You Mean Summer Is OVER? When Back to School Results in Anxiety and Panic Attacks, Homeopathy Saves the Day

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.

Crayons are on sale for a quarter? Notebooks are only 50 cents? Whether you are ready for summer's end or not, back to school is right around the corner!

Depending on your child, excited trips to the store are in your future or a sense of dread and panic is about to set in.

Back to school panic attach? Not in your child’s health strategy!

Children thrive on routine, and the thoughts of a new school, new teachers or a new schedule can often evoke anxious feelings.

Talking with your child about the upcoming changes ahead of time may be helpful.

Taking a test drive to school, walking through the building to see the new classroom or meeting the teacher before school begins may ease the transition.

However, for some children, this is not enough, and symptoms may show up on a physical as well as emotional level.

My nephew’s panic attack

When my nephew was about to start the first grade at a new school, he began having night terrors.

He would call out in his sleep, dreaming his bedroom was a classroom. He would be up for hours crying and screaming and complaining of pains.

During the day he would be fine and have no emotional or physical issues. By the third night, he was given the remedy *Arsenicum Album 30* before bed and didn't wake up once that night.

He was able to return to school well-rested and free of anxiety for school the next day.

Common remedies for panic

Homeopathic remedies are often chosen specific to the symptoms of the person in need, so while *Arsenicum album* worked for one child, another may need something different. Here are a few of the more common anxiety remedies:

Gelsemium 30

Gelsemium is indicated when a child becomes cowardly and weak and feels the task at hand is insurmountable. This remedy is popular for people who become paralyzed with fear before giving a talk or taking an exam. They may feel a physical and mental heaviness about them. The child may tremble and stutter, unable to collect his thoughts.

Argentum nitricum 30

Another common remedy for anticipatory fears is *Argentum nitricum 30C.*
The child may tremble with nervous energy and will likely have diarrhea before the event.

Anxious thoughts torment them, and they are extremely fidgety and may walk around quickly to calm themselves. Time

seems to move at a snail's pace. They hate to be kept waiting and lack confidence in their ability to do well. The child is better with company and hates to be alone.

Aconitum 30

A child needing *Aconitum napellus* 30C will look anxious, stare with glassy eyes and appear in a state of shock. They will be very distressed and inconsolable. They are restless and cannot sit still. This is a popular remedy for panic attacks when the heart is pounding, the person feels as if not enough air is coming in, and they feel faint.

Lycopodium clavatum 30

This remedy is indicated when the child has a fear of failure or looking foolish. The child dreads public speaking, taking tests or new things in general. This child will over-prepare in nervous anticipation. When the time comes to perform, they do an amazing job, in spite of their anxiety leading up to the event.

Arsenicum album 30C

The child will be pale and anxious, weak and exhausted. They may fear being alone and are more restless and anxious than those needing other remedies. An interesting note about *Arsenicum* children is that they want to be in a tidy environment and feel better in it.

Calcarea phosphorica 30

This is a common remedy when your child is reluctant to go to school. They may not admit there are problems with school, but they happen to have an ailment that will keep them home such as a stomach ache or headache. They have no "get up and go" and seem lifeless. Sighing a lot when talking and restlessness with complaints and grumbling are often seen with a need for this remedy. Insomnia may

accompany this remedy, with difficulty waking in the morning.

My favorite when panic symptoms are intense:
***Ignatia* 30**

Having said all of this, my favorite remedy, should one be in doubt or if the above remedies don't help, is *Ignatia* 30. When given 2-3 times per day when the symptoms are intense, then less frequently as the child improves, *Ignatia* has been one of my best go-to methods for my own family.

Even for the calmest and most outgoing students, returning to school is an adjustment. Have your homeopathy arsenal at arm's length, determine the remedy, administer and sit back. Then bear in mind, moms can cure their families themselves with safe, efficacious and inexpensive homeopathy.

You're a homeopathic mom!

We didn't forget you, Teachers; here is some help for you!