

25 Ways to Manage Stress & Grief Naturally

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"STRESS"

THE CONFUSION CREATED WHEN
ONE'S MIND OVERRIDES THE
BODY'S BASIC DESIRE TO CHOKE
THE LIVING DAYLIGHTS OUT OF
SOMEBODY WHO DESPERATELY
NEEDS IT !

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Symptoms of Stress

- excessive worry
 - urinary frequency
 - insomnia
 - palpitations
 - racing pulse
 - fear of failure
 - chest pain
 - difficulty breathing
 - blurred vision
 - loss of voice
 - trembling
 - Sweating
 - sensation of a lump in the throat
 - memory loss
 - headaches
 - hysteria
 - nervous dread
 - stage fright
 - irritability
 - indecisiveness
 - dizziness
 - loss of appetite
 - Stomach pain
 - weight gain/loss
 - gas/bloating
 - nausea/indigestion
 - constipation/diarrhea
- ...and the list goes on

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COMMONLY USED DRUGS TO TREAT ANXIETY AND NERVOUS TENSION

DRUG	TRADE NAME	INDICATIONS	POSSIBLE SIDE EFFECTS
Chlordiazepoxide	Librium	Short-term therapy for very severe anxiety, with or without insomnia.	Drowsiness, light-headedness and confusion may occur. Risk of dependency if treatment is continued too long.
Chlorpromazine	Largactil	Acute symptoms of schizophrenia, disturbances requiring sedation, severe emotional disturbances.	Tremor, muscle spasms, low blood pressure, drowsiness, depression.
Diazepam	Valium	Short-term therapy for very severe anxiety, with or without insomnia. Nightmares in children.	Drowsiness, dry mouth, fatigue. Risk of dependency if treatment is continued too long.
Hydroxyzine	Atarax	Anxiety	Drowsiness, dry mouth, headache. Contraindicated in pregnancy.
Lorazepam	Ativan	Moderate to severe anxiety.	Drowsiness, confusion, unsteadiness.
Nitrazepam	Mogadon	Short-term therapy for severe insomnia.	Drowsiness, unsteadiness. Risk of dependency if treatment is continued too long.
Oxazepam	Oxazepam	Anxiety	Drowsiness, confusion, unsteadiness, dizziness.
Oxyperline	Integrin	Anxiety, delirium, neuroses and psychoses.	Affects judgement, drowsiness or agitation, bouts of low blood pressure, dizziness and vomiting.
Perphenazine	Fentazin	Anxiety and tension, schizophrenia.	Muscle spasms, stomach upsets, dry mouth, blurred vision, agitation.
Phenelzine	Nardil	Depression and phobias.	Headache, drowsiness, fatigue, constipation, restlessness. May increase action of other drugs and interact with foods, particularly cheese, meat and yeast extracts.
Caffeine	Coffee/Bioplus	To stay alert and awake.	Palpitations, insomnia, jitters.

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Homeopathic Remedies for Financial Stress

1) *Calcarea carbonica*

For those who experience excessive anxiety about their finances and security. You are naturally a more cautious type of person, definitely not a risk taker. Even though you are hardworking and conscientious you worry about your job security. You are a worrier. You are deeply affected by hearing about tragic stories and you worry that something bad may happen to your loved ones. You anxiously watch the news with dread and fear. This constitutional type tends to be plump, clammy and constipated (however this is not essential for this remedy to be indicated).

2) *Nux vomica*

For type A, work-orientated individuals. They are ambitious, goal-orientated, driven, competitive and like to win.

They worry about finances and can become workaholics in order to succeed. When under stress they become impatient, irritable, aggressive and may even shout or experience road rage. When under stress they rely on coffee, cigarettes, stimulants or even alcohol. They may suffer from gastric complaints, sleep disturbances, heart problems, headaches, allergies and fatigue or burn out.

3) *Bryonia alba*

For those who are constantly worried about money and business. They fear poverty or financial ruin. When under stress they become irritable and want to be left alone, however they are not as



**And you thought
there was stress
in your life !**

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moody (or as explosive) as the *Nux vomica* type. They tend to develop back pains and stiffness. Their symptoms are usually worse on the right side. They feel better for rest and quiet. While *Nux vomica* types tend to run cold, those needing *Bryonia* run warm. They are very thirsty and have dry mucous membranes.

4) Arsenicum album

Those needing *Arsenicum* worry about their finances. Security is very important to them. Even if they are well off they tend to be cautious with their spending and may unconsciously fear poverty. Their biggest anxiety, however, is regarding their health. Every little blemish or symptom they worry about, fearing the worst. They are meticulous and like everything to be spotlessly clean and in their place. When under stress they become even more concerned about everything being in order. They develop an anxious type of restlessness and wear themselves out with worry. They can become irritable and even demanding. They tend to be chilly and thirsty, wanting small sips of cold water

5) Psorinum (Requires a prescription from your homeopath)

Those needing *Psorinum* feel anxiety and hopelessness about the future. They experience extreme despair and angst. They are pessimistic, not unlike Eyore from “Winnie the Pooh”. They have anxiety about their health, fear poverty. They feel isolated and forsaken. Their despair makes them disregard their appearance and they can become slovenly and unkept. They are chilly and tend to suffer from skin complaints e.g. eczema, psoriasis, with dry, itchy eruptions.

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6) **Argentum nitricum**

This is an excellent remedy for anticipatory anxiety and can be taken before an important exam or job interview. You may worry about being on time and arrive especially early as not to be late. You may experience palpitations or diarrhea when you are anxious. You may have a lot of fears, for example a fear of heights. People needing this remedy are often hurried, anxious, excitable and tend to crave sweets. They tend to speak/write very fast when they are nervous. This remedy will help you to feel more relaxed and handle your exam or interview with ease.

7) **Rescue remedy**

- For when you need rescuing
- Takes the edge off stress and anxiety
- Can be used in conjunction with any other homeopathic remedy

Supplements to take

1) **Vitamin B** complex (esp B6, B12)

We offer Vitamin B12 shots in our clinic. This is very helpful for those who do not absorb oral Vitamin B12 effectively.

2) **Essential fatty acids** (EFA)- brain food for example fish oil (mercury-free) or Krill oil

3) **Tulis tea**: Caffeine-free: helps to restore your adrenal glands

4) **Vata tea**: an ayurvedic tea for stress and anxiety (Maharashi Ayurveda)

5) **Chamomile tea**

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Homeopathic Remedies for Grief & Bereavement

Grief and Bereavement can be extremely painful experience. Nothing can replace the loss of a loved one. Homeopathy helps to support you during the grieving process, making it easier to cope with everyday life. Homeopathy is extremely individualized. Trying to find the right homeopathic remedy that best matches your reaction to the grief is important. Sometimes this requires help from an experienced homeopath. There are 112 different homeopathic remedies indicated for grief. This work book briefly discusses the most important remedies.

1) Ignatia

Indicated in situations such as:

- Death of a loved one
- Breakup of a relationship
- Loss of a job

You are overcome by grief, feel angry and bitter. You find yourself sobbing uncontrollably and do not want consolation. You cannot eat, sleep or function. You find yourself sighing or hiccoughing frequently. You cannot stop crying, are hysterical, inconsolable. You are in shock or disbelief. You feel as if there is a lump in your throat. Your feelings are easily hurt. Your emotions may be hard to release, may be cramped inside. You may feel defensiveness, suspicious or challenging. This is an excellent remedy for physical symptoms from grief or shock (psychosomatic symptoms). Your emotions are all over the place, one moment you're laughing, the next you're weeping. You feel worse for consolation or sympathy.

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2) Natrum Muriaticum

For those who experience silent grief. They are reserved and do not feel comfortable talking about or showing their emotions. They hold it all inside, keeping a stiff upper lip, trying to hold themselves together. They prefer to be alone with their grief and feel worse for sympathy or consolation. They are very sensitive to the suffering of others. They crave salt and tend to be constipated.

3) Phosphoric acid

Is for an extreme reaction to grief or shock

You are so completely overwhelmed by your loss that you feel stunned, apathetic and unresponsive. You become weak, apathetic, slow to answer, fatigued and drained. You feel flat, indifferent, lifeless. You feel more collapsed or exhausted than grieving. You feel depressed, apathetic patients - almost dead inside. Catatonic. Your grief makes you forgetful and slow to answer questions. For mental weakness and confusion after grief. You become indifferent to all external events. You no longer enjoy the things you used to. All you want to do is sleep or watch TV.

4) Pulsatilla

For those who feel weepy, needy and desire company, affection and consolation during their grieving process. They are open and cry easily. They feel lonely and forsaken and feel better for a hug or a friend to be there to reassure them. They are naturally gentle and yielding. They tend to run warm and are not generally thirsty. They crave ice-cream and pastries which upsets their sensitive digestion. They feel better for fresh air or being outside.

5) Aurum metallicum

For the deepest imaginable depression and suicidal states.

You may feel no connection to life, existing in a dark and isolated void.

Usually indicated for people who are intense, idealistic, high achievers

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They set very high goals for themselves.
Devastated by grief and disappointed love.
Deep depression and suicidal states
Your grief may result in drug addiction or alcoholism

6) Natrum sulphuricum

For depression after a spinal/head injury or concussion. They can also have depression brought on by excessive alcohol or drug use. They become dull, confused and even suicidal.

7) Nitric Acid

For feeling of anger and bitterness driving you to feel hateful and seeking revenge. Your anger feels like acid eating away at you
Your anger is extreme and exhausting. You cannot comprehend what happened and react with hatred, fantasizing revenge against the "enemy," unable to sleep at night and becoming absolutely exhausted.
You may feel anxiety about your health. You feel bitter, revengeful and are contemplating suing the offending party or finding some way of getting revenge for their wrong doings.

8) Staphysagria

For repressed anger in sweet, gentle people. You feel humiliated, mortified, treated unfairly. You dislike confrontation. It is hard for you to stand up for yourself. You try to keep your emotions inside and act in a noble way, however occasionally your anger comes out sideways. You may fantasize about punching the person who hurt you, kicking the door in. You are sentimental and romantic. For people who have been victimized, abused or taken advantage of.

9) Phosphorous

For those who are deeply saddened by the suffering of others. They cannot bear watching the news. They are very sympathetic and cannot stand seeing the suffering of others. They are open, generous and always wanting to help. They tend to have poor boundaries which get them into trouble.

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They are anxious, impressionable, excitable, and easily distracted. They are friendly, bubbly and full of life, but tend to lose their sparkle under stress. They become depleted, like the bubbles in champagne that fizzle out.

10) **Gelsemium**

For shock after hearing about bad news, such as the death of a loved one. They develop a type of shock that makes them numb and shaky. They feel sleepy, heavy and can barely keep their eyes open. They become slow and dull and find it difficult to think or concentrate. They cannot cry, instead they may tremble uncontrollably or develop a numb, catatonic state. Their reaction is similar to that of Phosphoric acid. Those needing Phosphoric acid are thirsty especially for fruit juices and pop, whereas those needing *Gelsemium* are not thirstless.

11) **Opium** (requires a prescription)

An excellent remedy for grief with shock. It is also helpful for Post Traumatic Stress Disorder (PTSD). They feel numb, as if in a dream. Everything feels surreal. They appear spaced-out. They experience flashbacks of memories which haunt them. They are overwhelmingly tired, yet are unable to sleep. They are sensitive to noise and easily startled. Their face looks swollen and stuporous.

12) **Sepia**

This is an excellent remedy for post partum depression (after childbirth). It is an important remedy for hormonal imbalances. People needing this remedy are weepy, irritable and indifferent to their loved ones. They may fly off the handle, shouting at their children or partner. This makes them feel guilty and depressed. They feel trapped. They are tired and worn out. They have no interest in doing housework. They don't want to be touched, they just want to be left alone. The only thing that makes them feel better is exercise or dancing.

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13) **Causticum**

For those are deeply affected by the suffering of others. They cannot tolerate injustice and may react with anger or aggression. They may be leaders and take action in standing up for others. They may become involved in organizations that fight for justice. They feel an overwhelming responsibility to care for others.

14) **Cocculus**

For those who worry excessively about loved ones, to the point that they become sick with worry. They stay awake at night with worry. For those who stay up late at night caretaking for loved ones. They commonly develop fatigue, nausea and dizziness.

I hope you enjoyed learning about some of the wonderful homeopathic remedies that can be thought of in many different situations. It is important to remember that every person is completely unique and experiences life in their own way. No matter who you are or what your situation is, there is a homeopathic remedy that can help you. I highly recommend finding an experienced homeopath who can help you choose the best remedy for you.

Best regards,
Gabrielle Traub

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