



# Homeopathic Remedies

## For Stress, Trauma, & Pain



### ACONITE



- Jolted by sudden shock.
- Panic or terror, restlessness and fear of death.
- Paralyzing fear.
- Heart palpitations.
- Sensations of prickling or tingling.

### ARNICA



- For trauma with physical and/or emotional 'bruising' and will often be helpful even if the event was months or sometimes years in the past.
- It can be very effective in long term health problems which date back to a trauma, for example post-traumatic arthritis or depression.



## ARSENICUM ALBUM



- For people who are deeply anxious about their health, and extremely concerned with order and security, often benefit from this remedy.
- Panic attacks often occur around midnight or the very early hours of the morning.
- These people may also have digestive problems or asthma attacks accompanied by anxiety.

## IGNATIA



- It is a remedy that can be helpful in situations of grief and emotional shock.
- For those who keep their feelings inside but may swallow constantly, with a sensation of a lump in the throat.
- Crying, sadness, regret, anguish.

## PHOSPHORIC ACID



- After a trauma the person becomes withdrawn and has difficulty concentrating.
- They don't want to think or communicate and become slow and forgetful.
- Silent grief as they do not have the energy to cry.



## NATRUM PHOSPHORICUM



- Indigestion from stress.
- Bloating from fear.
- Lump in throat.
- Heartburn.
- Neutralizes gas.

## NATRUM MURIATICUM



- Deep emotions and often closed.
- They tend to stay away from social situations, not knowing what to say or do.
- Claustrophobia, anxiety at night migraines, and insomnia.

## PHOSPHORUS



- People who need this remedy are openhearted, imaginative, excitable, easily startled, and full of intense and vivid fears.
- Strong anxiety can be triggered by thinking of almost anything.
- Nervous and sensitive to others, they can overextend themselves with sympathy to the point of feeling exhausted and “spaced out” or even getting ill.
- They want a lot of company and reassurance.

## STAPHYSAGRIA



- Is a useful remedy for those who have been abused, bullied or humiliated, but do not express their anger.
- Or those who do express their anger.
- They may become resentful and depressed.
- For those who lash out, feel violent, and not sure what to do.

## How to Take a Homeopathic Remedy?



- Always take the remedy by using the cap of the bottle or plain paper.
- No eating or drinking 5 minutes before and 5 minutes after.
- Drinking water is permissible.
- You may need the remedy one time.
- Repeat daily or repeat weekly.



# Herbal Remedies

## For Stress, Trauma, & Pain



### ASHWAGANDHA

- Stress
- Hypothyroid
- Calming
- Lowers blood pressure
- Enhances focus
- Mental Stamina



### CALIFORNIA POPPY

- Anxiety
- Relaxing
- Eases stress
- Antispasmodic
- Insomnia





## **CHAMOMILE**

- Indigestion
  - Insomnia
  - Reduce anxiety
  - Mental fatigue
  - Muscle cramps and pain
  - Calming
- 



## **FENNEL**

- Digestion
  - Brain booster
  - Cognitive enhancer
  - Anti-depressant
- 



## **KAVA-KAVA**

- Muscle pain
  - Can't sleep
  - Need to relax
  - Stress
  - Depression
- 



## **LAVENDER**

- Stuck sadness
- Feel lost
- Trouble sleeping
- Anxiety & Depression





## LEMON BALM

- Antiviral
  - Soothing
  - Calming
  - Gentle
- 



## PASSION FLOWER

- Can't sleep
  - Mind in circles
  - Need calm
  - Soothing
- 



## ROSE

- Broken heart
  - Sadness
  - Crying
  - Lonely
- 



## VALERIAN

- Blood type O
- Calms the mind
- Helps with sleep
- Can make you nervous