

# Natural Help 4...

# Anger Management



## What is Anger?

Everyone has likely experienced [anger](#) at some time or another. While certain people become angry more often than others and have regular, intense outbursts, others tend to bottle their feelings and then explode or erupt without warning.

[Anger](#) is a **basic human emotion and a natural reaction** to situations beyond our control. There are a number of things that can trigger or contribute to [anger](#), such as the actions of another person (treating an animal unfairly), an event (favorite football team is beaten), stress (losing the new account at work), expectations not being met, feelings of hurt, disrespect, humiliation, embarrassment, jealousy and sadness.

Depending on how it is managed and expressed, [anger](#) can be **positive or negative**. It has positive consequences when angry feelings help you address a problem or issue with yourself or another person and rectify the situation.

Dealing with [anger](#) positively **enables you to put negative emotions into perspective**. When you want to let off steam, feel frustrated or upset, there are constructive ways to channel your [anger](#) like listening to music or going to gym. These are often used in [treating anger disorders](#).

However, expressing [anger](#) in a negative way often leads to various **unhealthy behaviors such as violence and aggression**. You may become out of control and threatening to others. When [anger](#) interferes with your ability to think or act clearly, this can cause you to invite unnecessary trouble to yourself.

If [anger](#) hampers your personal relationships with friends and family, leads to violence, creates trouble in your professional life, or people fear your temper, you may be suffering from [anger disorders](#) and [treating anger](#) becomes essential.

## What Causes Anger?

[Anger disorders](#) are many times a consequence of [anger](#) that is suppressed or bottled deep within. If the individual never admits or exposes [anger](#), and therefore hides their true feelings, [anger disorders](#) can occur. Individuals who have been hurt badly or experienced some form of abuse and trauma often have difficulty expressing emotions, and tend to internalize their [anger](#).

This emotion is often **transferred to other more harmful behaviors** such as drug and alcohol addiction, eating disorders, or self harm. Negative consequences of suppressed [anger](#) can also result in tension, depression, and a breakdown in

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relationships.

Certain **bodily reactions take place** when a person experiences the emotion of [anger](#). Heart rate and blood pressure increase, and breathing becomes shorter and faster. An individual may also become flushed, hot, sweaty, start to shake, and clench his or her jaw.

As much as the signs of [anger](#) may differ from person to person, people express their [anger](#) differently. Some may begin to yell, be abusive and insulting, break down doors or resort to fist fights, throw things, or storm out, while others may become quiet, depressed and introverted.

## Help for Anger

Poor [anger management](#) can also **affects your physical health** and can cause high blood pressure, chronic lower back pain, stomach problems and heart disease. It can also lead to anxiety, as well as thoughts of suicide. Therefore, [treating anger](#) is of great importance.

The good news is that there are solutions and ways of coping better through [anger management techniques](#). [Treating anger](#) is fundamental if you want a happier, more fulfilling life.

### Learn [Anger Management Techniques](#)

Some [anger management techniques](#) include the following:

- Identifying the cause of your [anger](#)
- Speaking to a close family member or friend about how angry you feel
- Practicing relaxation techniques such as deep breathing exercises, meditation or yoga
- Engaging in physical activities such as aerobics, brisk walking, running or dancing
- Reducing your stress levels by having a massage, listening to music or reading a book
- Doing something creative such as painting , sketching, or writing
- Herbal remedies such as Passiflora incarnata, Skullcap or even Flower Essences can all help to calm and soothe angry feelings when they are hard to handle – allowing you to approach the situation and express your concerns in a rational manner

These [anger management techniques](#) can be very helpful. However, if you feel angry all the time and have trouble controlling all your negative emotions, **seek professional help from a psychologist or psychiatrist**.

## 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 upon 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** that are to be found within the practice of natural medicine. Holistic medicine 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. 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.

## 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](#)

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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 the benefit of easy consistency of dosage (and cheaper production lines), they have grave disadvantages, including 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:**

**MindSoothe**: Promote balanced mood and feelings of well-being.

MindSoothe is a 100% safe, non-addictive, natural herbal remedy that has been especially formulated by a Clinical Psychologist for adults and teens, and comes in a compact capsule form-- making it easy to take.

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This remedy contains a selection of herbs known for their **calming and supportive function in maintaining brain and nervous system health**, emotional balance and overall well-being.

[Learn more about MindSoothe](#)

**PureCalm**: Aids nervous system in stress resistance for balanced moods and feelings of well-being.



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PureCalm can especially benefit those individuals needing support overcoming worry, managing stress and promoting inner calm related to certain situations. Natural stress relief products such as PureCalm can be used consistently, without side effects or compromising health.

[Learn more about PureCalm](#)

**Mood Tonic:** Optimizes nervous system health and promotes balanced mood and peacefulness.

There are many options for supporting balanced mood naturally. Nature provides us with many natural mood tonics. Triple Complex Mood Tonic is a 100% natural combination of three cellular-supporting biochemic tissue salts especially selected for their **positive effects on brain structures, brain chemistry, and nervous system health**.

This combination of tissue salts can be used regularly in a general capacity to promote systemic and chemical balance in the brain and nervous system, as well as in conjunction with other remedies to maintain therapeutic effectiveness.

[Learn more about Mood Tonic](#)

**Calm Within CD:** Promote relaxation, support balanced emotions and stress levels.

The Calm Within CD is composed by our Clinical Psychologist to **promote good physical and emotional health** using a specially developed therapeutic sound techniques and soothing music.

A combination of therapeutic script and nature's soothing sounds **induce a state of deep relaxation**, effectively relieving tension and supporting the body's natural ability to heal. Thereafter, guided imagery is used to further enhance and expand therapeutic benefits.

[Learn more about the Calm Within CD](#)

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

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](#).





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