

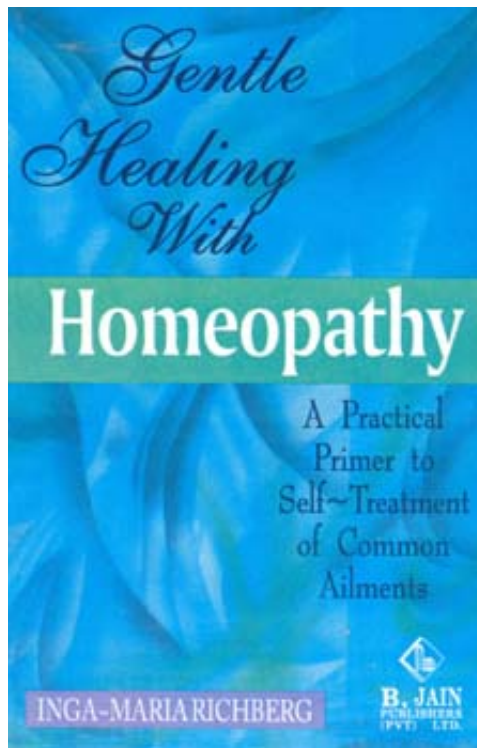
Inga Maria Richberg Gentle Healing with Homeopathy

Reading excerpt

[Gentle Healing with Homeopathy](#)

of [Inga Maria Richberg](#)

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SIMPLE PHOBIAS

Phobias are considered fears that are exaggerated and unreasonable in light of the event. Simple phobias are geared towards places, objects, and animals. If your everyday activities are seriously affected by such phobias, seek advice from a physician or homeopath. Dosage: page 31.

KEY SYMPTOMS	REMEDY
Fear of height, small spaces, standing in, crowds, and flying. Sudden impulse to jump off a bridge or balcony but pulling back at the last moment. Nervous, overly excited, overworked; always expecting the worst. <i>Better:</i> fresh air, cold	Argentum nitricum
Phobic fear of large animals, particularly horses and dogs.	Causticum
Phobic fear of: thunderstorms, illness, accidents, being alone, darkness. Highly sensitive toward all external influences. <i>Worse:</i> sensory impressions, twilight, change in the weather <i>Better:</i> when shown care; rest; sleep	Phosphorus
Phobic fear of being alone in the evening and in the dark; of the opposite sex. People who are dependent, shy, but moody. Also children who are unable to go to sleep without a light. <i>Worse:</i> warmth in any form <i>Better:</i> outdoors, fresh air, motion	Pulsatilla
Phobic fear of needles; is looking for them and counting them.	Silicea
Phobic fear of pointed objects: needles and knives.	Spigelia

KEY SYMPTOMS

Phobic fear of small spaces/rooms and public transportation, particularly a fear of being on trains.

REMEDY

Succinum

PANIC ATTACKS AND AGORAPHOBIA

Panic attacks are severe, sudden attacks of fear, including fear of death, for which there seem to be no identifiable reasons. They seem to come out of the blue. They often happen in overly stressful situations: overwork combined with lack of sleep or after emotional exhaustion. One could arise, for instance, because of the death of a loved one or separation from a partner. Those who suffer from repeated panic attacks, over months or even years, and can leave the house only with the greatest of effort (agoraphobia), should seek help from a physician or psychologist immediately. Behavioral therapy has been found to be particularly effective. Here, too, homeopathic remedies can greatly support the healing process. But discuss with your "physician or therapist if you want to use homeopathic remedies. Dosage: page 31.

KEY SYMPTOMS

Extreme panic with fear of death; racing pulse, dizziness; difficulty breathing; full of apprehension; hot flashes; flushed face.
Worse: in enclosed spaces, in public places
Better: at home, in company of trusted person

REMEDY

Aconitum

Feeling anxious, particularly when standing in line; crowds; enclosed spaces; always in a hurry; nervous; agitated, feeling of doom; can't handle warmth; ravenous appetite for sweets; nervous stomach cramps; diarrhea; pounding heart; jittery.
Worse: after a meal
Better: fresh air, cold, lying down on left side

Argentum nitricum

KEY SYMPTOMS

REMEDY

Agoraphobia; feels dead tired; often after exhaustion; after physical overwork and shock; headache with dizziness; stabbing pain in the chest; restlessness; won't talk about what is wrong; wants to be alone. *Worse:* touch, motion, rest, wine, damp cold *Better:* lying down with the head lower than the feet on a soft surface

Arnica

Acute attack of fear, often with increasing intensity up to fear of death; pounding heart; breathing difficulty, often with cramps in the breathing passage; feeling of apprehension; restlessness; cold sweats; jittery; stomach pain; diarrhea. Particularly for pedantic people and those fixated on performance. *Worse:* with exertion, at night, after midnight, when alone
Better: familiar environment and persons

Arsenicum album

Attacks of fear after mental overwork and overstimulation of the senses; ambitious; choleric; pedantic; hypochondriacal; misuses of medication and stimulants. *Worse:* worries at work, financial worries, light, noise, smells, cold, outdoors *Better:* short nap, rest, in the evening

Nux vomica

RESTLESSNESS

Restlessness is often accompanied by other complaints, like exhaustion, fearfulness, lack of concentration, irritability, and insomnia. For that reason, also look up those terms; in the case of a child, also look under Hyperactivity. Dosage: page 31.

KEY SYMPTOMS	REMEDY
Legs and arms are restless; heart pounding; jittery; hands and feet "go to sleep" easily; anxious; excited; "runs" hot and cold. <i>Worse:</i> nights	Aconitum
Nervousness affecting the heart, severe pounding of heart; headaches with dizziness and feeling dazed; anxious; whiny. <i>Worse:</i> in the evening, 3 to 4 A.M., warmth, summer <i>Better:</i> outdoors, in company	Aethusa
Nervous itching; skin is red with burning sensation; also nose itching—inside and out physical restlessness; movement coordination is disturbed. <i>Worse:</i> nicotine, cold, thunderstorm, after a meal <i>Better:</i> slow movements	Agarius
Extremely sensitive, very excited; talks nonstop; constantly thinks about uncomfortable things; cries when listening to music; skin feels numb. Particularly for children and very thin people. <i>Worse:</i> in the morning, in warm rooms, around a stranger	Ambra
Nervous restlessness due to overwork and shock; does not talk about problems; wants to be alone, fear of public places; headaches	Arnica

KEY SYMPTOMS**REMEDY**

with dizziness, nervous sharp chest pain.
Worse: touch, motion *Better:* lying down

Extremely sensitive and impatient; overactive; quarrelsome; screams; many different physical symptoms; intolerant to pain. Especially for children.

Worse: evenings, nights, from touch, when angry, from coffee

Better: warmth, alone

Chamomilla

Painfully restless; talks constantly; can't concentrate; often after being mentally overloaded; suspicious; jealous; intolerant of tight clothing; hot flashes; apprehensive.

Also in women during menopause.

Worse: sleep, warmth in any form

Better: menstruation, after a hot flash

Lachesis

Nervous restlessness before and after thunderstorms; heat, music; worry about the future.

Natrum carbonicum

Extreme physical discomfort; can't sit still; nervous skin rashes; joints and ligaments ache; headache with dizziness when getting up in the morning.

Better: motion and walking

Rhus toxicodendron

Nervous twitching of the corner of the mouth, feet tense before and during menstruation or menopause; backache; shivers when feeling weak.

Worse: evening, nights, touch, fright

Better: motion

Zincum metallicum

HYPERACTIVITY

Hyperactivity is a problem that most often afflicts children of kindergarten and grammar school age. Always take into consideration the basic constitution of the child and his or her present circumstances. Often hyperactivity occurs after there has been a severe infectious illness, particularly after a childhood illness that has been treated with antibiotics. When you find circumstances like these, seek the advice of your physician or homeopath. Hyperactivity can be a permanent condition and is accompanied by disturbed fine and gross motor activity and increased aggressiveness. Dosage: page 31.

KEY SYMPTOMS

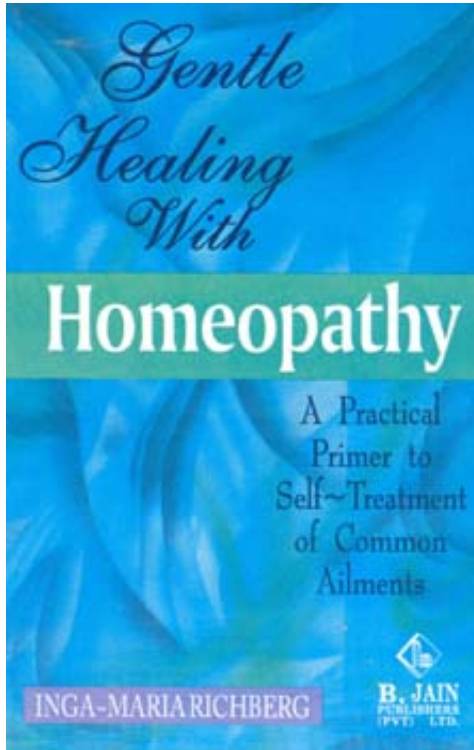
Physically and mentally hyperactive; always in motion; always has new ideas; has little staying power; happy; quick learner; easily excited; laughs and cries at the time; heart is pounding.
Worse: coffee, tea, chamomile tea; when excited, smells, noise, nights
Better: warmth, lying down, licking/eating ice

Extremely sensitive to all external stimuli; has stimulus overload; wants to do and take in everything at once; has little staying power; restless, fidgety, fragile, loves company; intelligent; imaginative.
Worse: noise, light, smells, touch, twilight, thunderstorms, change in the weather
Better: nights, cold food, outdoors, sleep

REMEDY

Coffea

Phosphorus



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