

Homeopathic Relief for Stomach Troubles

Unique Solutions for Common Ailments

By Andrea S. Kraft, Classical Homeopath

“Plop, plop, fizz, fizz, oh what a relief it is!” Who remembers that jingle from the 1970’s Alka Seltzer commercial promising speedy relief for an “upset” stomach? Perhaps Alka Seltzer may offer temporary relief for those who have overindulged and are experiencing acute stomach issues, but what about people with chronic stomach issues? What kind of relief can they expect?

Although you might not realize it, chances are that you know someone personally who suffers from chronic stomach issues. Many of those impacted tend to hide their symptoms from their friends and coworkers making excuses for not participating in outings and travel rather than talk about the need to be close to a bathroom “just in case”. The good news is that homeopathic remedies can provide healing relief even to those who have experienced their symptoms for years.

A Natural, Holistic Approach

Homeopathy is a natural, holistic approach to wellness capable of producing profound, lasting healing. Because Homeopathic treatment is individualized to each person, it can treat an infinite array of issues such as grief, anxiety, depression, hormonal imbalances, stress related issues, migraines, chronic pain, attention/focusing issues, digestion issues and countless other ailments. Many people who have not been helped by conventional medicines turn to homeopathy for their chronic ailments.

To find the best homeopathic remedy, a homeopath will focus on the client’s physical, mental, and emotional state as well as the chief complaint. This broad, holistic approach allows the homeopath to

identify the precise remedy that fits the individual’s unique set of symptoms. When we approach healing from a holistic point of view, many clients find improvements in overall health such as increased energy, reduced stress and general well being in addition to resolving specific health complaints.

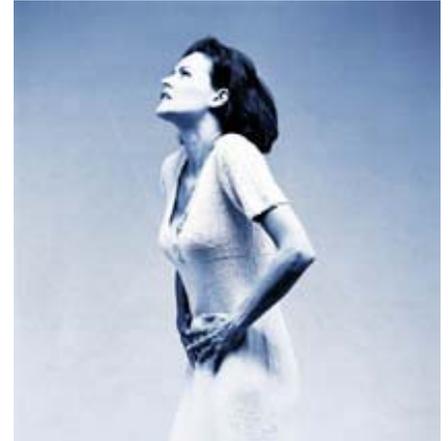
Following are case summaries for two clients, “Donna” and “Judy” who sought homeopathic treatment for their stomach issues. From a homeopath’s perspective, every case is as unique as each individual. Despite similar physical symptoms, differences in personality and emotional state always indicate different homeopathic remedies. This holistic view (mental, emotional and physical) of each client is the key to successful homeopathic treatment resulting in deep and permanent healing.

Anxiety Adds to Stomach Issue

Donna, a 50 something business executive, made an appointment for homeopathic treatment for a “spastic colon”, anxiety attacks, and high blood pressure. Traveling was especially challenging for her since she would experience anxiety attacks and stomach issues before and during business trips and vacations. She often felt that her reaction to stress limited her work and family life.

Donna was a lovely woman with a mild temperament and a tendency to avoid conflict. When asked when her anxiety and stomach issues first appeared, she remembered becoming suddenly very ill with fatigue and acute bouts of diarrhea when she was 20 years old. This was a difficult time for Donna as her father had unexpectedly passed away less than a year earlier. Since that first episode,

Donna was always anxious about “what might happen” which directly led to her stomach issues, keeping her stuck in a chronic cycle of anxiety and illness.



Based on a comprehensive evaluation, Donna was given the homeopathic remedy *Aconitum Napellus* specifically chosen for her unique presentation of symptoms. Homeopathic remedies, made mostly from plants and minerals are highly diluted and stimulate the individual’s immune system to heal.

Adios Anxiety

At the first follow up appointment after taking her remedy, Donna noticed her anxiety level was lower and her stomach felt much better with her emotions more in control. She started planning trips that would never have been possible prior to her homeopathic treatment. Vacations to the beach with her husband and a plane ride out West to visit family were now a reality.

What once would have caused her great emotional and physical pain was a wonderful, pleasurable experience. She was able to enjoy traveling without being burdened by

her anxiety or her physical need to stay close to the bathroom.

As a side benefit, Donna reported that her blood pressure was down significantly and her medical doctor was no longer suggesting blood pressure medication. In addition, Donna says “I have more clarity. All the ‘garbage’ is gone. The stuff that was putting me in a fog has lifted. I’m amazed!”

Judy’s Case

Judy had been suffering with chronic diarrhea for 4 years; much less time than Donna, but her experience was much more intense. Judy attributes the first incidence of diarrhea to eating a meal that did not agree with her. After a week of intense stomach issues she was hospitalized and given antibiotics and steroids. Although she was released from the hospital, her relief from the diarrhea was unfortunately temporary; returning frequently and lasting for long stretches of time.

Just before she came to see me, Judy had just been weaned from the steroids which had stopped working. Her diet was very limited. Oatmeal seemed to be the only food that did not cause her discomfort. Judy was understandably feeling hopeless about her situation.

Emotionally, Judy was very hard on herself. She described herself as very sensitive and worked hard on not taking things too personally. I often ask my clients how they express their anger. It gives me a very good understanding of how they deal with their emotions. While Donna did not often get angry and avoided confrontation, Judy was very quick to let me know that she gets very angry, especially prior to her menses.

Judy’s emotional and physical symptoms pointed to a different remedy than Donna’s, called *Thuja Occidentalis*. Although both Donna and Judy had stomach issues, the individualization of the process resulted in different remedies based on the differences in their personalities and their accompanying symptoms.

Defeating Diarrhea

At the first follow up after one dose of her remedy, it was apparent that some of Judy’s anger had diminished. She was better able to express herself, talking about her issues with her family and felt like she was finding her voice in her relationships. As far as her stomach issues, so far there were only modest improvements. The remedy had started the gentle process of healing, but it was clear that Judy would need another dose of the same remedy to continue the process.

At the next appointment her diarrhea had been in remission for 2 weeks. The remedy was doing its job and we needed to wait another month to see how far the remedy would take the healing. Several weeks later, Judy came into my office excited and giddy. “My diarrhea is cured”, she said. After 4 years of suffering, her GI doctor had released her from his care.

Same Ailment, Unique Solutions

Two cases, both women with stomach issues, but their cases are as different as night and day. The only thing these clients have in common is their stomach issues. Their personalities are different, their emotional states are different, and as a result their homeopathic remedies are different.

There are hundreds of remedies listed in the homeopathic reference books for diarrhea. Finding the best remedy to relieve chronic issues can be complicated because each case is as unique as we are.

Homeopathy is not a one size fits all solution. That’s the beauty of homeopathy and why when the right remedy is prescribed, the results can seem so miraculous. In order to find the best remedy, the totality of the patient has to be matched to the picture of remedy; not just for the chief complaint, but for the whole person. Only with this broad, holistic view, can true, lasting healing take place.

Are Donna and Judy’s results with homeopathy unique? No! True homeopathic cure is systemic, resulting in restoration of health in the mind, body and spirit. Thousands are helped daily by homeopathy both inside the United States and Internationally.

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