

A Salute to Ignatia Real Medicine for Post-Traumatic Stress and More



This Memorial Day, in honor of our veterans, active-duty service members, the families of those who serve and of those we have lost to battle; I want to highlight one of the most useful weapons in our arsenal of homeopathic remedies ... *Ignatia amara*, the ultimate post-traumatic stress medicine.

(I'm using the "weapons" parallel not only because of today's military theme but also because the handy red box, below, that holds our 100 remedies kit, was originally designed for storing bullets ... I like to think of each little vial of pills as ammo against ill health!)

Ignatia is the #1 remedy of choice when dealing with many

emotional problems that some, in duty, have undergone.

Here is a list of the sufferings that for over 200 years have historically been resolved by *Ignatia*:

- grief (even long term)
- emotional shock; old or new
- Acute Stress Reaction*
- certain kinds of anxiety or panic attacks
- persistent feelings of regret
- mental or physical exhaustion
- worry
- homesickness
- emotional or physical breakdown after prolonged stress
- PTSD and more*

This is why it's such an important remedy for military families – both those who serve and those who wait at home.

Formerly referred to as “shell shock,” Post-Traumatic Stress Disorder* is characterized by stress reactions that persist long after the danger of a traumatic experience has passed.

These stress reactions can take many forms, including both physical and mental symptoms such as nightmares, flashbacks, hyper-vigilance or jumpiness (exaggerated startle reflex), insomnia, depression, anger, emotional numbness, racing heart, difficulty concentrating, headaches or stomachaches, etc.

It is not uncommon among service people such as soldiers, rescue workers and police officers who experience deep remorse and self-blame after a perceived failure to protect or save others from harm, or among those who experience “survivor's guilt” after a disaster.

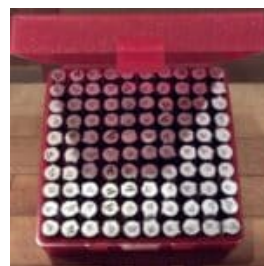
These commanding emotions of fear, grief, worry and regret, are all prominent in the remedy picture of *Ignatia*, and the picture includes all the many branches of symptoms that have those three emotions at their stem.

One of the methods for [*Ignatia amara* 200C](#) to be used is two times per day for many days – if not weeks. As improvement ensues, its use may be eliminated and then reinstated later if the suffering reappears.

Often, it will not be needed again and again.

I witnessed the good doctors at the Prasanta Banerji Homeopathic Research Center in Calcutta using this potency and frequently and now for nearly 3 years I have employed the same.

For years, I've also used [*Ignatia amara* 30C](#), (as in the kit here) in the same fashion (twice daily) and have found it to also be as effective.



Remedy Kit

Having noted this, however, if the 30th potency doesn't help, the 200 potency might be a better choice.

Here are some more uses for this monumental remedy:

- For those who worry about and are taking care of others

who are sick, injured or in danger

- After experiencing any trauma
- For those who are frightened or have lost their confidence for any reason
- For someone who has difficulty trusting again
- For anyone who is depressed or tormented from persistent negative thoughts or fixed ideas
- For when someone has lost their faith and is mired in disillusionment after a disappointment in life
- For when someone has endured immediate or longstanding sorrow

“What if I’m already taking an anti-anxiety drug?”

No worry. Homeopathy does not interfere with drugs. But as far as I’m concerned, the idea is to stay clear of them, if possible. They often cause the next illness in the name of longstanding and worse-than-the-original-illness-side-effects.

If *Ignatia* can provide relief, then synthetic drugs become superfluous.

Undoubtedly, it could be injudicious to simply leap off a drug without supervision. But with care, and the aid of the prescribing doctor to help properly wean off, many have been able to minimize and even eliminate dependency.

Hence, *Ignatia* doesn’t mask the sadness like antidepressants, or worse eliminate the highs and lows of emotional range, it helps to bring about acceptance, strength, and resilience – an ability to start seeing the joys of life as well as the sorrows and recover the fortitude needed to go on.

Remember, homeopathy doesn't cover up symptoms; it resolves the illness.

And so, on this important day in the U.S., I proudly acknowledge our veterans and their families and offer this gift of information.

Please pass this on to all who might benefit.

(Actually, I can't think of anyone who wouldn't!)

*Acute Stress Reaction and PTSD are two of the many problems covered in my invaluable course *The Survivalist Guide to Homeopathy*. Want to learn more about how homeopathy is THE medicine for when the SHTF? For more information, and to learn how to Think Outside of the Box, click here >> <https://survivalmedicine.joettecalabrese.com/duty-and-responsibility/>.



Remedy Cards

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