

# Natural Help 4...

# Convalescence



## What is Recovery (Convalescence)?

The **period of recovery** from surgery, following a severe illness, or after injury is also referred to as **convalescence**. During this period, the **body needs time to heal and adjust** from the physical trauma experienced.

**Recovery is a gradual process** and varies from person to person, depending on the type of surgery or injury. **Recovery from surgery** and injury is a period of rest, where **regaining strength and becoming healthy is the primary objective**. People often take this opportunity to gain new perspectives, reflect on their lives, and make certain lifestyle adjustments.

While it may be important in some cases to get the patient up and moving around, **recovery** is a time during which the body undergoes a **strengthening period** which is essential in **maintaining and improving future health**, allowing for a full physical **recovery** from whatever trauma was inflicted on the body. Forcing oneself to return to full speed too soon can have serious consequences and compromise long-term health.

## What is Recovery (Convalescence) like?

During **recovery**, the entire rehabilitation process can be long, challenging, and **sometimes uncertain**. **Recovery** time from physical injuries or surgery **recovery** can vary greatly, depending on many factors.

## Symptoms Experienced During Recovery (Convalescence)

- Weakness and fatigue
- Decreased appetite or loss of appetite
- Pain
- Poor circulation
- Flabby, weak muscles
- Poor concentration
- Short-term memory loss and confusion
- Dizziness
- Fever
- Infection
- Delayed wound healing
- Mental and emotional stress

There are many **physical challenges faced by the patient** dealing with **recovery from surgery**, which include weakness, fatigue, chronic pain, and loss of appetite. The mental and emotional anguish associated with a long **recovery** can

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bring about feelings of anger, disappointment, hopelessness, and frustration.

## Factors that Affect Recovery (Convalescence) Duration

- Older people take longer to recover from illnesses because their bodies need more time to heal.
- Infections can delay healing, and things such as wounds not being cleaned properly, dressings not being changed regularly, or exposure to damp and cold all increase the risk of an infection developing.
- Too much activity too quickly may contribute to a relapse.
- Feelings of depression, anxiety, hopelessness, or frustration can slow the healing process.
- People suffering from chronic diseases such as heart disease, diabetes, or respiratory disease may experience a prolonged [recovery](#) time.
- Other conditions such as a weak immune system, anemia, fatigue, or candidiasis may also contribute to slow injury or surgery [recovery](#).

For [recovery](#) to be truly successful, the patient has to have a positive, determined attitude and be surrounded by a team of dedicated health professionals and a supportive, caring group of family and friends. **A team effort will help the patient** achieve a rewarding, productive physical [recovery](#) and enable him or her to resume a normal life. To gain a better understanding of the [recovery](#) period, consult your physician about your expectations and fears. How long is [recovery after surgery](#), illness, or injury estimated to take? Will you be able to recover completely and successfully? What does the future hold for you? Sometimes, full [recovery from surgery](#) may take several weeks to months.

## Help for Recovery (Convalescence)

During [recovery](#) after a serious illness, the primary objective is for the **patient to regain his or her physical strength and well-being**. This is a period of transition for the recovering patient. It may be a positive time for some who are keen to recuperate, while others may experience emotional trauma over their illness.

Patients who have been hospitalized and are discharged may understandably feel confused and disoriented. However, there are a number of contributing factors that can improve the patient's health and quality of life during physical [recovery](#).

## Various Factors in Successful Recovery (Convalescence)

### • Follow Medical Advice

Ensure that you adhere to specific instructions left by your physician, because not following this advice could endanger your health once again. Take your medication regularly, attend follow-up and rehabilitation sessions, consult your physician about any problems, follow dietary requirements, and evaluate your priorities. If you are concerned that you are not receiving the medical help that you need, seek a second opinion, but do not simply stop treatment.

### • Nutrition



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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.

After a serious illness, it is quite common not to have an appetite. It is important that your body receives nourishment so that you can regain your strength and physical [recovery](#). Eat foods that you enjoy and that are simple to digest like soups, crackers, juice, yogurt, steamed vegetables, fish, and fresh fruit.

- **Counseling and Therapy**

Psychological intervention may be necessary to deal with emotional distress and improve the patient's mood, depression, and anxiety about the illness. Feelings of guilt, denial and blame, as well as financial and social stressors can all add to the patient's negative state of mind. The patient may experience fears and phobias about the illness, struggle to resume a normal life, or have to deal with a disability. Group therapy or relaxation training will help the patient maintain a positive outlook and help him or her to cope with the illness.

- **Physical Therapy (physiotherapy)**

This is a vital part of [recovery](#) because it helps the patient rebuild his or her strength, become flexible, and gain endurance.

- **Acupuncture**

Improves circulation of fluids such as blood, aids nerve function, and reduces stress levels.

- **Art Therapy**

Patients can construct a meaningful narrative of the illness, and express their emotions.

- **Aromatherapy Massage**

The benefit of touch relaxes the body and mind, and facilitates open and honest communication.

- **Music Therapy**

This type of therapy can help the patient cope with illness, develop stress management techniques, and address psychological issues.

- **Family Support**

Family members are often the primary caregivers during [convalescence](#), and need all the support they can get to enable them to care for the patient well. Support may take the form of professional therapy but should also include practical support such as financial help, time out for their own rest and relaxation, as well as assistance with meals, household chores, etc.

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## **Great Health Sites**

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[The Natural Beat Blog](#)

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

[Native Remedies - Natural & Herbal Remedies](#)

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## **Natural Remedies and Complementary Treatment**

Natural and holistic treatments such as herbal and homeopathic remedies can stimulate the appetite, boost **the immune system and reduce fatigue in the recovering person**. Herbal and homeopathic remedies are 100% safe, side-effect free and non addictive – although it is always important to speak to your doctor when combining herbal remedies with prescription drugs.

There are a number of [energy herbs](#) which are commonly recommended for their restorative, strengthening, and immune-boosting properties. These include Hypoxis Rooperi (extract of African Potato), Ageratum conyzoides (buchu), Mentha piperita, Viscum album, Astragalus membranaceus, Azadirachta indica, Ginseng, Ginger, Echinacea and Olea europea (extract of olive leaf). An experienced homeopath or herbalist will be able to help you choose the remedy most suited to your symptoms.

## Recovery Tips for Recovery (Convalescence)

- Sufficient sleep and rest are essential to strengthening the immune system, rebuilding the nerves, and speeding the healing of injuries or [recovery from surgery](#).
- Eat a healthy diet of foods that you enjoy eating to stimulate the appetite and create [healthy energy](#) levels.
- Gentle exercise such as slow, short walks strengthen the muscles, restore healthy circulation, strengthen the immune system and help to prevent respiratory problems like pneumonia (often associated with lengthy periods of bed rest). Start slowly and gradually increase the length and intensity of the exercise as your body recovers.
- Reduce worry by focusing on other activities such as reading or watching a movie.
- Practice deep breathing exercises to release stress and tension.
- Learn to relax by listening to calming music or thinking of pleasant images.
- Interaction with friends and family will increase your [recovery](#).
- Resume previous interests and hobbies, and try and get out of the house for short periods of time.

## 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 or orthodox medicine) is the system of medicine taught at most medical schools, and many pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic 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 do not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce



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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. This 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**.

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

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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**, 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:

**Fatigue Fighter**: Help maintain energy levels and feelings of well-being, overall systemic and immune functioning.

**Fatigue Fighter** is a 100% safe, non-addictive, natural herbal remedy that can be used consistently to safely support **healthy energy levels, increase stamina and endurance**.

**Fatigue Fighter** contains a selection of herbs known as **natural energy boosters** for their supportive function in **maintaining healthy energy levels**, thereby helping to maintain balanced metabolism, stamina, endurance and routine, healthy performance **without artificial stimulants or caffeine**. Fatigue Fighter can make all the difference, without compromising health and **without the risk of serious side effects**.

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 Fatigue Fighter](#)

**Immunity Plus**: Promotes healthy immune system functioning and helps fight viral and bacterial infections.

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**



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**defense against pathogens** and optimum performance.

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ImmunityPlus can be used consistently, without compromising health and **not causing serious side effects**, to help maintain the body's natural ability to fight 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](#)

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

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