Practical Homeopathy® for Angst and Anxiety in the Aftermath of Hurricane Helene



From the coasts of Florida through the mountains of the Carolinas and Tennessee, the entire southeast is reeling from the recent hurricane. The scope of damage is gut-wrenching.

For countless residents, the angst and anxiety in the aftermath of Hurricane Helene is unbearable. Practical Homeopathy® offers assistance to stabilize emotions so that those affected can more effectively pull themselves up by their bootstraps to try to rebuild.

Homeopathy offers several approaches to mental ailments stemming from disasters of this sort. Let’s discuss just a few:

Angst and Anxiety From Bad News

Angst and anxiety from bad news is a specific rubric in homeopathic repertories calling for *Gelsemium sempervirens*. Symptoms might include severe fatigue, anxiety about the future, and having so much to do one doesn't know where to begin. The most appropriate potency choice would likely be a 30, twice daily, until very much better.

Sadness, Grief and Feeling Utterly Overwhelmed

Then again, should the symptoms include sadness, grief and feeling utterly overwhelmed, *Ignatia amara* 200, twice daily, would be a better choice.

Depression

However, my friends, in some cases, the mental outlook of the sufferer may turn into frank depression from the mortifying effects of the event. Should they feel as though no matter what potentially may happen, life just doesn't seem worth the effort, then *Aurum metallicum* 200, every two to three days, may provide the gentle nudge that the body needs to right the ship. *Aurum* can often be particularly helpful when headaches ensue after the trauma. As always, halt the use of *Aurum* when very much better.

Choose Carefully and Observe

Should a sufferer use all of the homeopathic medicines at the same time? No. Pick one – the tightest fit to the symptoms presenting – and observe for a few days. Should the medicine act, stick with what works! However, if it provides no improvement whatsoever, try the next closest-fitting medication in the same manner. Observe carefully, as symptoms

generally may not simply disappear quickly, but instead, melt away over a period of time.

Homeopathy Is Subtle, Not Manipulative

And that brings me to an important point about our medicines: Homeopathy is not manipulative. Folks who take allopathic drugs expect a pill to change their outlook immediately. However, that means the body is being slammed by a synthetic battering ram, provoking a forced change, and that's not what we want.

Instead, homeopathy is subtle. It gently works with your body's natural defenses to politely encourage homeostasis (balance and stability).

We may see homeopathy work quickly for acute illnesses and injuries, such as hives or a fever. However, for chronic conditions and emotional or psychological conditions, the change will often be more gradual and subtle. One day, the sufferer realizes they are going about their day, almost forgetting that they could barely cope a few days prior.

Sudden Shocks

Now, some of you may be surprised that I didn't mention *Aconitum napellus* 200, twice daily for a few days, as I have previously taught in blog posts such as Wartime Suffering. So, let me clarify the difference between it and the other medicines I discussed.

Aconite would be a choice for quick-onset shocks. For instance, BAM! You get hit by a Mack truck (or witness someone being hit by a Mack truck). That's a call for *Aconite*. You can read more in my blog, Emergency Remedy Series: *Aconite* in My Purse.

Hurricanes, on the other hand, are slow-motion disasters in the making. There are usually days of anticipation and frantic preparation, followed by hours of impending doom and fear, resulting in weeks (months or years) of stress, grief and logistical nightmares. That's when *Gelsemium, Ignatia*, and *Aurum metallicum* are a tighter fit. However, if none of the aforementioned medicines act sufficiently, one may choose to try *Aconite*.



Worried About Reactions to Mold?

As victims begin to put one foot in front of the other to regain their lives and livelihoods, they certainly don't need the additional challenge of faltering health. Should reactions to mold present a hindrance to clean-up, perhaps my blog post, Water Damage and the Worry of Mold, may be of assistance.

Pass on the good news of Practical Homeopathy® by sending this blog to anyone you know who has been affected by the storm! Whatever we can do to ease their minds will go a long way.

Warmly,



P.S. If emotional problems persist or the symptoms mentioned in this post do not reflect your concerns, perhaps it's time for an in-depth course. Mindful Homeopathy: Practical Protocols for Mental and Emotional Conditions was designed to help a broader spectrum of conditions, certainly more than I can discuss in a short blog post.

And if you want to be prepared for the next cataclysm, consider owning a copy of The Survivalist Guide to Homeopathy. I consider this to be my magnum opus. It's a hardcopy binder filled with discussions of homeopathic medicines for injuries, emergencies and illnesses when help may be unavailable. I truly believe it deserves a place in every homeopathic library *before* disaster strikes.

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