



Homœopathy

Stress, Moods and Sleep



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Unreasonable or extreme moods, symptoms of stress, and poor quality sleep can *cause* other health concerns and problems in our lives. They may also be the *effect* of disharmony or illness in other areas. Either way, sleep problems and mood imbalances can be quite distressing and difficult to resolve.

Homœopathy works towards bringing the mind and body back into balance. The impact of an imbalance in moods, stress or sleep is outlined below, followed by an explanation of how homœopathy can help.

Moods

Persistent feelings of sadness, mood swings, excessive anger outbursts or irritability can impact greatly on all areas of our health and also affect the lives of family and friends. Some underlying causes of these symptoms may be grief or

loss, changes in living circumstances, hormonal changes, relationship tensions, a new baby, or problems at work or home. Mood imbalances can also be the result of prolonged or unresolved stress or lack of sufficient sleep.

Stress

Stress can be a positive element in our lives. Performance and productivity can be enhanced when stress is both understood and managed well. It is only when feelings of stress become chronic or the warning signs are ignored, that it begins to impact on our lives in a negative way. Some common signs and symptoms of chronic stress may include:

- frequent headaches
- disturbed sleep
- difficulty completing tasks
- anxiety and panic attacks.

Sleep

For most of us, falling asleep can be easy, yet for others it can be excruciatingly

difficult night after night. For some people, frequent night-time waking and the inability to get back to sleep is more the concern. Either way, if you're continually waking unrefreshed, then other areas of health may also begin to suffer. Poor sleep may lead to:

- irritability
- poor concentration
- constant tiredness
- reduced sense of humour
- feelings of sadness, apathy and more.

How can homœopathy help?

An imbalance in one area of your health often impacts on other areas. If symptoms are unresolved, ignored or suppressed, further ailments can emerge, leading to a myriad of health concerns. Homœopathy takes into account all of the symptoms experienced and offers solutions to stimulate the body's own healing abilities. This helps to regain balance and restore better health and well-being. Often a person may receive treatment for one symptom, like sadness or mood swings,

and find that seemingly unrelated symptoms, like sleeplessness, also resolve.

"As a farmer, I found that a never-ending drought and the problems this brought led to my having an extended period of broken sleep. Our homœopath prescribed a remedy for me which had an immediate response. Despite still waking very early, I feel I sleep more soundly throughout the night." A farmer, Nyngan.

Clinical Evidence

Several studies support the effectiveness of homœopathy in the treatment of symptoms seen in mood imbalances, disruptive sleep patterns, and the repercussions of chronic stress. Some of these include:

1. Adler U, Paiva N, Cesar A, Adler M, Molina A, Padula A and Calil H. (2009). Homeopathic Individualized Q-potencies versus Fluoxetine for Moderate to Severe Depression: Double-blind, Randomized Non-inferiority

Trial. Universidade Federal de São Paulo, São Paulo, Brazil. *eCAM*. August 17, 2009.

2. Waldschuetz R and Klein P. (2008). The Homeopathic Preparation of Neurexan® vs. Valerian for the Treatment of Insomnia: An Observational Study. *The Scientific World Journal*. (2008) 8, 411-420.
3. Bellavite P, Magnani P, Zanolin E and Conforti A. (2009). Homeopathic Doses of *Gelsemium sempervirens* Improve the Behaviour of Mice in Response to Novel Environments. University of Verona, Italy. *eCAM*. 14 Sept 2009. Oxford University Press.
4. Pinto SAG, Bohland E and Coelho CdP. (2008). An Animal Model for the Study of *Chamomilla* in Stress and Depression: pilot study. *Homeopathy* (2008) 97, 141-144.

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