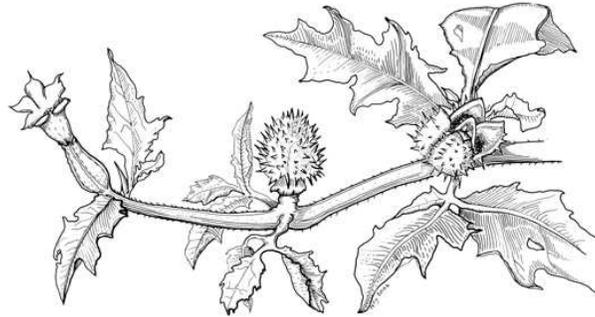


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Homeopathic Remedies for Emotional Trauma



Homeopathic remedies energetic preparations that are non-toxic and have no side effects. They are inexpensive and have no expiration date. You can keep these remedies around in a 30C potency as each one has multiple uses.

Aconite - 4 F's - fear, fright, fast, fever. fear of death-predicts the time. Panic attacks, terror, palpitations, numbness and tingling. Worse at midnight and from dry cold wind. Important remedy in children's fevers and croup.

Ignatia - Sudden grief and loss with loud deep sighing, muscle spasms, tics and twitches after grief, lump in throat, short sobs, swallowing, mouth twitching, hysteria. Alert, oversensitive, nervous.

Arsenicum - Anxious, insecure, restless. World feels out of control, preoccupied with order. Needs control at all times to feel secure. Fear of death, pre-death anxiety in people who are dying. Burning pains, bad cadaverous odors. Useful in many conditions including food poisoning, stomach flu with restlessness and chilliness.

Stramonium - Terror after life threatening situation. Violent fears, fearful violence. Night terrors, desires light and company, clings to those near. Constant praying. fear of dark, violence, tunnels, animals. Stammering after fright.

Gelsemium – Confused, dazed, weak, 3 “D”s drowsy droopy and dull after fright or anxiety, drooping eyelids and dilated pupils, extreme weakness. Feels heart will stop beating. Diarrhea after fright, anticipation, bad news.

Arnica - Physical or emotional trauma, shock, says "I'm okay." Fear of touch, sore bruised, and lame. Use routinely after traumatic injury, childbirth, overuse of muscles, concussion. Aches as if beaten, bed feels too hard. Historically, used for typhoid and flu. Used postoperatively and after dental procedures for pain and to promote healing.

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Adaptogenic Herbs

Adaptogenic herbs increase the body's resistance to physical, biological, emotional and environmental stressors. They balance endocrine hormones and the immune system, and help the body to restore balance. My personal favorites are two Ayurvedic herbs which have been used safely for thousands of years.

Ashwaghandha – use when “wired and tired”, helps to rejuvenate when tired but also promotes serenity and deep sleep. Reduces elevated stress hormones. A great herb for adrenal fatigue, overwork, lack of sleep, and nervous exhaustion. It helps the whole hormonal system. The powder can be taken in milk.

Holy Basil – reduces stress, enhances stamina, relieves inflammation, lowers cholesterol, eliminates toxins, protects against radiation, prevents gastric ulcers, lowers fevers, improves digestion and provides a rich supply of antioxidants and other nutrients. Tulsi is especially effective in supporting the heart, blood vessels, liver and lungs and also regulates blood pressure and blood sugar. Can be drunk as a tea.

In addition, **Lemon Balm** was the favorite herb of medieval alchemist Paracelsus. It revitalizes the body and is of great use in all complaints caused by a disordered nervous system. “Sovereign for the brain, strengthens memory and powerfully chases away melancholy.” Good for colds and flu as well, grows well in Santa Cruz area.

Valerian – helpful in nervous unrest, allays pain and promotes sleep. Good for sensitive people suffering from nervous overstrain, used in second world war during air raids. Quieting and soothing effect on brain and nervous system without the side effects of narcotics. Large doses can cause headache and stupor so don't overdo.

Nutrition tips for stressful times:

- ❖ Avoid simple carbohydrates (white flour and sugar) which put your body into a flight or fight response.
- ❖ Instead emphasize healthy fats and oils such as coconut oil, which enhances the immune system and provides energy without engaging the insulin response. Grass fed butter is also good for you!
- ❖ Fermented foods such as raw sauerkraut, miso, and yoghurt have increased vitamin content and contain enzymes that help with digestion. Traditional cultures all have their favorites for protecting health. Due to their multiple beneficial effect on the intestines, fermented foods help to counteract the toxins from radioactive fallout that is ingested from foods.
- ❖ Eat some protein/fat combination every two hours if you feel stressed, to protect your adrenal glands. Nuts, cheese, and eggs are all good snack foods.