

Counting Homeopathy

Sheep?

Try



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.

It's a feeling you've probably experienced ... the frustration of not being able to sleep. You know you've got to get up in a few hours, but sleep still eludes you.

Western medicine is quick to jump in with a sleeping pill promising quick relief. It doesn't matter why you can't sleep. Everyone gets pretty much the same medicine.

The beauty of homeopathy is that we take the time to evaluate the individual symptoms pertaining to each person's sleep problems. This gives us a chance to holistically assess what factors, such as stress levels, may be hindering sleep.

With the use of homeopathy, sleep is reestablished without the props and empty promises of drugs. It is sound, thorough and not chemically induced. Before taking a drug of

questionable safety, consider the world's most effective and natural medicine to put your mind at ease and then hit the sack.

Read through the following descriptions and select the remedy that most closely matches your symptoms.

Nux vomica

Nux vomica 30 is the premier remedy for folks who can't stay asleep. Its hallmark is wakefulness anytime from 2-4 AM, usually accompanied by thoughts of the day, such as duties and responsibilities.

It is particularly useful for someone who has a sedentary lifestyle, tends to overeat and drink and is frequently irritable. The need for this remedy is often a result of taking medications or occurs after an overindulgence of them. The wakefulness is often accompanied by digestive problems, including constipation, diarrhea or a combination of both.

If taken four times a day for four days and then repeated weekly for a month, *Nux* will likely relieve the problem. When it does, the remedy should no longer be taken.

The difference between homeopathic remedies and conventional drugs is that the remedies gently stimulate the body's ability to bring it back to wholeness, not whack it over the head with a sledgehammer!

Coffea cruda

Within the homeopathic laws of healing, we also find the axiom "like cures like." When homeopathic remedies are made, they are extremely diluted. This allows the toxic properties to be annulled. Hence, something that is stimulating and might keep us awake in the crude form, such as coffee, will

do precisely the opposite in the diluted form.

The next remedy to consider is *Coffea cruda* 30, made from the coffee bean. *Coffea cruda* is a remarkable remedy that is tailored to someone who simply can't fall asleep on retiring. This person often feels "stepped up" and is bothered by slight noises.

An indulgence in coffee during the day, even as an early morning habit, can promote this pathology. It would be wise for any insomniac to eliminate coffee altogether, but if that is impossible, *Coffea cruda* 30 will likely do the trick. Using the same protocol as *Nux vomica*, *Coffea cruda* will adjust the sleep only if the "picture" fits.

Chamomilla

As in all cases requiring *Chamomilla*, the individual is fractious and irritable, and these characteristics will prevent a good night's sleep, as will physical pain. Due to desperation, sleeping medications may have become routine, and *Chamomilla* can help restore rest.

***Arnica montana* 6X**

Whereas the other remedies listed here can be used in the 30th potency, I've found that when *Arnica* is given in 6x potency, insomnia diminishes. The person needing *Arnica* usually feels like the bed is too hard, and as a result, he or she can't get to sleep. This remedy can be given twice per day, every day, until there is noticeable improvement. Then it can be discontinued and reinstated only if the pathology returns.

Arsenicum album

Arsenicum album is a powerful yet gentle remedy when sleeplessness is caused by anxiety or fear. This person is often driven out of bed from panic or worry or experiences anxiety while asleep. This often afflicts a person who is exacting and particular (think Felix Unger).

Such a person has difficulty falling asleep when overtired, for example after mental or physical exertion. There is often restlessness before bed and waking after midnight. This person will respond well to the protocol above and, as always, should cease taking the remedy when sleep is restored.