

My top ten stressbusters

by Miranda Castro, FSHom, RSHom(NA), CCH



Use the following remedies for everyday stress-busting. These are the ones I recommend most often as simple healing solutions to some of life's most common stresses. Any potency will do—the one you have at hand is the very best of all.

Less is more

For a recent stress, a dose or two will often suffice. Take it according to the severity of your symptoms—more often (every 1–2 hours) for a serious stress and less often (every 3–4 hours) for a less serious situation.

Stop as soon as improvement sets in and repeat it if your symptoms return. If you've taken 6 doses and it hasn't helped, then it probably isn't going to ... stop and seek professional help.

Diligent tracking

Don't forget to make a note of the remedy that helps and how and why you took it so you can use the information for future similar situations. It's such a drag to forget the one remedy that helped you so much and now you need it again but you can't remember which one it was.

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REMEDY	STRESS	SUMMARY	KEYNOTE SYMPTOMS
Aconite	Shock	Feels scared, shaken and trembly.	Distressed • Restless Thirsty Anxious
	Chilled	Gets sick after getting chilled especially after being out in a cold wind.	
Arnica	Injury	A bang to the head, a bruise to any part of the body, a sprained joint or a broken bone.	Sore • Bruised Doesn't want to be touched/examined Bed feels hard
	Exertion	Sore after a long hike or exercise routine.	
Arsenicum	Anxiety Guilt	Restless, anxious, chilly perfectionists.	Pale • Burning pains Exhausted • Thirst for sips only Extremely chilly
	Food poisoning Burns	Severe diarrhea & vomiting. Symptoms are better for heat esp. burning pains.	
Coffea	Excitement • Joy Mental Strain	All hyped up: overstimulated. Can't switch off and can't relax or sleep.	Cheerful & jokey • Cries with pains All senses on edge Headache • Insomnia
	Caffeine Soft drinks	Overstimulation from coffee/soft drinks, etc.	
Gelsemium	Anxiety Anticipation Bad news Loss	"Paralyzed" with anxiety before an interview, test, presentation or performance. "Paralyzed" with grief after a loss or shock, esp. bad news.	Drowsy • Droopy Heavy • Thirstless • Dizzy Diarrhea • Dull headache
	Convalescence Travel (jetlag)	Everything feels tired and heavy - even the eyelids.	
Ignatia	Loss Disappointment	Awash with sadness. Wants to be alone to cry.	Sighing • Lump in throat Headache (nail-like) • Insomnia
	Smoke	Cough & sore throat after exposure.	
Kali phos	Mental strain Convalescence	Nervous exhaustion - jumpy, sensitive & mildly depressed. Weak & tired after an illness.	Headache • Insomnia Heaviness
Nux vomica	Anger/conflict Mental Strain	Tense, irritable, impatient, sedentary & argumentative.	Tense & wound up Gastric headache • Constipation Indigestion with cramps Insomnia after 3 a.m. Stiff, achy back
	Alcohol • Caffeine Tobacco • Chilled	Overdoes everything: work, alcohol, caffeine. Eats badly - missing meals. Very sensitive to the cold and better for warmth.	
Phosphoric acid	Disappointment Homesickness	Sad and apathetic. Gloomy and sluggish. Doesn't want to talk.	Painless diarrhea • Unrefreshing sleep Nervous exhaustion Growing pains in legs Hair loss (after illness)
	Growth spurt Convalescence	Loss of fluids during an illness causes great weakness. Wants fruit to eat and pop to drink.	
Staphysagria	Betrayal • Bullying Criticism Humiliation	Feels resentful & hurt after a humiliating situation. Anger with trembling. Doesn't express feelings esp. anger.	Cystitis Insomnia - aches all over Toothache • Sore throats Pains are tearing, stitching Sensitive to touch Worse fasting or naps
	Injury Tobacco	An accident or surgery involving an incision causes a feeling of "abuse" - of having been humiliated.	
Rescue Remedy®	The only non-homeopathic stressbuster, this wonderful Bach flower remedy is a healing balm for any and every stressful situation that causes shock, fear and/or anxiety. Use it neat - a few drops repeated according to urgency of the situation or just put in all drinks until the stressed out feelings abate.		

About the author:

Miranda Castro is a British homeopath who has been living happily in the U.S. since 1994. She is a Fellow of the Society of Homeopaths (UK) and past President of the North American Society of Homeopaths. She is author of *The Complete Homeopathy Handbook*, *Homeopathy for Pregnancy, Birth and Your Baby's First Years*, and *A Homeopathic Guide to Stress*. She lives, practices, and teaches in Southeast Florida and can be contacted at mirandacastro@comcast.net