Ditch the Drugs and Use Homeopathy for Insomnia



A mother is only as happy as her unhappiest child.

Mindful Homeopathy

Practical Protocols for Mental and Emotional Conditions

Anxiety…depression…bipolar…OCD…learning disorders…brain fog…PTSD…addictions…dementia…

Homeopathy has a history of uprooting these conditions.

These are my favorites that I guarantee you'll use.

I created an infographic to give you hope that real, safe, efficacious alternatives to chemical drugs exist. Click here and read more.

This infographic contains some of my favorite remedies that I guarantee you'll use.



You're sleepless. Again. Lying awake. All night. And whoever suggested counting sheep is on your last nerve right about now.

You have so much to do tomorrow!

It's going to be a stressful day.

The annoying thing (and you know this has occurred to you in the wee hours of the morning) is that both stress and sleeplessness go hand in hand.

Your busy days create stress that causes your sleepless nights. And your sleepless nights cause you to be less effective during the day, creating more stress. It's a vicious circle, right?

Let's break this cycle together.

First step? Try to precisely identify your specific symptoms, as sleeplessness and stress can cause various reactions in each individual that respond to different homeopathic medicines.

If this is a chronic condition, the medicine you choose from below is often taken twice daily for weeks or even months. If, however, insomnia seems to show up here and there, then the medicine you choose from below may be taken at the time of the event – that is, before bedding down, if you know it's going to happen, or whenever it's clear that it is going to be one of those nights.

Aconitum napellus 200 or 30

Feeling panicked or fearful? Is your heart beating fast? *Aconitum napellus* (monkshood) is a medicine for a panic reaction or any shock to the system. It addresses that restlessness or feeling of dread that keeps you awake,

whether your fear is a storm outside or even a fear of the dark at night.

And don't be hard on yourself. Even though you know there's no monster under your bed; sometimes it just feels like there is.

Coffea cruda 200 or 30

Are you fretting about something – even something wonderful? Perhaps you have an exciting trip coming up, and you're running through your packing list over and over. Or perhaps you have a million and two things to do in the morning, so your brain is racing, or even just too busy.

Are you hypersensitive? Does every little ache in your body magnify by a hundred times? *Coffea cruda* (coffee bean) will help.

For those who don't understand how homeopathy works, I can hear you saying, "No! A remedy from COFFEE will help me sleep???"

Yes, this is exactly why it does work…because it's been diluted 200 times to the hundredth power.

Gelsemium 30

But what if you're sleepless because you are just downright apprehensive about something coming up? Stage fright. Pressure stress.

Are you nervous about a deadline or a presentation at work or is your child afraid of a school play or a test or a big game?

Gelsemium (yellow jasmine) will provide relief from the symptoms of general weakness, a blank mind, trembling or headaches, allowing you to sleep. (And your performance is going to be GREAT tomorrow, by the way. I just know it!)

Ignatia amara 30 or 200

Sometimes sleeplessness can stem from grief, overthinking, worry, effects of an argument. While grief is a natural part of life, it can keep us in its grips to the point that we need a gentle stimulus to overcome it. *Ignatia amara* (St. Ignatius bean) is that stimulus.

If you're experiencing emotional stress with hypersensitivity to smell or to pain or if you find that your symptoms can be temporarily improved by some sort of distraction (playing solitaire endlessly or binge-watching old "I Love Lucy" reruns), then those symptoms will be soothed with *Ignatia*.

For a more in-depth understanding of the use of this amazing medicine, go here https://joettecalabrese.com/blog/homeopathic-remedies/post-traumatic-stress/.

Kali phosphoricum 6 or 30

Have you done too much? Sleeplessness can sometimes occur after either physical or mental overexertion; such as too much study. It seems like you should be able to fall asleep more easily if you've done too much, right? Instead, you're lying awake even though you're fatigued.

Kali phosphoricum (a cell salt called potassium phosphate) to the rescue! It may help to calm your mind and allow you to drift off. It's perfect for the overworked student who can't sleep.

I've posted a short YouTube video aimed at helping you decide which remedy would be best for you or your family. I know sometimes videos go by quickly, so hopefully, this post can serve as a handy guide. But I invite you to check out the video (and all the other helpful videos):

https://www.youtube.com/watch?v=Qdk1uMV34CY

I also want to help subtract from your list of things to lose sleep over. If you buy any of these remedies directly from Boiron, you'll save 20% on your purchase by using the code "**Joette**" during checkout.