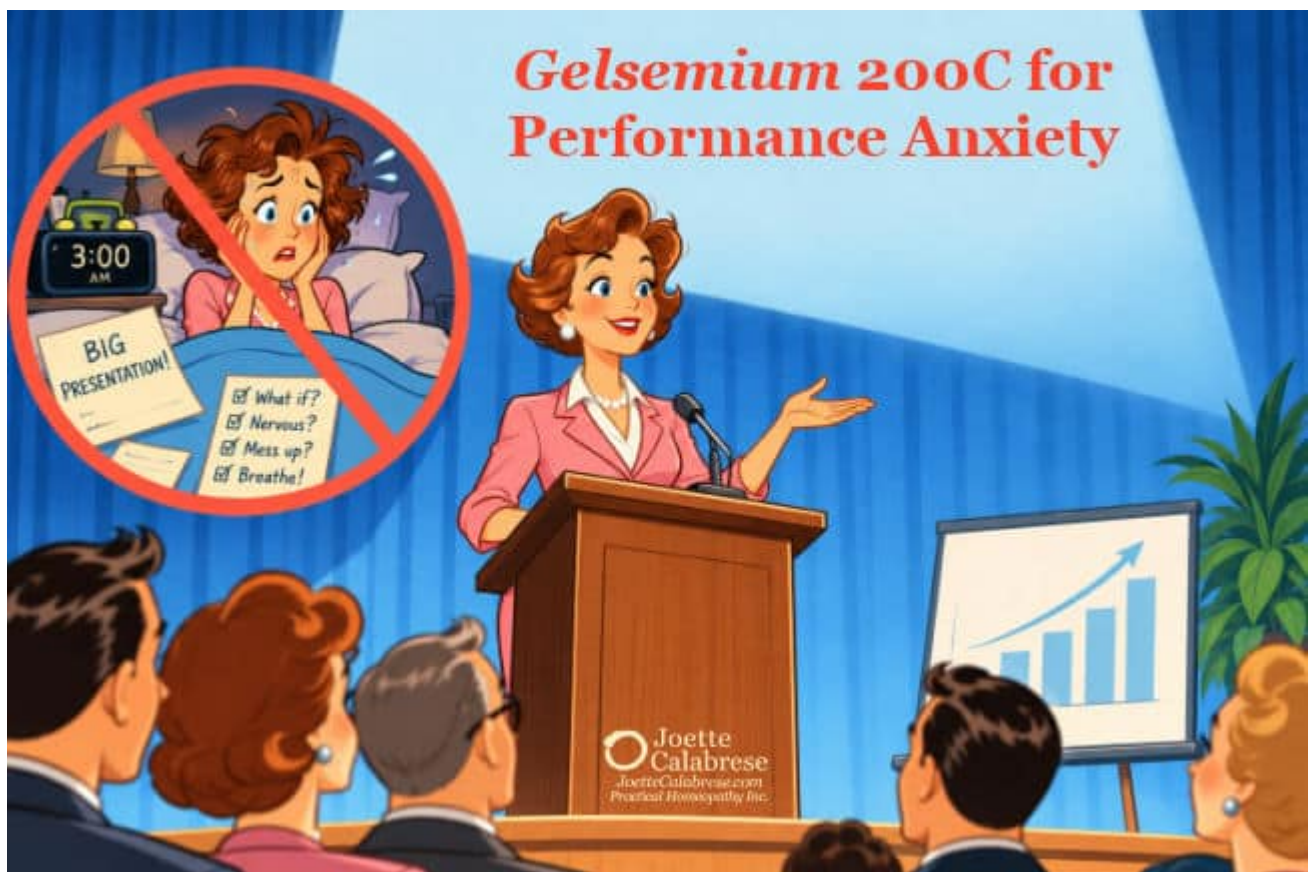


Gelsemium 200C for Performance Anxiety: From 'I Can't Do This' to 'I've Got This'



Shirley's friends call her "The Swan." No matter how stressful work was, she appeared poised and graceful on the surface. Her officemates teased her that underneath, Shirley's metaphorical feet were probably paddling like mad to keep her afloat ... just like a swan.

While Shirley was normally cool as a cucumber, she met her match with a big presentation she had to give to the bigwigs at work. This acute anticipatory performance anxiety sprang out of nowhere. The angst she felt in the run-up to her big

day was so pronounced that she was concerned she wouldn't be able to perform adequately.

Until she discovered Practical Homeopathy® and *Gelsemium sempervirens*, that is.

I've written about *Gelsemium* many times before. It's wonderful for [fatigue](#), [travel anxiety](#), [muscle weakness after an illness](#), [fear after disasters](#), and even for [insomnia](#).

***Gelsemium* for anticipatory or performance anxiety**

However, one of *Gelsemium*'s most appreciated actions is nudging the body to calm down from anticipatory anxiety before a major event. You'll see that usage explained in my blog, [Back to School Jitters](#).

Here in my blog, I have often discussed using *Gelsemium sempervirens* 30C. It's a historically proven potency for many conditions, and I generally prefer to teach a lower potency to new users (unless it's part of a specific protocol, of course).

However, in certain instances in my practice, I've preferred *Gelsemium* 200C instead.

Why? *Gelsemium* 30 is often used when there's a chronic condition where one might use it pretty regularly. For instance, one might elect to use it every day for a child who's regularly afraid to go to school. I think of the 30th potency when the anxiety is a more consistent characteristic of the person.

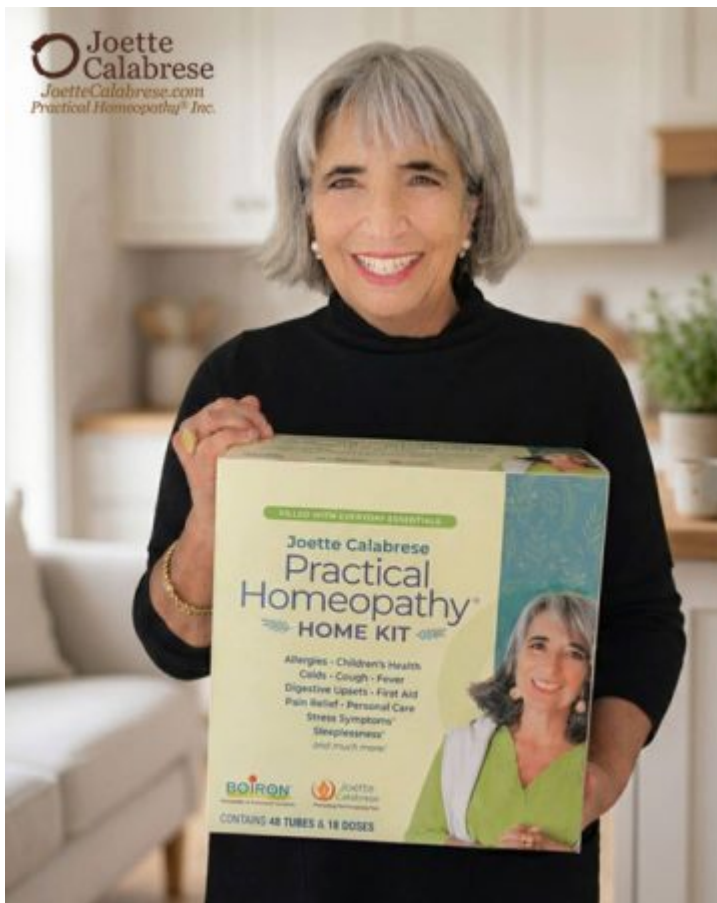
Whereas *Gelsemium* 200 might be used when it's an acute-onset condition.

For example, let's go back to The Swan's case – oh, I mean Shirley's. Two days before the presentation, on Wednesday, it hit her, and it hit her hard.

“Oh my gosh, I’ve got a presentation on Friday, and I am not ready. I’m totally freaking. This is too much. I’ve got to cancel.”

That’s when she thought to use *Gelsemium* in the 200th potency because it’s often more suited for acute situations – an isolated incident – rather than a chronic personality trait.

Indeed, as soon as the anxiety hit, Shirley used [*Gelsemium sempervirens* 200C](#) once a day leading up to her presentation. (So, she only used it for a few days.)



You may recall that after years of weekly blog posts highlighting common conditions – from bee stings to backaches, stomachaches to sleep disorders, and bedwetting to behavioral challenges – I collaborated with Boiron to create a unique [Practical Homeopathy® remedy kit](#).

It brings together many of the trusted remedy suggestions

you've read about (in the correct potency) in a convenient, well-organized box.

Obviously, we couldn't include every remedy in every potency, so we worked closely with Boiron to create a special homeopathic kit for everyday family care.

However, we also kept in mind that some of the more common remedy potencies are readily available in other kits or at local grocery and health food stores. So, my kit was designed to go beyond the kits most people already own. That's why we chose to include *Gelsemium sempervirens* 200CK. (If needed, *Gelsemium* 30 is easily procured.)

This isn't just "another kit." It's the one I designed from my experience as a busy mom, grandmother, and homeopath. It contains the medicines I turn to most often, organized so you can find what you need quickly when it matters. Because at the heart of Practical Homeopathy® is one powerful idea: Be prepared for any eventuality.

(One last note: Before you rush to the comment section to ask why the *Gelsemium* in my kit is a 200CK – rather than just a 200C – let me refer you to the blog post [C, CH or CK? The Answer Revealed](#). You'll find the answer right there.)

Oh, and what became of Shirley and her presentation? By Friday, Shirley's natural aplomb had returned, and she knocked that presentation out of the park. The Swan was back!

If you enjoy this content, please share it. Also check out my [podcasts](#), [Monday Night Lives](#), and connect with me on [YouTube](#), [Instagram](#) and [Facebook](#).

Pass on the good news of Practical Homeopathy®!

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 where I can cover more complex conditions than in a short blog post.

[Mindful Homeopathy: Practical Protocols for Mental and Emotional Conditions](#) was designed to educate students on a broader spectrum of conditions, such as anxiety, depression, bipolar disorder, OCD, learning disorders, brain fog, PTSD, addictions and dementia, to name a few.

Homeopathy has a history of uprooting these conditions. I created an infographic to give you hope that real, safe, efficacious alternatives to chemical drugs exist. [Click here for your free infographic.](#)

And remember – all my Mighties ([Joette's Mighty Members](#)) qualify for a 10% discount on course purchases. If you need assistance getting your discount, email contact@practicalhomeopathy.com for more information.

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the advice of a holistic physician is in order.

Claims based on traditional homeopathic practice, not accepted medical evidence. Not FDA evaluated.