Anxiety: When the Elevator Flies to the Top



There it was again.

Jeanine woke up each morning to a smoldering rumble of both anxiety and depression.

She had a great life.

She was safe, healthy and had a loving family.

Sure, she was busy and had household duties to deal with – but so did everyone else she knew.

Why was she different?

Why did she feel as though she were stuck in an elevator with constant background muzak of hopelessness, fear and impending doom?

She did her best to put one foot in front of the other.

Most of the time, she was able to drown out the elevator music through brute force of will.

But it was always there.

All the time.

And on occasion, Jeanine's elevator-prison would fly all the way to the top floor, and she would find herself in a full-blown panic.

The world would seem unsafe and frightening as her mind would race a mile a minute with worries and concerns: "Why do I feel this way? Maybe because I ate this or that? Maybe I inhaled a toxin? Maybe I have stored toxins? Oh, no!" It all seemed futile.

One doctor she visited suggested Lexapro.

But Jeanine was even more afraid of the drug's side-effects than she was of dealing with the elevator and its seemingly never-ending muzak.

"Headaches, insomnia, fatigue, decreased libido," stated the warnings.

"No, thank you," Jeanine thought. "I'm having a hard enough time as it is without adding debilitating side-effects!"

And so, she soldiered on … each day was a struggle to control the elevator and tamp down the background sensations of angst.

I hear stories of anxiety and depression every single day in my homeopathy practice.

You may think I'm exaggerating, but I'm not. Every. Single. Day.

The sheer number of people who for years have suffered in silence is staggering because I know homeopathy can help.

Listen, we all have "blue" days.

We've all had the occasional "I-don't-want-to-get-out-of-bed" day when we feel sad or frustrated or unable to face the world.

Indeed, that's life.

But, when those feelings are too much a part of a person's daily existence, and when the intense "elevator to the top" racing mind happens too frequently, that's life-*altering*.

It's time to take control of your health.

Coffea cruda 200C twice daily is one of the arrows in my quiver of go-to homeopathic protocols to uproot the conditions of anxiety and depression.

The side-effects? None.

The cost? Around $10.

This is homeopathy.

It is elegant, safe, gentle, polite … working *with* the body to correct the underlying issues that present themselves as these torturous symptoms.

Now, let me be clear.

Many times, those new to homeopathy assume they treat something "when it happens."

While our aim in using *Coffea* certainly is to lambaste the anxiety attacks as they happen, what we really want to do is uproot the entire condition.

So, Jeanine didn't need to wait until an over-the-top event occurred.

She began taking *Coffea* 200C twice daily, every day, until she felt very much better – that is, until both the background muzak, as well as her "top floor" incidents, were resolved.

Now Jeanine's elevator isn't her prison. It moves at a measured pace, freely stops on all the floors, and Jeanine controls the buttons!

And the muzak?

Certainly, she's not 100% anxiety-free, but now she hears a happier tune in the background … perhaps something akin to the tunes I sing to my listeners before my Facebook Live events begin.

(Although from what he's told me, apparently, one of my sons wishes there was a homeopathic remedy to uproot my singing!)

But, no matter whether you sing it to the world (like me) or just share it with your loved ones … please, pass on the good news of homeopathy!

Warmly,



P.S. Jeanine experienced one type of anxiety, but not

everyone experiences the same accompanying depression.

Some people just feel jittery – like they're vibrating at an unmanageable frequency. No one wants to travel through life like a nervous, over-bred poodle, startled at every turn, suffering from career-destroying insomnia and afraid of every small bit of news. This week, I'll be participating in a free, online *Anxiety Summit*. Click here to join me!

Currently scheduled for the 15th of November, 2019, my talk will be a peek into my extensive course, *Mindful Homeopathy.*

If you or someone dear to you is experiencing anxiety or another mental or emotional condition listed in the syllabus, please consider this popular course.

I wish I could discuss all the protocols here in my free blog, but many times the underlying issues are too complex to cover in under a thousand words.

A topic such as this requires a full course to give you a deeper understanding.

But once you gain competence and confidence through your studies, Practical Homeopathy® will help bring peace and joy back into your life.



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