

Use the 6c potency unless otherwise specified.

### ANTICIPATORY FEAR

Associated with performance or the anticipation of an unpleasant event such as surgery. The **30c** potency suits this type of mental and emotional anguish.

Acute anxiety, great fear and dread.- **Aconite**. Fear and trepidation, hurried, talkative and has diarrhoea - **Argent Nit**. Silent, motionless trembling & weak - **Gelsemium**. Terrified of public speaking, fear of failure. Settles down once started – **Lycopodium**.

### ANXIETY

Anxiety that passes in a relatively short period of time, where the mind and body return to normal functioning does not need treatment. However, if the anxiety were to continue for prolonged periods of with apprehension and or worry coupled with palpitations, disturbed sleep, difficulty in breathing etc the situation needs to be addressed.

Agitated, irritable, short tempered when under pressure, addictive behaviour or dependence on stimulants - **Nux Vomica**. Trembling & palpitations with anxiety & panic attacks, craves sugar but worse for it, constant need to chatter - **Arg Nit**. Weary & apathetic, withdrawn and self-preoccupation - **Gelsemium**. Extreme mental & physical restlessness, particularly at night. Anxiety in high achievers who may become overly perfectionist - **Arsenicum album**. Severe panic attacks with fear of death - **Aconite**. Anticipatory anxiety which causes severe digestive problems including much wind - **Lycopodium**. Extreme sensitivity to others feelings with ‘free floating’ anxiety in outgoing, sociable types - **Phosphorus**.

### CRAVINGS/ADDICTION

Sometimes we become overly reliant on stimulants to carry us through a busy life, and this in itself can add to our stress levels because of the unstable effect it has on our body. Homoeopathy can help us break the cycle and deal with the feelings which often underlie such ‘addiction’.

Recurrent headaches, indigestion, insomnia, anxiety and irritability from ‘living in the fast lane’, reliance on painkillers, caffeine, alcohol to get through the day - **Nux Vomica**. Poor appetite with heartburn & bloated abdomen, addiction to sugar to keep going - **Lycopodium**. Critical, demanding, perfectionist with intolerance of those who can’t meet such standards. Restless anxiety with obsessive habits eg workaholism or exercise addiction - **Arsenicum alb**. Constant exhaustion, changeable appetite, craving alcohol & sugar which makes energy levels more unstable - **Sulphur**.

### DEPRESSION

This can cover a multitude of symptoms, from general feelings of sadness, indifference or despair to disturbed sleep patterns, sexual problems and eating disorders.

Talkative and euphoric mood alternates with withdrawal and depression, jealousy, irritability and explosive outbursts - **Lachesis**. Restless, fearful and depressed with anxiety about losing control. Critical and perfectionist - **Arsenicum Album**. Weepy, despondent, cries at least thing, craves sympathy and attention, especially pre-menstrually - **Pulsatilla**. Long term emotional strain or loss may result in depression with withdrawal from company, tendency to brood, dislike of support or sympathy - **Nat Mur**. Low libido, dislike of company but fear alone, complete apathy and indifference to friends and loved ones - **Sepia**.

### DIET & LIFESTYLE

A healthy diet can help reduce stress and allow our body to process food and eliminate toxins correctly. Avoid foods which may contribute to mood swings and unstable blood sugar levels such as alcohol, coffee, strong tea, chocolate and sugary products. Eat regularly to avoid hypoglycaemia and try snacking on nuts, seeds and dried fruit as a healthy alternative to a sugar ‘fix’. Drink plenty of water and try revitalizing or soothing herbal teas. Increasing levels of B group vitamins, Vitamin C, folate, calcium, potassium and magnesium can often help, combined with a well balanced diet.

Exercise is an important element in remaining healthy, even if it is only a short daily walk, which can provide aerobic exercise to help breathing, heart function and eliminative processes.

### MENTAL EXHAUSTION

Overwork or too much emotional pressure can often bring people to the point of complete exhaustion, often known as nervous exhaustion or nervous breakdown.

Emotionally drained by grief, apathetic, physically exhausted - **Phos Ac**. Mentally exhausted after working hard for exams - **Anacardium**. Headache and exhaustion from overwork - **Silica**. Exhaustion after broken sleep from nursing a loved one or restless child, with dizziness, nausea and vomiting - **Cocculus**.

### GRIEF

The loss of a loved can also be a stressful experience and a trigger for anxiety and depression. We have written a separate flyer on remedies to aid this process and prepared a **Mini Grief Kit** with remedies to help at this time.

### INSOMNIA

Insomnia is a common symptom of a stressful lifestyle, and is not helped by reliance on stimulants such as coffee, alcohol and sugar. Some orthodox drugs can also contribute to insomnia, such as anti-depressants, Beta-blockers and diuretics.

Panic attacks at night, nightmares and restlessness, often resulting from shock, trauma or bad news - **Aconite**. Restless & anxious, with tendency to wake around 2am - **Arsenicum Album**. Poor sleep from indigestion after rich food or overwork, may wake irritable - **Nux Vomica**. Sleepless from muscular aches & pains, bed feels hard - **Arnica**. Unable to switch off, wakes at slightest noise - **Coffea**. Talks, grunts or snores with fitful sleep, sticks hot feet out of bed - **Sulphur**. Difficulty falling asleep following bereavement, with much yawning - **Ignatia**. Difficulty falling asleep from anxiety about work or domestic matters, with dreams related to the daytime problems - **Bryonia**.

## RELAXATION & MEDITATION

Learning some form of relaxation or meditation technique, even if practised only 10 minutes a day, or creating personal space in another way can help combat stress enormously. A few quiet minutes alone each day can be a major source of revitalization and rejuvenation.

## ESSENTIAL OILS

Vaporising a combination of oils or relaxing in an aromatic bath can be very helpful in lowering stress levels. The beneficial effects of receiving an aromatic massage are well known. We need to also remember that Self-massage has its place in nurturing our bodies and a delicious blend of oils will “dress” and prepare us for a stress free day.

## BACH FLOWER REMEDIES

The Bach Flower Remedies help us on an emotional and mental level to cope with stress. Dr Bach felt that “dis-ease” is a sign of imbalance in one’s emotions, attitudes and life directions. Contact us at the Centre for a leaflet or other information.

### KIT INFORMATION

Owen Homoeopathics remedies can be purchased from your local stockist or from us direct. Check the website for a full list of stockists.

[www.h-e-c.com.au](http://www.h-e-c.com.au)

### BOOKS TO READ

Homoeopathy for the Home Prescriber – Jan Owen  
Everybody’s Guide to Homoeopathy – Ullman  
Homoeopathy for Emotional Healing – Chappell  
Homoeopathy for Stress – Smith  
Australian Family Homoeopathy – Callinan  
Aromatherapy A-Z – Patricia Davis  
The Twelve Healers – Edward Bach

### IMPORTANT

#### Taking of Homoeopathic Remedies

1. The remedies are absorbed in the mouth, so are best held in the mouth for several minutes before swallowing. In the case of pilules, allow them to dissolve under the tongue.
2. Unless the dose is very frequent, half an hour before meals, or between meals, is the best time to take your dose. However, 10 minutes before or after a meal or taking a drink is acceptable.
3. Do not use peppermint toothpaste, or drink strong peppermint tea, or ordinary coffee as these may antidote your remedies.
4. Do not smoke, brush your teeth or gargle, or drink alcohol, within half an hour of taking remedies.
5. Do not touch the remedies with your hands. Liquids may be administered on a teaspoon, diluted with water. Likewise when administering pilules to infants or small children, a teaspoon is helpful. Pilules can be rolled into the lid of the vial, and then dropped under the tongue.
6. If any pilules are dropped, they should be discarded and not returned to the bottle, as they are probably contaminated.
7. Store your remedies away from direct light, heat, and strong smells particularly camphor or essential oils, as the potency of the remedy will be weakened.
8. When taking Homoeopathic remedies, do not use products such as “Vicks” or “Deep Heat”, as these will antidote the remedy. There are very effective Homoeopathic creams which you can use instead.
9. When taking more than one medicine, separate the doses by at least 10 minutes, preferably longer.
10. Store your remedies away from electrical appliances such as fridge, TV, microwave, computer and stereo.

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# STRESS

*\*It is stressed that these suggestions are intended as a guideline only. A trained Homoeopathic Practitioner must be consulted if there is any doubt or query in regard to your particular requirements.*

Life in the 21<sup>st</sup> Century can be unavoidably stressful, with its hectic pace, and even with high technology tools designed to aid our every chore, leisure time is often in short supply. Although homoeopathy can’t give us any more time in our lives, it can help reduce the stress levels through improving many symptoms such as poor sleep patterns, depression and irritability.

Homoeopathy is a medical system developed by Samuel Hahnemann 200 years ago. It is well known in the United Kingdom, America, Europe and Asia, and to a lesser extent in Australia. Homoeopathy follows definite scientific laws of preparation, prescription and cure which are as true today as they were in Dr Hahnemann’s time.

Homoeopathic medicines are provided in either pilules or drops and the dose varies depending upon the patient’s individual need. These medicines have been prepared in a specific way by a process called potentisation. This is an activating process involving dilution and succussion (shaking hard) which makes the remedies non-toxic and free from side effects. This means that the Homoeopathic medicine will not affect or influence any other medicines prescribed for you by your doctor.

### OWEN HOMOEOPATHICS

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