

# Natural Help 4...

# Blood Clots



## What are Blood Clots?

**Blood clots** consist of blood cells and fibrin strands that form to stop the flow of blood after an injury. **Blood clots are vital for wound healing.** If blood was not able to clot, death would occur from excessive bleeding from a simple cut.

However, in certain conditions, the **inappropriate formation of blood clots** in vessels or organs of the body can occur, leading to a potentially extremely **dangerous situation.** When **blood clots** form within arteries and veins, they obstruct the flow of blood, which can lead to a heart attack or stroke. **Blood clots** formed after surgery or due to a traumatic injury may also be life-threatening.

There are several common areas where **blood clots** tend to form, including:

- **Peripheral venous disorder** - problems with the veins can cause **blood clots** to form
- **Thrombophlebitis** - an obstructing **blood clot** has formed, causing the surrounding vein to become inflamed
- **Coronary thrombosis** - a **blood clot** in coronary arteries leading to a heart attack
- **Deep vein thrombosis** – **blood clot** formed in a deeper vein
- **Pulmonary embolism** - a **blood clot** in the lungs
- **Retinal vein occlusion** - **blood clot** in a vein of the eye

## Diagnosing Blood Clots

The diagnosis of **blood clots** is **based on a physical examination and medical history** of the patient. Various tests may be performed, including:

- Doppler ultrasound
- CAT scan
- MRI

A venogram may also be ordered to assess venous blood flow, while an angiogram will be able to determine blood flow in the arteries.

The **symptoms and signs of blood clots** typically **depend on location in the body.** Some can be very serious, leading to a stroke, ischemic attack, or heart attack.

## Symptoms Indicating a Blood Clot

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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 a **blood clot** occurs in the lung, you may experience:

- Sharp chest pain
- Rapid heart rate
- Shortness of breath
- Mild fever
- Coughing up blood

If there are **blood clots** in the arteries of the arm or leg, you may feel or see:

- Sudden pain
- Swelling
- Bluish discoloration
- Tenderness

If **blood clots** appear in the brain, you may experience:

- Weakness
- Seizures
- Visual disturbances
- Speech impairment

If **blood clots** form in the abdomen, symptoms may include:

- Severe abdominal pain
- Diarrhea
- Vomiting

## What Causes Blood Clots?

There are various reasons for the formation of **blood clots**, from traumatic injury to certain surgical procedures.

Certain **medical conditions** are also **associated with the increased likelihood** of clot formation:

- Arteriosclerosis
- Stroke
- Infection
- Inflammatory bowel disease such as Crohn's disease and ulcerative colitis
- Varicose veins and other vascular conditions
- High blood pressure

## Additional Conditions that Contribute to Clot Formation

- Genetic factors such as inherited tendency for deep vein **thrombosis**
- Thrombocythemia
- Cancer
- Atrial fibrillation
- Valvular heart disease
- Autoimmune disorders such as lupus or rheumatoid arthritis



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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.

- Bleeding disorders such as hemophilia
- Pregnancy

There are also a number of **risk factors** that can **contribute to the development** of [blood clots](#), including:

- Smoking
- Obesity
- Lack of exercise
- Use of contraceptive pill or patch
- Advanced age
- Sitting or laying in one position for prolonged periods of time
- Genetic factors
- Elevated levels of homocysteine

## Help for Blood Clots

**Treating [blood clots](#)** depends on whether the clot has formed in a vein or an artery. The **size of the clot, location**, and the **person's general health** are also taken into consideration. If a clot **develops in an artery** and results in a stroke or heart attack, thrombolytic medications may be administered intravenously to dissolve the [blood clot](#)

If a **[blood clot forms in a vein](#)**, it could travel to the lungs and cause a pulmonary embolism. A combination of heat, painkillers, anti-clotting drugs, elevation and bandaging of the affected area are commonly used to treat venous [thrombosis](#). In severe episodes, surgery may be performed to remove the [blood clot](#) before it travels to the lungs.

The **best way to treat [blood clots](#) is to prevent them.**

- Exercise regularly
- Avoid sitting for prolonged periods
- Lead a healthy lifestyle
- Maintain a healthy weight to avoid obesity, a risk factor
- If you smoke, try to stop smoking naturally
- Avoid sitting cross-legged
- Avoid wearing tight garments such as knee hosiery below the waist
- When traveling by air, get up to stretch at least once an hour

A more **natural alternative** for the prevention of [blood clots](#) includes the use of **herbal and homeopathic remedies**. These remedies contain gentle, natural ingredients, and promote balance in all body systems.

## 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.

### 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

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[The Natural Beat Blog](#)

[PetAlive Natural & Herbal Remedies for Pets](#)

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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 procedures and manufacturing methods to ensure maximum effectiveness and



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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.

In the treatment of depression, the following herbal and homeopathic remedies are often used as part of the treatment plan.

## **Related Natural Remedies:**

**High-Rite:** Helps maintain healthy blood pressure, artery clarity and functioning and heart health.

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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!

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Circu-Live **supports functioning of the cardiovascular system**, thereby helping to maintain healthy circulation of the blood through veins and arteries to all extremities, assist routine oxygenation of the blood to all body tissue and organs, and provide optimum temperature regulation.

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