of nausea, vomiting, indigestion and flatulence.

Nat. Sulph. is a homeopathic remedy used to help prevent nausea as well as calm and soothe the stomach and stabilize delicate constitutions – addressing waterbrash (excess salivation) as well as abdominal cramps and digestion problems experienced before and during episodes of vomiting. For children who experience vomiting - Chamomilla is a calming homeopathic remedy for the digestive system and is very effective for the irritable and upset child, soothing irritability and promoting a calm digestive system.

## Tips to alleviate vomiting



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.

- If you suffer from bouts of nausea, limit your food choices to bland crackers, toast, dried fruit, popcorn and granola bars – try to choose things that aren't rich or too strong in flavor until you feel better.
- Dehydration can be a major factor when [vomiting](#), so try to replenish fluids after you vomit. Take small sips of water or herbal teas and drink water at room temperature, as ice-cold water can be too hard on the stomach.
- If certain smells, tastes, and textures trigger your [vomiting](#), try to limit your contact with these triggers and ask others to be respectful of your feelings.
- Digestive teas such as fennel, spearmint, and chamomile may also be of benefit if indigestion leads to your nausea.
- Learn to relax! Anxiety and stress can lead to nausea, which in turn can lead to vomiting and more anxiety, creating a cycle of stomach upset and emotional distress. Try relaxing in a warm bath or listening to a calming CD.
- If vomiting is brought about by excess alcohol consumption, make sure you are not suffering from alcohol poisoning. Also, make sure you are supervised, as loss of consciousness while vomiting is extremely dangerous!

## 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.

The advertisement for NativeRemedies features a green leaf logo at the top. Below it, the brand name 'NativeRemedies' is written in a serif font, with the tagline 'THE NATURAL CHOICE' underneath. A green banner with white text reads 'LIVE A HEALTHY LIFE!'. Below this is a photograph of a smiling family consisting of a woman, a man, and two children. At the bottom, a white box contains the text: 'Proven, Safe, 100% Natural Herbal and Homeopathic Remedies for You and Your Family'. A red button with white text says '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.

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.

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.

## **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](#)

## Related Natural Remedies:

**CanTravel**: Maintains digestive balance and calm while traveling by air, sea, or car

CanTravel is a unique formula containing a combination of selected herb and biochemic tissue salts to **support harmony and digestive comfort during traveling**. Whether your journey is by air, sea, or road, CanTravel is a traveling partner that will be with you all the way to make your trip a pleasure and help you to enjoy traveling like never before!

Presented in pleasant and fresh-tasting dissolvable granules that are sprinkled on the tongue, CanTravel is easy and convenient to administer to adults and small children alike.

[Learn more about CanTravel](#)

**KiddieVom Sprinkles**: Promote healthy digestion and comfort after meals

KiddieVom Sprinkles combines 100% safe and natural herbal ingredients that are especially chosen to soothe small stomachs. KiddieVom **supports the digestive process and maintains stability** in the digestive system.

Sprinkled directly onto the tongue, the pleasant-tasting fine granules of KiddieVom Sprinkles are easy to administer to all ages. A large part of the remedy is absorbed directly through the mucous membranes of the mouth, which means the effect is quickly maintained after administering KiddieVom Sprinkles.

Like all Native Remedies products, **KiddieVom Sprinkles is manufactured according to the highest pharmaceutical standards**. Individual ingredients are well-researched and have been specially chosen for their high safety profile in children's remedies.

[Learn more about KiddieVom Sprinkles](#)

**DigestAssist**: Helps maintain digestive comfort and promotes healthy digestion.

Recognizing the need for a healthier and effective approach, Native Remedies has developed Gastronic Dr. and DigestAssist - both 100% herbal remedies containing well researched ingredients and manufactured in therapeutic dosage according to the highest pharmaceutical standards.

Gastronic Dr. is a capsule which is used every day for the continued health of the digestive tract and to promote ongoing, healthy, trouble-free digestion. Regular use of Gastronic Dr. safely and effectively acts to promote digestive health.

DigestAssist, the perfect companion to Gastronic Dr., comes in fast-acting and convenient drop form, and can be taken as needed to promote digestive comfort after meals, helping you to enjoy your food every day.

These formulas remain 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



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**Native Remedies**  
The Psychologist's  
Natural Choice

**Proven Products.  
Excellent Service  
and Delivery**

**Six Good Reasons  
to choose Native Remedies  
as your trusted suppliers of**

– exactly as nature intended!

[Learn more about DigestAssist](#)

**Digestion Tonic** : FDA Registered homeopathic remedy for maintaining digestive comfort, health and functioning

Triple Complex Digestion Tonic contains Kalium phosphate, Natrium phosphate and Calcium phosphate in a safe biochemic formula and can be used to **promote healthy digestion and harmony in the digestive tract.**

Triple Complex Digestion Tonic is the **perfect companion** to our [Gastronic Dr](#) and [DigestAssist](#) herbal drops and also helps to optimize absorption of these remedies. Regular use of Triple Complex Digestive Tonic can make all the difference in addressing digestive system health.

All Native Remedies biochemic tissue salts are manufactured in an FDA and GMP registered pharmaceutical facility under the supervision of qualified responsible pharmacists.

[Learn more about Digestion Tonic](#)

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

## **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](#).



**Read more about the Native Remedies Full Spectrum Approach™**

Find More Great Health Ebooks at [NaturalHelp4.org](http://NaturalHelp4.org)

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