

Homeopathy and Mental/Emotional Health: Anxiety and Agoraphobia

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Homeopathy has placed particular emphasis on the mental and emotional aspects of the individual. Over the past 150 years of clinical utilization, homeopathy has proven itself highly corrective with mental and emotional aberrations.

The correct homeopathic formula can quickly provide relief when emotions are in an acute state. It is common to see the correct homeopathic formula provide relief within 1 to 5 minutes of taking the remedy. As always, the initial signs of relief will commonly vary according to the chronicity of the problem.

The frequency of dosage will determine the overall therapeutic response more than how much is actually taken at each dose. As an example, the more acute the symptomatic expression, the more frequent the dosage. Highly acute emotional states may require initial dosages as often as every 10 minutes. A common rule of thumb I use is as symptoms improve by 50% you can decrease dosage frequency by 50%. As symptoms continue to improve, dosage can equally be decreased.

Retesting procedures using the sublingual reflex response will change either muscle strength or leg length within 5 to 7 seconds of placing the correct homeopathic formula under the patient's tongue. Retesting procedures are more accurate when the patient does not take the product being tested on the day of retesting.

The initial testing procedures will most commonly find a homeopathic anxiety formula positive. However, homeopathy will only work when the correct formula is taken that matches the underlying cause. If the initial formula of first choice does not test, other related homeopathic formulas will need to be tested until the correct formula(s) is founded that address the underlying cause(s) for the individual patient.

Other homeopathic formulations that may relate to the underlying cause of various anxiety states are as follows:

Claustrophobia formula:	anxiety related to being closed up.
Nervousness formula:	general tonic to the nervous system.
Grief & guilt formula:	anxiety related to grief & guilt of the past.
Depression formula:	depressive type anxiety.
Insomnia formula:	anxiety related to lack of sleep.
Hypoglycemia formula:	anxiety related to low blood sugar.
Menopause formula:	anxiety related to hormonal imbalances.
PMS formula:	anxiety related to hormonal imbalances.

Hyperactivity formula:	anxiety related to hyperactivity.
Allergies food and chemical formula:	anxiety related to allergic reactions to food and chemicals.
Yeast formula:	to eliminate candida albicans infections which can cause fatigue, sensitive emotions, changing moods.
General stress formula:	for support during high stress times/general stress reliever.
Detox & drainage formula:	anxiety due to related toxic states.

Homeopathy added to your chiropractic management program will effectively broaden your scope of practice. However, when dealing with anxieties and phobias, as well as many other conditions, your patients lifestyle management is essential to your successful management of their health. The following are some helpful hints which you may want to hand out to your patients. I hope this will be helpful to you and your patients.

Lifestyle Management Procedures

Anxiety is one of the most common emotional disorders affecting us today. Most everyone will experience anxiety at one time or another. And, while there is "normal" anxiety (going on a job interview, taking an exam, etc.), there is also anxiety that can be considered neurotic. Neurotic anxiety can be described as having anxiety over an imaginary threat, such as an unfounded fear of someone out to harm you, or afraid of going out in public, fear of having a terminal illness, or of impending doom hanging over you. Normal anxiety may actually be healthy. It can help you learn relaxation and other techniques to calm you, such as deep breathing, and creative outlets such as art, music and writing. Learning these calming techniques in times of stress can help you be proactive throughout life instead of reactive.

When it comes to neurotic anxieties and phobias, it's important to understand at once, that what you are fearing is either out of your circle of influence or imaginary. And though these fears may be rooted to some experiences of the past, you can, in time, overcome these fears. If you have fear or anxiety over something within your circle of influence, you can exercise your influence to eliminate the fear or anxiety.

What follows is a list of lifestyle management steps designed specifically for you to follow if you have anxiety or phobias. These steps are also intended for you to use as a blueprint for healthy lifetime management. You were created to live dis-ease free. Integrate these steps into your life and celebrate your intended good health!

- Lighten up! Get out of the darkness and into the light. Soak up as much natural light as possible, especially in the AM hours. If your home has a tendency to be dark, keep the blinds and curtains open as much as possible. It may be a good idea to invest in a light box designed specifically to "lighten up" your environment.
- Watch what you're thinking! It is so important to keep your thoughts pure. Think about all the blessings and the good things going on. When you make this way of thinking a way of life, it becomes an automatic response. Having a thankful attitude can make it more difficult for anxieties and phobias to reside in you.
- Cool It! If you're experiencing anxious feelings, and begin sweating, simply lie or sit down

while doing deep breathing. Try playing some pretty music you enjoy, and focus on the music as you take slow, deep breaths. Do this until you feel better and your sweating has subsided.

- Learn to breathe. Practice your deep breathing exercises so that it becomes an automatic response. Many times when an anxiety response occurs, hyperventilation may follow. The problem with this, is that now you're not only dealing with the symptoms of the original anxiety, but also the anxiety brought on by this symptom. So breathe slowly and deeply!
- Don't do it alone! Find a good friend or a good counselor who can provide you with reassurance and insights into your situation. It may take time, but you can unlearn these unreasonable fears.
- Maintain balance. It's so important to live and maintain a balanced lifestyle. Be consistent with eating regular healthy meals, regularly exercising, and getting plenty of sleep.

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JANUARY 1997