

Hello,
My name is Nicola
Holdcroft, I work as a
Homeopath in Hanley
and every month I will
be here to answer your
health related questions.

Nicola



homeopathy

Don't let the Credit Crunch affect your health...

The current economic climate could have health repercussions – stress can severely affect health and well-being, making us more prone to illness.

Stress prompts the body to increase production of the hormones adrenaline and cortisol, causing changes in blood pressure, heart rate and metabolism – necessary in the short term, but over long periods this can lead to headaches, indigestion, diarrhoea, insomnia, general tiredness and even palpitations, anxiety and depression.

Homeopathic treatment with a fully qualified and registered RSHom practitioner can help individuals cope better with the effects of stress – a carefully chosen homeopathic medicine matched to the individual patient can help with the mental, emotional and physical symptoms of stress, by triggering the body's natural system of healing.

In 2005 a service evaluation of homeopathic treatment at Bristol Homeopathic Hospital reported that 70.7 per cent of 6,544 follow-up patients experienced improvement in their health, in a variety of conditions

including migraine, irritable bowel syndrome, depression and chronic fatigue syndrome.

It is obviously better to seek treatment before symptoms become serious, recognising the early warning signs such as increased irritability, sleeplessness, and feelings of dread or guilt.

Here are just a few homeopathic remedies and their situations which might be useful at home:



Nux vomica

Symptoms include: wakes at 3am or 4am, suffers heartburn and indigestion, has colic pains. Suits people who are burning the candle at both ends, overwork themselves, are irritable, keep going with coffee and feel the cold.

Arsenicum

Symptoms include: diarrhoea from anxiety, wakes midnight – 1am, suffers burning in the stomach with desire to sip water. Suits restless people who are fearful worriers, need to plan and feel the cold.

Sulphur

Symptoms include: offensive diarrhoea which drives from bed in the morning, excessive sweating, burning feet, waking after three or four hours. Suits stubborn people who need praise, worry about their health and crave sugar.

Argentum nitricum

Symptoms include: severe wind with loud passing, twitching, palpitations and diarrhoea from anticipation, periodic weakness. Suits impetuous but nervous people, always in a hurry, with lots of fears and anxieties and much heat.

Lycopodium

Symptoms include: bloated with wind, huge appetite, wakes as if from a fright, symptoms worse late afternoon/early evening, heartburn with sour burping. Suits fearful people lacking in confidence but can be bragging and assertive at home. Doesn't like undertaking new things.

Nothing contained in this information should be taken as individual medical advice or as a substitute for consulting your homeopath or healthcare practitioner.

STRESS, ANXIETY & DEPRESSION?

Emotional stress caused by grief, shock, abandonment, disappointment or major life changes can leave us drained and prone to illness.

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What's The Alternative

the homeopathic
PRACTICE

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