

## THERE'S A REMEDY FOR THAT! *Homeopathy for Mental Health*

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When our intrinsic healing mechanism, or Vital Force, becomes weakened or out of balance, it “cries for help” by producing symptoms. These “messengers” can be physical, mental or emotional. We know from tests, called provings, done on healthy people that when certain natural substances are ingested they can bring on a pattern of symptoms characteristic for that substance. When that same substance is prepared homeopathically by serial dilution and succussion, or shaking, it can then be given to a sick person manifesting the same symptoms that were elicited in the proving on healthy people.

For example, *Argentum nitricum* or silver nitrate when given to healthy people over a period of time can induce panic attacks, fear of flying in airplanes and a strong craving for sweets. When a client presents with panic attacks at the mere thought of flying and they have a strong desire for sweets, homeopathically prepared *Argentum nitricum* is indicated.

In this way, clients who suffer with anxiety, depression or suicidal thoughts can be treated with a homeopathic remedy that is UNIQUE to their constellation of symptoms. For example, you can have 25 people who complain of anxiety but they will not all need the same remedy. In other words, there are approximately 900 remedies that can be used to relieve anxiety. Choosing the right remedy requires a homeopath to take a very detailed history and “match” the presentation of symptoms unique to each client.

That being said, there are some remedies that are helpful in certain situations. *GELSEMIUM SEMPERVIRENS* is a very helpful remedy for STAGE FRIGHT or TEST ANXIETY. *ACONITUM NAPIELLUS* is a very helpful remedy for people with ANXIETY AFTER SHOCK or a NEAR DEATH experience. *PULSATILLA NIGRICANS* is often indicated for people suffering with depression who WEEP CONSTANTLY and feel worse when they are alone.

Every person is different and the beauty of homeopathy is that there is a unique remedy that restores the Vital Force to a state of health, thus relieving all symptoms WITHOUT PHARMACEUTICAL DRUGS.



I am available for consultations for both acute and chronic conditions via Skype or telephone. I also make house calls in the Boulder area. Feel free to email me at [drkathi@drkathifry.com](mailto:drkathi@drkathifry.com). Or call me at 480 695 1383.