

When You Feel Like You're Freaking



Certain homeopathic medicines have so many uses that just covering them once isn't enough! Sometimes, it just takes a slightly different description for a sufferer to grab ahold of the medicine's bigger, broader pattern.

For instance, in February, we discussed [Wartime Suffering](#) for individuals diagnosed with PTSD. The same blog post also covered those engulfed with fear amidst all the world's violence.

But occasionally – war or no war – we can just freak out! Maybe we've had our fill of anxiety-ridden news, or we're under pressure at work, or maybe we've simply put too many scary Halloween decorations into our subconscious. (That's just around the corner, you know.)

When you feel like you're freaking, homeopathy has the answer.

Let's say a sufferer wakes in the middle of the night with a startle, maybe even a scream. Something dire feels imminent.

If it happens once? Eh, ignore it. It happens to all of us.

If it happens twice? Well, still, no big deal.

But if this becomes a pattern that continues – if the sufferer is awash in a sense of impending doom – that's the time to consider employing a homeopathic medicine.

[*Aconitum napellus* 200](#) has been shown to stabilize the feelings of upset and dread from jolting awake during the night with overwhelming apprehension.

Awakening with a sense of foreboding can sometimes stem from too much worry during the day. The sufferer may feel completely justifiable in their nighttime fears because there's a legitimate concern that feels so real. In fact, they may feel so righteous in their angst that they believe it can't possibly be merely a psychological hurdle that can be overcome.

But indeed, it can be. We know that homeopathy acts on the presenting condition. But don't forget, it has been reported to act deeply on other levels as well.

So, when you feel like you're freaking – and have the nightmares to prove it – consider reading more about *Aconitum napellus* (Aconite, for short). See if it applies to your situation as it has for many individuals over the last two centuries.

Historically, [*Aconitum napellus* 200](#) has successfully eradicated all-encompassing nighttime panic when utilized once a day, for a few days, right before bed. When the condition is very much better, we stop the medicine. If the

condition returns, *Aconite* remains ready to finish the job.

And then we can sleep like a baby without fear of waking up in the midst of a panic attack!



Before I sign off for this week, let me just say that nightmares can also stem from certain foods and food intolerances. As I've said many times before, many health conditions originate in the gut. So, if you suspect you or a loved one need a more targeted education on gut health through homeopathy, I have created a comprehensive course just for you.

[Good Gut, Bad Gut: A Homeopathic Strategy to Uproot Seemingly Unrelated Illness in Body and Mind](#) contains protocols for physical, mental and emotional conditions that every family can use. In fact, my entire family – father, mother, husband and sons – has benefitted tremendously from the information I'll share with you.

And remember, all my Mighties ([Joette's Mighty Members](#)) qualify for a 10% discount on course purchases.

Until then, just know that *Aconitum napellus* is a powerful, sweeping medicine for all manner of conditions involving shock, fear and apprehension. It deserves a prominent spot in every well-curated homeopathy kit.

So, get a good night's sleep, and tomorrow, you can wake up rested and reinvigorated, ready to pass on the good news of homeopathy!

Warmly,

A handwritten signature in cursive script, appearing to read 'Joette', with a large loop at the end.

P.S. Speaking of interrupted sleep, ladies, there's no need to daydream about suffocating your husband with a pillow to stop his snoring, especially when homeopathy offers several appropriate medicines to consider.

Later this week, I'll discuss with my [Mighty Members](#) how a Practical Homeopath™ might cope with incalcitrant snoring. So, if you haven't joined my Mighties yet, what are you waiting for?

Gain access to archives of all my Monday Night Live events, my private twice-monthly Mighty Musing videos, Daily Quotes to inspire, and a searchable database of *ALL* the Memos to Mighty Members going back to their inception in 2020. (These memos are more candid additional weekly blog posts written just with my Mighties in mind).

Plus, are you tired of Facebook? Well, my tech team has designed a Social Center hosted on our own servers – free from fact-checkers, data collectors and worse. Join all your fellow like-minded students and have discussions that could only be safer if you used two Dixie cups and a string.

[Joette's Mighty Members](#) is the place to be! Where are you?



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