Sundowner’s Syndrome



Nothing can be more beautiful than a gorgeous sunset. However, the waning day can trigger a fog of confusion or upset for people with dementia.

It’s called sundowner’s syndrome or sundowning.

I’m sure I don’t have to explain it to those of you who are beginning to feel these symptoms yourself or are caregiving for your aging parents or loved ones. Unfortunately, roughly

20% of dementia or Alzheimer’s patients will suffer some measure of sundowner’s syndrome in conjunction with their disease.

But for those of you who are unfamiliar, sundowning can take many forms. For example, one might observe unusual emotional outbursts, sadness, anxiety, agitation, fatigue, restlessness, wandering, confusion, paranoia, hallucinations and even downright fits of anger.

Getting enough sleep, spending time outside each day, providing adequate household light (avoiding shadows) and minimizing changes to routine are practical techniques that can help mitigate the unpleasantness.

However, nothing is more practical than Practical Homeopathy®!

I am delighted to share this testimonial from my student, Monique B., who figured out the correct medicine through the techniques she has learned to utilize when there is no given protocol:

“My father had dementia, and in his last few weeks, his sundowners got progressively worse with anxiety and restlessness. One night when I was caring for him, I looked in the Materia Medica, and Arsenicum album fit perfectly. He would be calmer and relaxed for about 3 hours before needing another dose. The next morning, he was more coherent than any other morning, and all without drugs or side effects. So grateful for your teaching!

“P.S. We found out later (no doctors told us – we found out “accidentally” from hospice) that my dad actually had the triple threat of Alzheimer’s, Dementia, and Cerebral Arteriosclerosis.”

Monique, employing *Arsenicum* was brilliant. That's precisely the medicine I would choose.

However, contrary to its name, symptoms of sundowning don't always wait for sundown. The symptoms can begin even earlier in the day. So, because of that, I would probably utilize *Arsenicum album* 30 every day in the early afternoon – just after lunch.

If the sufferer were experiencing an unusually distressing episode later, it could certainly be employed again as an SOS. But hopefully, utilizing this schedule of once daily will provide the stabilization needed.

If someone you love has been diagnosed with dementia or Alzheimer's Disease, may I suggest my course, Mindful Homeopathy: Practical Protocols for Mental and Emotional Conditions. In this course, I delve more deeply into psychological conditions and the homeopathic protocols to address them. It's a good resource for people with early-stage dementia and a must-have for all caregivers.

Plus, the course covers so much more. You'll also learn about other conditions of the mind that can benefit almost any family going through the joys and traumas of life: ADHD, addictions, anger, body dysmorphia, depression, insomnia, PANDAS, PTSD, and the list goes on.

Homeopathy is powerful – if you have developed the competence and confidence to employ it adeptly. So, keep learning and continue to pass on the good news of homeopathy!

Warmly,



P.S. Mother's Day is almost upon us. So, what is the perfect gift to get your mom – the treasured caregiver of your family? Are you stumped?

Why not give the gift of health? Choose one of my homeopathy courses from the various topics I offer. Or you can send your mom a digital gift card and allow her to pick out a course she's been eyeing! Shopping for a meaningful gift has never been easier. Just click here!

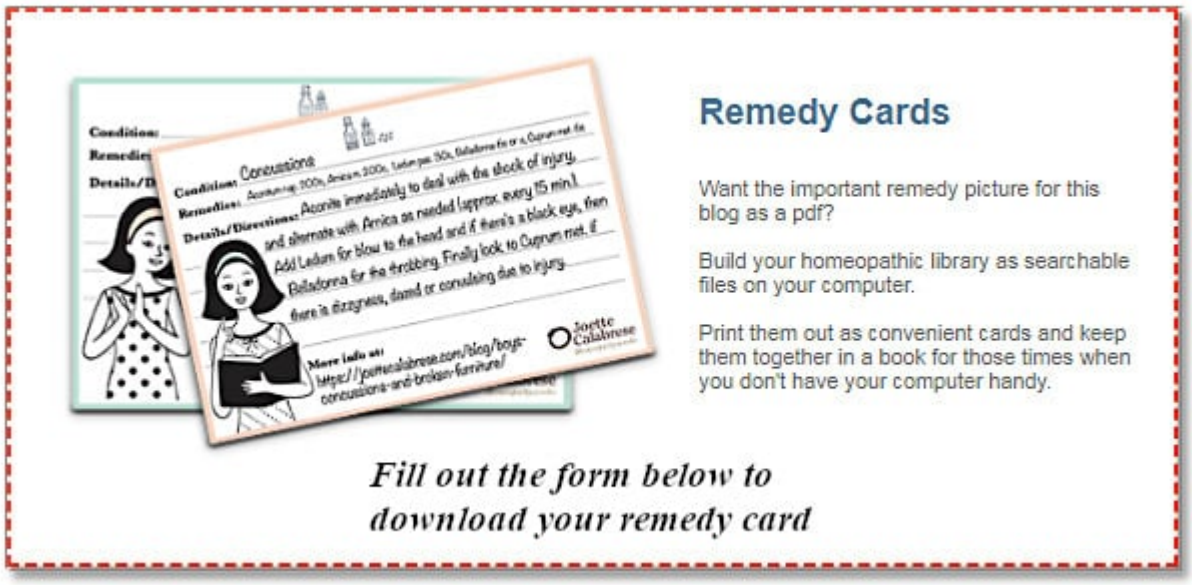
And remember – all of my Mighties (Joette's Mighty Members) qualify for a 10% discount on course purchases. If you need assistance getting your discount for Mindful Homeopathy: Practical Protocols for Mental and Emotional Conditions, email contact@practicalhomeopathy.com for more information.

P.P.S. In the absence of a specific protocol to follow, it's best to look up conditions in a repertory followed by a more thorough consideration of the most appropriate medicines in a *materia medica*, as Monique mentioned. Might I suggest you own a copy of A *Materia Medica*: Practical Homeopathy® for Busy Families?

Unlike the professional books, my *materia medica* is designed for busy mothers and others who cotton to healing their families themselves but don't have the time to sift through voluminous choices. The book contains over 150 of the most frequently used homeopathic medicines, their key features and my take on their proper use.

With the proper education and resources (like this *materia*

medica), you can regain autonomy over your family's healthcare.



sundowners 5-1-22
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