

Calming Relief for Worry and Anxiety

By Andrea S. Kraft, Classical Homeopath

Stress has become the norm for many of us in the 21st century. Effectively navigating painful experiences, or life changing events, often requires external support.

Unassisted, feelings of loss, anxiety or even sadness can grow larger instead of diminish. Homeopathy can help support us through a process that puts the situation into perspective and empowers us to bring light and healing to our issues.

For over two hundred years, homeopaths have used carefully selected gentle homeopathic remedies to ease the impact of all types of stress and trauma. One of the most common emotional issues people struggle with is some form of anxiety. For adults, anxiety can be related to health, finances, relationships, jobs or even the lack of feeling “safe”.

Children may experience anxiety from school, extra-curricular activities, friends or family conflict. Although some level of worry is quite normal, there is a fine line between heightened concern and a magnified response that monopolizes a person’s thoughts or energy.

Tears and Fears

Lindsey was 9 years old when her mom brought her to see me for the first time. As the oldest of three children, she was very articulate and outgoing. She was very aware of why she was at the appointment and talked about her

issues freely. She smiled a big smile and told me that she had a difficult time with new situations. Most of her anxiety related to school, making decisions and not knowing in advance what was going to happen during her day.

Lindsey had a particularly difficult time during 3rd grade. When her mom dropped her off at school, she would scream and cry with worry about the day. She was often embarrassed when her friends saw her “*freak outs*” (as she called them), and as her anxiety grew, it impacted her social life. Lindsey stopped attending the school chorus program and sports because “*no one’s there to say it’s going to be okay*”. She reported that she felt much better when her mom could stay with her, but as a working mom with two younger children, that was not always possible.

No more tears!

Six weeks after taking her first homeopathic remedy, Lindsey came back for a follow up. She had just started the 4th grade and reported that her teacher was the “*niciest*”. Her mother stated that she was not crying when she was getting dropped off for school and overall was doing well. This was a big departure from the prior school year when her anxiety about the teachers, classmates and schedules was at its peak.



Lindsey’s anxiety related to decision making was less frequent and subsided more quickly. Even her therapist noticed her handling the stress of decision making differently. Instead of begging her mother to make decisions on her behalf, Lindsey wanted mom to help her think choices through, and then make those decisions by herself.

The shifts in Lindsey were apparent from the first remedy. Her reaction to what caused her great stress was reduced, but we still had some work to do. I saw Lindsey for 2 more sessions, each time selecting a gentle homeopathic remedy that fit her symptoms until her anxiety was at a level that was more in-line with the situations she faced. As her reactivity to new situations lessened, her social life improved and she could enjoy extracurricular activities with her friends without her mom’s presence and more importantly without fear and anxiety!

Lindsey’s story is a wonderful example of how impactful homeopathic remedies can be. Some children like Lindsey

express their anxiety through tears, others with headaches, stomachaches or even respiratory issues. A homeopath takes into account the specific symptoms and issues for each individual and then chooses an appropriate homeopathic remedy to help the person stimulate the healing process.

Sarah's worries

Sarah's story is a more complicated example of how trauma and anxiety can result in physical issues. Sarah was a bright and engaging 23 year old woman who was severely hampered by anxiety and perfectionism. "...*I worry about everything. It is affecting my entire life...*" she lamented. Sarah felt that her anxiety issues were the result of her father passing away from cancer when she was a teen. Sarah remembered taking on additional responsibilities at an early age and wanted to please her mother by doing well in school. She felt compelled to give 110% and tried hard to please others.

Unfortunately, Sarah was experiencing bouts of anxiety even when faced with daily tasks. As a first year high school teacher she drove herself very hard,

staying at school until 7:00 p.m. most nights. She could not rest until her tasks were all completed and checked off her list. She even planned her students' assignments based on her personal schedule so she could immediately grade papers.

Additionally, Sarah couldn't leave her desk or apartment unorganized and could not fall asleep without sleeping pills. She suffered from stress migraines and underwent exploratory surgery for unexplained stomach pain. Sarah was on four different medications for her various ailments including prescriptions for migraines, anxiety, stomach pain and insomnia medicines.

Changing Patterns

Over the next several months, I worked with Sarah, choosing very specific homeopathic remedies to help her. Fortunately she noticed a difference right away. First, her stomach pain went away and her migraines became less frequent. Instead of grading papers the same day, she noticed that it was 'okay' to let them sit for a day or two. "*They are high school students; they can wait another day!*" she exclaimed. By the fourth visit, she had forgotten to

renew her migraine prescription. She was becoming more aware that her perfectionist tendencies were a way of controlling her environment and was able to joke about her desire for order.

Sarah's insomnia was the last to resolve. It took time, but she did manage to first reduce her medication, and then to eliminate it.

I recently received a call from Sarah who just wanted to let me know how well she was doing. She reports that she continues to be anxiety free and takes no prescription medicines. She loves teaching, is married and is enjoying life!

Lindsay and Sarah's results with homeopathy are not unique. True homeopathic healing is systemic, and the process of appropriately prescribed homeopathic remedies can result in the healing of mind, body and spirit. Thousands are helped daily by homeopathy both inside the United States and Internationally.

Did You Know?

- Homeopathy is a natural, holistic approach to healing used by millions worldwide for over 200 years!
- Homeopathic care helps restore balance and stimulates healing of mind, body and spirit
- Homeopathy is safe for all ages, including infants and children
- Addresses a large array of issues from anxiety to depression and migraines to fatigue.
- Does not interact with pharmaceutical medicines and has no side effects.
- Decreases susceptibility to illness and stress.

About The Author

Andrea Kraft works with adults and children in her homeopathic practice in Fairfax and Alexandria, Virginia. She is a graduate of the New England School of Homeopathy (NESH) with post graduate studies through the Teleosis School of Homeopathy.

She can be reached at:
www.krafthomeopathy.com
askraft@gmail.com
(703) 425-1264