

6 Remedies for an Overwhelmed Mom: A Mother's Practical Homeopathy® Toolkit



Happy Mother's Day!

Motherhood is a most rewarding and significant job. We form the next generation. We give birth to them and train them to jump-start fulfilling, robust adult lives. At times, a mom can feel overwhelmed.

In between today's flowers, phone calls, brunches and presents, let's lean into a mom's emotional, mental and hormonal needs to keep her on top of her game.

Before I get into our Mother's Toolkit list, let me remind you of this: As with all our homeopathic medicines, we would use them according to the suggested frequency *until we are very much better*. In other words, we observe, observe, observe while employing homeopathic remedies. When our complaint has diminished to the point that it is no longer uppermost in our minds, that's very much better. It's time to halt the medicine.

If the condition recurs, we'll know what worked before and can simply restart the same medicine.

Alternatively, if we utilize a homeopathic remedy and observe no improvement whatsoever – not even a sliver of improvement in areas that I call satellite conditions – then we would also halt the remedy and pivot to another appropriate medicine.

As always, there is more than one way to iron a shirt with homeopathy. When one medicine doesn't act, we find the next one to try by scouring our repertory. (Students in [The Academy of Practical Homeopathy®](#) use [Robin Murphy's MetaRepertory, Fourth Edition.](#))

1. *Sepia*

First and foremost, moms need *Sepia* 200 in their toolkits. However, we don't simply turn to *Sepia* because we're overwhelmed. We only use it under specific circumstances with certain symptoms, such as PMS, extreme irritability or depression.

Sepia is appropriate for many female conditions, most notably when the hormones are off kilter. Maybe Mom just had a baby. Maybe the mom in need of *Sepia* feels as though she would like

to neglect her household duties (and maybe even her family).

[Sepia 200C](#) would generally be utilized once every three days until the ship is righted (Mom feels very much better).

Consider keeping *Sepia 200* by the bedside because it correlates well with our reproductive system.

2. *Ignatia amara*

Overwhelmed and irritable, but weepy? It doesn't feel hormonal; it's not related to the menses. It's not related to the relationships with the husband or the children. "There's just too much on my plate, and I'm overwhelmed."

That, my friends, is a call for [Ignatia amara 200C](#), twice daily for a few days, until the light at the end of Mom's busy workday tunnel no longer resembles an oncoming train.

Keep *Ignatia* in the kitchen, where many moms find themselves when they begin to feel overwhelmed.

3. *Kali phosphoricum*

What do we do for the mom who takes on too much intellectual work?

For instance, what if Mom is studying for something or keeping the books for the family business? What if she's doing so much intellectual work (while already fatigued from being a mom) that her brain feels like it's going to explode?

That's [Kali phos 6X](#), twice daily, until very much better.

That's a good one to keep on the desk, so it's right there when the work seems insurmountable, and the intellect starts to sputter.



4. *Aurum metallicum*

Many moms feel overwhelmed, yet some may fall headlong into depression. Frank depression. Deep depression.

Loss of interest in the family and activities that previously made Mom happy is an indicator that true depression has set in.

But fear not. [*Aurum metallicum* 200C](#), generally employed once every three days, has historically been shown to bring Mom back to center.

A great place for *Aurum* is in the handkerchief drawer. When Mom reaches for something to wipe her tears, she'll be reminded of the *Aurum* and can get back on the road to feeling better.

5. *Phosphoric acid*

Also known as *Phosphoricum acidum*, this medicine has everything to do with great fatigue from having used synthetic

drugs of commerce recently. For instance, if Mom just had surgery, of course, she had drugs (anesthesia, at the very least). If Mom had a urinary tract infection, a conventional doctor might have prescribed antibiotics.

Now, instead of tackling the tasks at hand, Mom might say, "I've had it with everything. Everybody, leave me alone. I just want to watch a movie."

No matter the pharmaceutical offender, if Mom has felt fatigued ever since taking that drug, she ought to consider [*Phosphoric acid 200C*](#), every other day, until the ennui melts away.

Maybe keep *Phosphoric acid* tucked under a pillow on the sofa. After all, with heavy fatigue, the sofa is often where we find ourselves; we take to our fainting couch.

6. *Cocculus*

Moms are often pulled in several directions simultaneously. It goes with the territory. These days, moms might find themselves part of the growing sandwich generation – caring for babies while also caring for aging parents. This is a unique type of overwhelm.

Most often, [*Cocculus indicus 30C*](#), twice daily, until very much better, should be the ticket.

So, let's put *Cocculus* by the bedside of the person Mom is caring for. If it's the baby who is sick, the *Cocculus* should be by the crib. If it's the grandmother whom Mom is taking care of, then put it by Grandma's sickbed. Whether it's Dad who Mom's caring for or even the family dog ... the little tube of *Cocculus* should be in the same room as whoever it is Mom's caring for. That's where she'll need it most.

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Pass on the good news of Practical Homeopathy®! And have a Happy Mother's Day!

Warmly,

A handwritten signature in black ink, appearing to read 'Joette', with a large, looping flourish at the end.

P.S. Struggling with other feminine conditions? Mood swings? Hot flashes? Painful menstrual cramps? Urinary tract infections? Acne? Breast pain?

We, women, are more tampered with than any other demographic. Most women are more likely to consult a doctor or psychiatrist, and you know what that results in – more drugs. Learn how to rely on Practical Homeopathy® instead.

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