

# Homeopathy Cured Grief and Sadness Without Chemicals



*A mother is only as happy as her unhappiest child.*

## Mindful Homeopathy

Practical Protocols for Mental and Emotional Conditions

Anxiety...depression...bipolar...OCD...learning disorders...brain

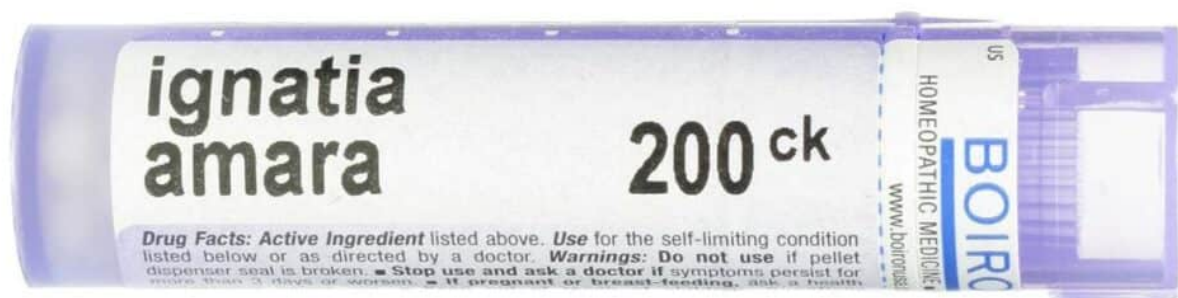
fog...PTSD...addictions...dementia...

Homeopathy has a history of uprooting these conditions.

These are my favorites that I guarantee you'll use.

I created an infographic to give you hope that real, safe, efficacious alternatives to chemical drugs exist. [Click here and read more.](#)

This infographic contains some of my favorite remedies that I guarantee you'll use.



Last year at this time, I posted a blog on the value of the darling of remedies for the shock and sorrows of empty nesting. In other words, the ultimate tool to keep mothers sane after the last fledgling leaves the home.

Well, it's that time of year again when college kids pack off, and mom's handkerchiefs are in full use.

If it seems to you that I'm repeating myself given that there are so many illnesses in the world and so many remedies to counter them, forgive me.

But I can't emphasize enough the usefulness and gentle power of [\*Ignatia amara\* 200C](#) for most species of grief and sadness.

And yes, let me get this out, that we certainly need to grieve. It is an unavoidable element of human experience, but when it tears us apart, *Ignatia amara* (its namesake is St. Ignatius) is a gentle nudge to keep us well-footed.

Although I've witnessed countless clients' and students' sufferings alleviated with the use of homeopathy and particularly *Ignatia*, those of my family are most memorably recounted.

After my father-in-law passed away, my mother-in-law was stricken by deep grief and was unable to sleep. Even years after his death, she couldn't attend a wedding without crying piteously.

She repeatedly reported to me that these sufferings were much abated with the use of what she called her favorite remedy, [\*Ignatia amara\* 200C](#). She had counted on homeopathy for many of the health issues in their lives.

But it wasn't until she lost my father-in-law that she suffered the most.

Around that time, she inadvertently mentioned her loss to a doctor.

Out whipped the prescription pad, and faster than you can say "pharmaceutical," he had a sedative handed over to my

mother-in-law.

As was her custom, she graciously accepted the scribble but later tossed it into the trash as she phoned me when she got home.

*"Ignatia 200*, Mom. Just take a dose now and tonight for a few days or weeks, if needed." Two days later she called with the news that she had a busy day ahead because she was planning a small gathering of friends at her house and that the weeping and sadness were pretty much gone. "I still miss him, but I don't want to miss out on life either."

Twice daily for a few weeks is all she needed to get back to her weekly bridge games and church functions.

None of the manipulating and tinkering methods of chemical psychotropic drugs being hawked on the platform that there's a chemical imbalance in the brain that needs to be shored up by more chemicals.

Not for my mother-in-law. Not for anyone in the know.

Is it me or do you find junk science one of the most peevish aspects of our society? Someday I'd like to view the x-ray, MRI or blood test that revealed that my mother-in-law had a chemical imbalance before the doctor wrote the script. Then I'd like to see the good it did after such drugs. This, of course, is what the pharmaceutical industry-backed "skeptics" demand of homeopathy.

Give me a medicine that has a 200+ year history of efficacy.

Give me a medicine that has not manipulated our broken healthcare system.

Give me medicine that pulls no punches with hidden side effects.

Most importantly, give me a medicine that works and that is not needed for the rest of someone's life.

But I digress. When using a remedy such as [\*Ignatia amara\* 200C](#), it feels so natural that one wonders if it was the remedy that put us straight or simply that the sun is shining more.

*Ignatia, Ignatia, Ignatia.* Try it for someone you love and watch the beauty of God's medicine in action.

Then stay home and cure your family.

And when your work is done, pass on the good word to friends and relatives.



This is my mother-in-law, Janet Smith who died in November 2013, at 91 years old. Her memory is cherished in the lives of her 2 sons, 5 grandchildren and 5 great-grandchildren.