

# Natural Help 4... Diuretics



## What are Diuretics?

The term **diuretic** refers to any substance that helps to rid the body of excess body fluids and salts through urination. These can take the form of prescription or over-the-counter drugs, homeopathic and herbal remedies or certain foods with **diuretic** qualities that promote **urine formation**.

Whatever the source, **diuretics** help to prevent or treat a number of conditions including fluid retention (edema), **high blood pressure**, and glaucoma.

## How do Diuretics Work?

**Diuretics** work by making your kidneys excrete more sodium in the urine. The body then tries to balance out this increased amount of sodium concentration, by adding more water to the urine from the blood stream during the process of **urine formation**.

By **expelling the excess water in the urine** there is now a decreased amount of fluid flowing through the blood vessels and pressure on the walls of the arteries is reduced.

## What are the Benefits of Diuretics?

**Diuretics** are commonly used to treat **hypertension and heart problems** related to **high blood pressure**. In addition, certain **diuretics** can be used to **prevent, treat or relieve symptoms** of a variety of medical conditions.

## Ailments for Which Diuretics May Be Effective

- Congestive heart failure
- **Hypertension**
- Edema
- Polycystic ovary syndrome
- Certain kidney disorders
- Liver disease
- Diabetes insipidus
- Osteoporosis
- Glaucoma
- Urinary tract infection

## What Kinds of Diuretics are Available?

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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.

[Diuretics](#) can be found in a variety of food sources, prescription medications and natural remedies.

## Synthetic Diuretics

There are different types of over-the counter and prescription [diuretics](#) that work by affecting different parts of your kidneys and hence have different side-effects and precautions. When taking synthetic [diuretics](#) it is important to do so under medical supervision so that you take one specific to your condition and current health status. Examples include Hydrochlorothiazide, Furosemide (Lasix), and Spironolactone (Aldactone). We recommend that you thoroughly research any prescription medication and its side-effects before beginning drug therapy.

## Food Sources of Diuretics

For those who only require minimal fluid reduction, and who don't have major health conditions, certain foods are [natural diuretics](#) and may be a better alternative to drug-based [diuretics](#). Examples of [natural diuretics](#) are cranberries, celery, parsley, asparagus, artichoke, melon, watercress, apple cider vinegar, coffee and other caffeinated beverages. It also helps to reduce salt and carbohydrate intake and to drink plenty of water when on a [diuretic](#) diet.

## Natural Remedies and Diuretics

**Natural herbal remedies** are often used as a preferred alternative to synthetic [diuretics](#) and can provide the same benefits without the negative side effects. Taraxacum officinale (Dandelion) and Buchu are two well-known herbs which are [natural diuretics](#) and have been shown to provide great **relief from high blood pressure and water retention**. While [natural diuretics](#) are far healthier than prescription and over-the-counter alternatives, they too should be used in a moderate and sensible manner as they are highly effective and extra precaution should be taken if used in combination with allopathic [diuretics](#). Natural remedies such as **Aqua Rite** can help support routine water balance in body cells and organs of the body and support healthy energy levels and feelings of well-being. **Aqua Rite** may also aid in the recovery from **Hypertension** by toning the heart and cardiovascular system, and helping promote adequate pressure on vein & artery walls.

## Taking Caution With Diuretics

Because [urine formation](#) is boosted, **increased urination** is an expected side effect of using any [diuretics](#), other side effects may include dizziness, impotence, dehydration and, depending on the type of [diuretic](#), an imbalance in potassium levels or a drastic decrease in sodium levels. There are a number of types and sources of [diuretics](#) so it is important to be clued up on the various side effects and precautions, especially when taking synthetic [diuretics](#).

## The Natural Approach



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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.

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.

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

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## **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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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 – 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.

## **Related Natural Remedies:**

**Aqua-Rite**: Proven natural remedy for hypertension and blood pressure control.

Aqua-Rite is a 100% safe, non-addictive natural herbal remedy formulated by our team of natural health experts. Aqua-Rite has been used for many years to safely maintain the health and **systemic balance of the cardiovascular, circulatory and fluid systems** in the body.

Aqua-Rite supports routine water balance in the body, thereby helping to support balanced circulation as well as the pressure of the blood on veins and arteries. Aqua-Rite can make all the difference, without compromising health and **without serious side effects**.

Aqua-Rite contains a selection of herbs known for their supportive function in maintaining circulatory health and well-being. It is formulated as a companion remedy for High-Rite, especially in cases where **water balance and healthy blood pressure** need to be supported in conjunction with each other.

Acting as a **natural water balancer**, Aqua-Rite also helps to support liver and



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gall bladder functioning and promote good circulation.

The formula remains true to the **whole spectrum method**, 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 Aqua-Rite](#)

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](#).



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