

# TOPICS IN MODERN HOMEOPATHY

## HOMEOPATHIC MEDICINE FOR THE 21<sup>ST</sup> CENTURY

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### SOCIAL ANXIETY AND HOMEOPATHY

Tis' the season for holiday parties and social get-togethers. While most people experience some minor nervousness in anticipation of an event, they usually go on to enjoy themselves and never give it a second thought.

But for more than 22 million other adults in this country, the thought of a social engagement or encounter can trigger moderate to severe anxiety before, during and even after an event. Social anxiety is more than just shyness, it is a combination of excessive self-consciousness and a fear of public scrutiny or judgment that can impede one's ability to function rationally and cause both psychological and physical distress. It causes so much unnecessary anguish that social phobias can also result in isolation, depression and substance abuse as the sufferers look for ways to cope with their fears.

Social anxiety can be expressed in many different ways. Symptoms can range from mild feelings of discomfort or inadequacy, to sweating, trembling and nausea to more debilitating reactions like panic-attacks, hyperventilation and even passing out.

General tips for reducing anxiety include:

- adequate, restful sleep
- regular exercise
- quality nutrition
- less sugar, caffeine and stimulants
- take a multivitamin containing a B-vitamin complex
- deep abdominal breathing
- visualize the best outcome possible
- positive self-talk

Social anxiety is probably the most common and the least understood of the anxiety disorders. Fortunately, mental and emotional conditions respond well to homeopathic remedies.

The best shotgun approach for anxiety is **Mediral's Anxiety Med**. It is a combination homeopathic remedy formulated for the broadest range of commonly experienced symptoms. There are many singular remedies that offer relief from specific types of anxiety (see next page), but having **Anxiety Med** on the shelf is a great place to start.

Give your patients an easier holiday season this year with **Mediral's Anxiety Med**. Its can be used preventatively as well as during an acute attack.

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“Anxiety can be described as a feeling of alarm or worry. It may be about something specific, or it may be non-specific in nature. A certain amount of anxiety is normal and helps improve performance . . . [but] when this anxiety is prolonged and affects social or occupational function, it's abnormal and becomes an anxiety disorder.”

- Dr. John Rodrigues  
Centre for Scientific Homeopathy

### MEDIRAL ANXIETY MED

#### **Fraxinus Americana 2x**

Depression with nervous restlessness & anxiety.

#### **Gorse 3x**

Hoplessness, cannot perceive a way out of a difficult situation.

#### **Aconitum napellus 3x**

Sudden anxiety, fright, or panic attacks. Physical and mental restlessness.

#### **Calcarea Carbonica 3x,6x**

Worries about endless responsibilities and duties. Concerned over a loss of reason.

#### **Kali Phosphoricum 3x,6x**

Nervous, sensitive, weak, easily fatigued.

#### **Borax 4x**

Excessively nervous, easily frightened. Anxiety aggravated with upward or downward motion.

#### **Selenium Metallicum 6x,12x**

Extreme sadness, forgetfulness.

#### **Arsenicum Album 10x**

Anguish and restlessness, fear of death and disease.

#### **Oxytropis lambertii 12x.**

Depression, desire to be alone.

# SINGULAR REMEDIES FOR SOCIAL ANXIETY\*

While combination remedies work for *most* people in *most* situations *most* of the time, occasionally a classical singular remedy needs to be used. A trained classical homeopath will dig deeper to uncover the core issues and themes underlying a client's anxiety. The remedies listed below are commonly used for more specific anxiety pictures and may be of some help if the Mediral Anxiety Med is not enough.

**Dosing:** Take one dose and wait for a response. If improvement is seen, allow the remedy to continue to work. Once the remedy stops working, another dose may be administered. If there is no response, select a different remedy. Frequency will vary, depending on the individual, and may range from once per day to every 15 minutes, as needed.

## **ACONITUM NAPELLUS**

Sudden immense anxiety attacks with a strong sense of fear (sometimes fear of death). Anxiety may be accompanied by palpitations, shortness of breath and flushing of the face. First choice for panic attacks.

## **ARGENTUM NITRICUM**

Anticipatory anxiety, such as before a social get-together, job interview or public speech. Pacing, walking fast. Chronic cases respond well. May be accompanied by diarrhea or dizziness.

## **ARSENICUM ALBUM**

Obsessively anxious about keeping things in order, overly concerned about the smallest of details or staying organized. May be exhausted but unable to sleep, pacing, restless. These people worry about their health and security, attacks often occur around midnight or in the wee hours of the morning.

## **CALCAREA CARBONICA**

Hard, dependable workers who may fear a breakdown from overwhelm or overwork. Thoughts becoming confused or unclear, increasing their anxiety. Excess perspiration, palpitation, cold hands and feet.

## **GELSEMIUM**

Classic remedy for anyone paralyzed by fear. Also helpful for apprehension, such as before meeting new people, a test or a public speech. Differentiated from ARG-N by the possible presence of a headache.

## **KALI PHOSPHORICUM**

Exhaustion brought on by overwork or illness resulting an overwhelming anxiety and an inability to cope. Jumpy, oversensitive constitution, intestinal upset. Pre-nervous breakdown conditions respond well.

## **LYCOPodium**

Lack of confidence, overly self-conscious, fears of failure and inadequacy, easily intimidated. Stage fright.

## **NATRUM MURIATICUM**

Shy personality types who tend to avoid social encounters, may be seen as aloof. Sensitive, easily hurt. Nighttime anxiety more common, insomnia.

## **PHOSPHORUS**

Anxiety accompanies by flushing of the face, palpitations and thirst. Anxiety can easily be triggered just by the thought of a social encounter. Need reassurance, prefers to be with others.

## **PULSATILLA**

Tearful or moody anxiety, clingy. Often accompanying insecurity and a need for reassurance or comforting. Personality type is often sensitive and weepy, they fear being alone.

## **SILICIA**

Competent, serious workers may be shy or nervous, with occasional oversensitivity and bouts of loss of confidence. Becomes highly anxious when faced with public appearance or pressure situations.

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