EMOTIONAL HELP

BACH FLOWER REMEDIES – see Handout "Bach Flower"

Gemmotherapy: see how to make your own under Addendum

Anxiety.

Acer Campestre: to be used in neurotic anxiety, when there is fear of an ill-defined danger.

Crataegus Oxyacantha: a well known CNS sedative, anxiolytic on top of its cardiac action.

Ficus Carica: quietening, anxiolytic, stress relaxant, antidepressant with a major indication in the post traumatic anxiety resulting from head injury.

Tilia Tomentosa: a sedative, anxiolytic, hypnotic, sleep inducer remedy.

Acer with Tilia for anxiety

Depression.

Coryllus Avellana: it balances the nervous system, used for depression and psychosomatic problems.

Ficus Carica: antidepressant, quietening, anxiolytic, stress relaxant with a major indication in the post traumatic anxiety resulting from head injury.

Insomnia.

Tilia Tomentosa: a sleep inducer and hypnotic, also sedative and anxiolytic; gentle and not addictive, can be used for children too.

Obsessions.

Olea Europea: used in various phobias and OCD, it has a direct brain tropism.

Prunus Amygdalus: shares Olea Europea's indications of nervous phobias and OCD; used together for a synergistic action.

Tilia Tomentosa: a sedative, anxiolytic, hypnotic and sleep inducer that could give an additional boost to other more precise remedies.

Phobias.

Olea Europea: with a direct brain tropism, it is indicated in phobias and OCD.

Prunus Amygdalus: it has many of the same indications as Olea Europea.

Agoraphobia:

Olea Europea, Prunus Amygdalus.

Other:

- **Don't learn lessons: flower elixir chestnut bud of India in the morning; mineral elixir of malachite at night.**
- **Acer combined with Tilia for anguished neurosis, generalized anxiety disorder, and for depressive syndromes with Fraxinus.**
- **Shock, grieving, sadness: Fagus**
- **Tilia with Olea and Prunus for phobias and obsessive compulsive behaviors.**
- **Ficus, Tilia, Viscum, Malux, Lonicera, Crataegus for sleep disturbance and anxiety.**
- **Viscum with Tilia for panic attacks, eases anxiety**

Homeopathics: (when stuck in emotional states)

At the time of this writing, you can still buy homeopathics through Amazon on line. Get either 6c or 30c strength. Very inexpensive.

- **Ignatia - top remedy for grief and effects of grief, loss or disappointed love. For the aftereffects of any strong emotion. Silent brooding, much sighing, sometimes hysteria. Changeable moods - laughing then crying. Weeps when alone. Sensation of a lump in the throat, insomnia, or loss of appetite. Hysterical paralysis. Worse from warmth, coffee or the odor of tobacco. For physical ailments that began after grief or other strong emotions.**

- **Aconite - Panic, anxiety attacks, and terror accompanied by racing pulse, hot flushed face, and extreme thirst. Predicts the time of his own death. Hypersensitive to pain, sound, light and odors. Worse from warmth. Ailments after terror.**

- **Aurum - suicidal depression. Desires death due to hopelessness or to physical pain. Has an excessive sense of duty and feels overwhelmed by conscience. Believes he is a failure and has lost the affection of his friends. Sudden fits of anger, esp. if he is contradicted.**

- **Arsenicum - anxious, insecure, afraid to be alone. Fears disease, poverty and death. Restless, exhausted, perfectionist, suspicious and controlling. Worse after midnight. Chilly and thirsty for small sips.**

- **Stramonium - frightened and physically strikes out violently. Fears darkness and desires light. Fear of and worse from being alone. Worse from seeing shiny objects. Kicking and biting, delusions about dogs (also belladonna). Patient is extremely thirsty but has difficulty swallowing. Better from warmth, light and company. Often triggered by a frightful experience.**

- **Belladonna - striking, biting or kicking. Red faced, hot, pupils dilated. Worse from touch, noise, light or being jarred. Throbbing headache. delusions about animals and insects. Belladonna is a major remedy for delirium.**

- **Phosphoric acid - listless, apathetic, burned out, very chilly. Takes a long time to answer questions and gives one word answers. Craves fruit. From grief, emotional shocks, exhausting illness, or loss of fluids (also cinchona). Night sweats. Passes large amounts of clear urine.**

- **Staphysagria - suppressed anger and emotional states or ailments resulting from suppressed anger. After insult or humiliation. For victims of rape or other crimes where the person was abused.**

- **Nux - angry, irritable, impatient, malicious, worse in morning. Awake from 3-5 am. Craves stimulants and alcohol. Feels ill effects of drugs and alcohol such as nausea, vomiting and vertigo. Ambitious, jealous. Angry when obliged to answer or when interrupted.**

- **Pulsatilla - for feelings of abandonment or helplessness. Weeps easily and wants reassurance. Better from sympathy and company. Craves open air and can't bear a stuffy, warm room. Thirstless. Ailments that occur after being left alone or feeling abandoned.**

- **Cimicifuga - grief, similar to Ignatia with signing, sadness, jerking of muscles, hysteria, and ailments from disappointed love. Extroverted and talkative, jumping from one subject to another (see also lachesis). More fearful than Ignatia. Fear of insanity. Chilly but better from cold air. Stiff neck, which is worse from drafts.**

- **Chamomilla - angry, uncivil. Pushes you away. Extreme sensitivity to pain which patient describes as unbearable. Angry at every trifle, at being spoken to. Cheeks red and hot.**

- **Argentum nitricum - anticipatory anxiety, phobias (eg. claustrophobia, agoraphobia). Feels hurried. Fears her impulses and losing control. Worse from warmth or closed rooms. Desires company but experiences anxiety in a crowded room. Diarrhea from anxiety.**

- **Gelsemium - anticipatory anxiety leads to an almost paralyzing fear. Feels drowsy, weak or leaden. Flushed face, droopy eyelids. Wants to be alone. Thirstless. Better from alcohol.**

- **Lachesis - extreme jealousy and ailments resulting after periods of jealousy. Very talkative and jumps from one subject to another. Worse after sleep, from heat, and from anything touching the neck. Left sided symptoms.**

- **Coffee - ailments from excitement, excessive joy, and surprises. Mentally overactive, can't shut it off. Memory active. Makes lots of plans. Insomnia. Oversensitive to pain, with despair from pain. Hypersensitive to sound, light, odors, touch and flavors. Aversion to open air.**
- **Arnica: Overworry**

SPECIFICS:

ANXIETY

- **LYCOPODIUM: With lack of confidence; apprehension about performing in public; inability to sleep at night with continual reviewing of what happened during the day; appetite is disturbed; a craving for sweet foods may accompany insomnia. Cause/Onset: a forthcoming event/performance; more likely to occur in very ambitious who have high standards 6c every 2 hr up to 10 doses.**

- **ARSENICUM ALB. Restlessness; chills; fatigue; disturbed appetite; tendency to be fastidious/meticulously tidy; clammy skin; rapid pulse. Cause/Onset: deep insecurity 6c every 2 hr up to 10 doses.**

- **PHOSPHORUS:** Relieved by Reassurance; nervousness/edginess; sensitivity to the thoughts and feelings of other, but a desire be in the limelight; fear of dark,thunderstorms, being alone, dying etc. Cause/Onset: overwork 6c every 2 hr up to 10 doses.

- **CALC CARB** Fear of Insanity; forgetfulness, depression, fear of making fool of oneself; initial obsession with work followed by sense of defeat and complete failure; reluctance to answer questions; tendency to bore other people by repeatedly describing ailments. Cause/Onset: overwork 6c every 2 hr for up to 10 doses

BEREAVEMENT

- **ARNICA:** Shock following Bereavement; desire to be alone; tendency to tell others to go away; dislike being touched; tendency to insist you are all right. Cause/Onset: sudden death of a loved one. 30C every hour for up to 10 doses, then 4 times a day for up to 14 days.

- **ACONITE:** With restlessness; restless, sense of being very hurried; tossing and turning when asleep; extreme fear of dying even to the point of predicting the time of death. Cause/Onset: sudden onset of grief. 30c every hour for up to 10 doses.

- **IGNATIA:** With suppression of grief [inappropriate laughing, sighing, crying or even hysteria with rapid mood changes because of inability to express emotions; self-pitying attitude. Cause/Onset: slow onset of grief] 6c every 2 hr for up to 10 doses then 3 times a day for up to 14 days.

FEAR

- **ARSENICUM** Marked Fear of Dying [very strong fear of death even predicting time of death; fear of open spaces; restlessness and sense of being hurried; tossing,turning when asleep. Cause/Onset: shock; sudden onset of fear] 30c every 30 min. up to 10 doses.

- **ARGENTUM NIT** Impulsive Behavior; superstitious and anxious that something awful will happen at any moment; fear of crowds, heights, being late; irrational fears; fear that high building will fall down and crush you. Cause/Onset: Fear of failure. 6c every 30 min for up to 10 doses, then 4 times a day for up to 14 days.

IRRITABILITY & ANGER

- **NUX VOMICA** With Overcritical Attitude; slightest incident causes instant anger which is over quickly but not it has had a devastating effect; constantly finding fault with other people; very impatient, picky, difficult to live with; Cause/Onset: overwork; too much food/alcohol; exhaustion. 6c every 30 minutes up to 10 doses.

- **LYCOPODIUM** Anger with Insecurity, lack of self-confidence, deep feelings of cowardice, perhaps leading to angry outbursts at infrequent intervals; violent behavior is possible. Cause/Onset: Fear of forthcoming events. 6C every 30 min. up to 10 doses.

SHOCK

- **ACONITE:** With Physical and Emotional Numbness; fear of going out; restlessness and a sense of being very hurried; tossing and turning while asleep; fear of dying, possibly to the point of predicting the hour of death. Cause/Onset: sudden onset. 30c every 30 min. up to 10 doses.

- **GELSEMIUM** After a scare; great apprehension develops before meeting new people, going to new places or doing new things; examinations and new situations are considered dreadful ordeals; mental and physical weakness, with a sense of heaviness in the lower limbs; difficulty in getting the muscles to respond. Cause/Onset: emotional shock, physical start. 30c every 30 min up to 10 doses.

DEPRESSION

- **IGNATIA:** With Wildly Fluctuating Moods; behavior inappropriate eg. suddenly bursting into tears of laughing for no reason; self-blame for everything that goes wrong; tendency to bottle up emotions; hysteria and sensitivity to noise, esp. when studying. Cause/Onset: grief. 6c 3 times a day for up to 14 days.

- **PULSATILLA** With extreme tearfulness; self-pitying; craving for comfort, reassurance; crying at slightest upset; great sympathy for people or animals that are suffering; lack self-esteem and willpower. Cause/Onset: hormonal changes. 6c - 3 times a day for up to 14 days.

- **NUX** With Irritability; falls asleep easily, tendency to wake up between 3-4 a.m. and remain awake for a few hours before falling asleep just as it is time to get up; sleep pattern may be associated with nightmares; irritable; miserable outlook; extremely critical of others. Cause/Onset: 30c 1 hr before bed for 10 nights. If you wake up and can't get back to sleep, repeat dose.

- **ACONITE:** **With great fear; nervousness, restlessness; strong fear of dying, even predicting the time; nightmares and tossing and turning in sleep. Cause/Onset: shock or scare; exposure to dry, cold windy weather. 30c taken 1 hr before bedtime for 10 nights. If wake up and can't get back to sleep, repeat the dose.**

- **IGNATIA:** **With a Fear you will never sleep again; continual yawning but can't get to sleep and comes to fear bedtime; rapid changes of mood, from laughing to crying and hysterical behavior; possible nightmares. Cause/Onset: emotional stress; grief. 30c an hour before bedtime for 10 nights. If wake up and can't get back to sleep, repeat the dose.**

OTHER:

See "Tapping"