

## There's A Remedy for That!

### Homeopathy for Yogis and Yoginis Kathleen K. Fry, MD, CTHHom

Yoga and Homeopathy are ideal complementary modalities because they both work on the Vital Force, that unseen force that keeps us running in harmony. The combination of deep breathing and asanas (yoga positions) helps to balance the entire being from the inside out. Yoga is especially good for people who struggle with chronic back or joint pain. I have done yoga for over 20 years and, together with Homeopathic remedies, it's what keeps me in excellent health and gives me lots of energy. Although I have done various styles of yoga my current favorite is Kaiut yoga "invented" by Dr. Francisco Kaiut, a brilliant chiropractor and teacher from Brazil.

During my many years of doing yoga I have consistently used homeopathic remedies for myself and recommended it for my fellow students and clients. Here are some of the most helpful remedies for yoga practitioners.

**ARNICA MONTANA 30C:** This is the perfect remedy for muscle soreness after an especially challenging class or teacher training seminar. Take it every right after a class and repeat as necessary every few hours until the pain abates. ARNICA is also available in a gel but it's usually only a 6x potency, which is not as strong.

**RUTA GRAVEOLONS 30C:** In addition to ARNICA, RUTA is best for SPRAINS & STRAINS. You can take it with the ARNICA every 4 hours after the initial injury. Continue both remedies 2-3x a day until the injury is healed.

**NUX VOMICA 30c** is a great remedy for helping the body to cope with releasing TOXICITY that sometimes can overwhelm your system, especially after a HOT YOGA class. It's also the best remedy for a HANGOVER! (Take it after an evening of overindulging and repeat it in the morning.)

For more information about Kaiut yoga in Boulder: [www.kaiuthathayoga.com](http://www.kaiuthathayoga.com)

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.

