

PRACTICAL APPROACH TO FEAR & ANXIETY

The understanding and the tools of **Homeopathy** to help you embrace and effectively release fear from your life

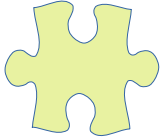


ARVYDAS PLATAKIS

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Introduction



It's important to note that the knowledge and information contained in this document does not cover the depth of approaching a disease which is required in most chronic forms of fear and anxiety, yet it provides basic tools and understanding to take the first steps in claiming the responsibility for your condition together with the courage to do that

Fear is a very wide concept, it's like an umbrella that encompasses a myriad of experiences ranging from very subtle, almost invisible moments of nervousness to the most extreme fears, such as *panic attacks, social anxiety, PTSD, OCD* etc., that have the power to inhibit our day to day functioning in very significant ways.



No matter where you find yourself on this scale there is a way to help yourself get back to your core stability and re-define yourself in a way that is best for you and best for all

determined

integrity

vision

relaxation

self-expression



tranquility

clarity

strength

peaceful

The Origins of Fear & Anxiety

- Panic attacks
- Social anxiety
- Phobias
- Obsessive compulsive disorders
- Anxiety about health
- Post traumatic stress disorder



These are all emotional, **energetically charged**, states of being which have been created, either through one specific event (1) or a repetitive conditioning over time (1+1+1+1+1) where 1 = a moment. If we take panic attacks, for example, these will be more an accumulation of many moments that culminate into an overwhelming energetic experience of a panic attack, while PTSD on the other hand can develop from one very intense traumatic experience that imprints on a deep level.

Hereditary factors also play a major role in this process. This determines our susceptibility to certain patterns which we either activate or not in our personal life.

A very common origin of fear and anxiety appears to arise from **suppression**. This happens either through our unwillingness to face the dis-ease as we keep “shrugging things under the carpet”, or through lack of resources such as our lack of education or financial means to receive effective support. Now because we are not dealing with our issues it does not mean that they go away, quite the opposite, they become bigger as they keep piling in the “basement” of our being and naturally this can become a good ground for fear and anxiety to grow.

Unfortunately another frequent source of suppression comes from our conventional medical system, which more often than not addresses only the end result/the outer manifestation of disease without addressing the origin/the source of the malady in this way suppressing the symptoms and driving the disease into deeper layers of the body, where more vitals organs become involved. Eventually this starts affecting our mental capacity in a significant way giving thus another “valid” reason for fear and anxiety to proliferate.

In light of all this the suggestion is rather simple – we have to claim back the responsibility for our own health, to establish self-authority through understanding and awareness. The necessary knowledge and tools are available and accessible to everyone. So let’s continue...



ARVYDAS PLATAKIS
licensed homeopath nvkh

Symptoms of Fear and Anxiety

Let's consider the variety of possible symptoms and manifestations that fear and anxiety can be either a cause or an effect of. This all depends on individual tendencies and patterns, thus it is important to develop self-awareness and the understanding of how we function, what are our triggers, our strengths and weaknesses etc. With this understanding change is one step closer.

1. Excessive worry
2. Panic attacks
3. Sense of dread
4. Performance fear
5. Nervous anticipation
6. Feeling self-conscious
7. Fear of failure
8. Lack of confidence
9. Self-doubt
10. Indecisiveness
11. Fears and phobias
12. Restlessness
13. Inability to relax or switch off
14. Difficulty concentrating and staying focused
15. Fear of social situations
16. Fear of leaving the house
17. Fear of crowds
18. Fear of public places
19. Fear of eating in public
20. Fear of embarrassment or humiliation
21. Claustrophobia
22. Agoraphobia
23. Depression
24. Insomnia
25. Nightmares or night terrors
26. Palpitations
27. Weight gain or weight loss
28. Headaches
29. Digestive issues
30. Stomach pain
31. Constipation or diarrhoea
32. Sweating
33. Trembling
34. Blushing
35. Teeth grinding
36. Clenched jaws
37. Muscle tension and aches
38. Recurrent infections and illnesses
39. Low energy
40. Confusion
- And the list continues...

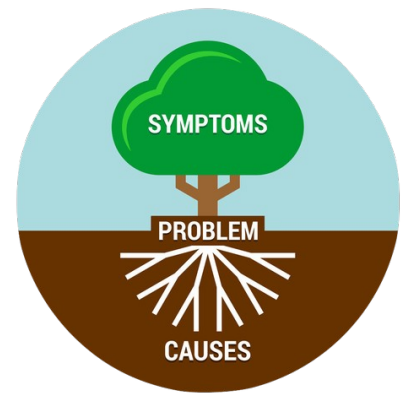
Homeopathy, in order to be effective, goes into great detail considering not only the various forms of fear and anxiety but also various modalities such as: when do we access these states, is there anything that makes it better or worse, are there any associations with the physical pains/sensations, what or who can trigger these reaction and much more

Homeopathic Approach

Homeopathy functions on a premise that fear and anxiety affects the whole being. The understanding is that body and mind are intimately interconnected and thus every physical, behavioral, mental or emotional manifestation/symptom is important to be considered for a truly effective resolution. It does not work based on “one pill fits it all” methodology. Every person is unique and has to be treated as such.

The philosophy of homeopathy aims to address the root causes of disease, in contrast to the traditional approach of treating symptoms. Unfortunately, profit-driven motives have become pervasive in the medical industry. As a result, there is a widespread belief that curing diseases is not as profitable as managing them, which has led to the proliferation of underlying diseases and more severe manifestations.

This has created a critical need to re-evaluate our approach to healthcare and prioritize patient well-being over financial gain.



It's very easy to become angry and even hopeless when seeing the reality of the systems we have accepted and have allowed to manage our lives, painfully realizing that they don't have our best interest at hand, but that is only because we are not recognizing the existing alternatives. Homeopathy is one of them. It is truly amazing that homeopathy has been here for over 200 years with an amazing record of success, with extremely intelligent and brave people standing behind it, but still we have allowed ourselves to get fooled by skeptics who claimed that homeopathy is not a valid or is not a worthy system of medicine. How far from the truth that is.

According to recent trials, people suffering from anxiety, depression, social phobia or panic disorder found that Homeopathy was just as effective at reducing nervousness and anxiety disorders as strong medications like diazepam (Valium) and benzodiazepine (Lorazepam or Ativan). Unlike medical drugs, however, Homeopathy, doesn't carry the dangerous risks of addiction and other harmful side effects. (1.) (2.) (3.)

TOP 6 remedies for fear and anxiety



There are over 5000 homeopathic remedies currently available for homeopaths. Remedies that are used the most are called **polychrests** and the number of those is much smaller, somewhere around 50 remedies.

These polychrests have been around for over 200 years and in this time more and more understanding has been added on their use and application. This is thus the core of homeopathy.

These remedies are extremely safe to use, even for babies and pets, there are no side effects that we often see from traditional medications, and is FDA regulated.

There was a time in history when women kept in their drawers a number of homeopathic remedies and relied on them for many common illnesses and emergencies. Over time this responsibility for health has shifted more and more to the doctor and now we see the consequence of that. So it's perhaps time to reclaim some of that responsibility. It's not a giant task and it can easily be acquired by taking small steps.



In the following pages we will venture into a few of the remedies known to assist those afflicted with fear and anxiety. Thus... a few remedies into the drawer :)

TOP 6 remedies for fear and anxiety



ACONITE

- * Panic attacks
- * Fear of impending death
- * Suddenness of symptoms
- * Restlessness
- * Ailments from fright
- * Strong fever



Aconitum
Napellus
(Acon.)

"My heart is disquieted within me: and the fear of death is fallen upon me"

"Fearfulness and trembling are come upon me: and an horrible dread hath overwhelmed me"

This remedy is growing in popularity these days, and not without a cause, because this world is becoming more and more unpredictable, we are being shaken by every possible calamity from within and without, panic all over. And there being no end in sight it's probably a good idea to equip ourselves with every possible tool we can find to assist ourselves or others when that time calls. Thus I invite you for a moment to make acquaintance with this useful remedy made from a highly toxic plant. But don't be alarmed when it's prepared homeopathically it's completely harmless.

Aconite sounds a bit like dynamite. It's handy to make this association because Aconite has this explosive nature where the symptoms come suddenly and with great force. Whether it's an inner experience like a panic attack without any apparent reason or some outside event that has shaken one deeply, or even waking up after an intense nightmare there is this great unsettling sensation that remains. It causes great anxiety and fear, some people going as far as predicting their time or situation of death while being in this state of fright.

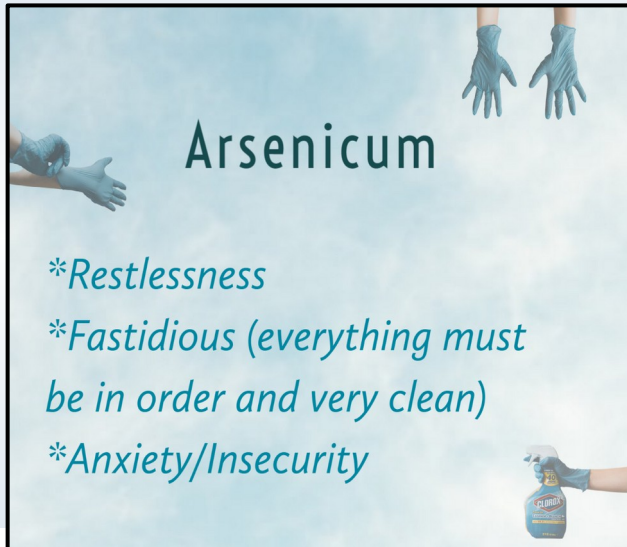
In Greece, for example, they used this remedy after an earthquake and it was handed out freely to all the people in order to deal with the aftereffects of such a stressful event to calm down the inner storms.

There are of course many more indications for the use of this remedy. Just like most other remedies the total number of possible symptoms reach multiple thousands but also like each remedy there are some key points that can easily be remembered.



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licensed homeopath nvkh

TOP 6 remedies for fear and anxiety



Arsenicum Album (Ars.)

ANXIETY - PANIC ATTACKS – HEALTH – SECURITY – PERFECTIONIST
TENDENCIES - CONTROL – ORDER - COMPULSIVE – RECHECKING EVERYTHING -
WASHING HANDS - FEAR OF DYING

With all prescriptions in homeopathy we require multiple points to match the person. So if we are looking at someone needing Arsenicum we would expect, for example, someone who is restless with anxiety, is trying to maintain order and/or cleanliness as if life depends on such habits, a perfectionist, often being rather critical of other people or self.

In terms of the anxiety it will often be related to their health, also fear of poverty or things concerning financial matters in general. If the anxiety has been lingering for a while there might be already some despair about their ability to recover.

On the physical level we can see quite a bit of heat or burning sensations and thus they like some cold applications or cold drinks which makes them feel a little better.

Painful sense of anxiety gnawing in the pit of the stomach or sitting heavily on the chest can be present, digestive problems, asthma attacks brought on by anxiety, insomnia, deep fears of dying or a profound fear of being alone or being robbed.

So when choosing this remedy we would like some of these symptoms to be present. At least 3 is usually a relatively stable foundation.



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TOP 6 remedies for fear and anxiety

Argentum Nitricum

- Anticipation anxiety
- Claustrophobia/Agoraphobia
- Anxiety about health and death
- What if... fears
- Restless & Impulsive



Argentum Nitricum (Arg-n.)

Looking at general characteristics – these people are open/extroverts and impulsive people. They tend to speak out in an impulsive way, they have the impulse to do things that they should not, that are dangerous (such as: what will happen if I stick my finger in the plug? how will it feel falling from this bridge?)

Especially indicated when having strong anxiety, possibly to the point of panic attack in an anticipation of any important event.

Fear related to spaces – open, closed, narrow spaces. When entering new space might look around to make sure they know where are the exits just in case.

Here it's interesting to note the existing polarity of this remedy, where on the one hand they will act impulsively and on the other hand they will fear taking any action by constantly using "what if...?" fears. Such polarity has been found in many remedies.

On the physical level these people will usually be warm blooded and also aggravated by warmth. Diarrhea which is mostly related with anticipation anxiety. Craving for sugar is observed which if they do indulge makes them feel worse – this can lead to diarrhea due to it's stimulating/exciting effect. Thus we see this underlying theme of being excited and not being able to handle that state very well.



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TOP 6 remedies for fear and anxiety



Phosphorus (Phos.)

Just like the phosphorus element the individual who will benefit from this remedy is rather easy to spot due to its shining and sparkling nature. It will be a very sweet individual, the one that it's pleasant to be around, they have a sort of magnetism to them and many will seek their company. Friendships come easy to them. They are also very impressionable beings which means they are influenced and swayed rather easy by their surroundings and saying "No" to others comes with great difficulty.

Being open, vulnerable, impressionable and not being able to say no to others leads to a warped perception of self, like there is no boundary between them and the outside world. They get easily affected by external stimuli to the point where, for example, they would not be able to see a beggar on the street without being extremely affected by it, or an animal that is being abused, even if that is in the movie setting.

So slowly they start losing themselves in the outside world from where thus the fear of insanity is a marked feature in this remedy. Also panic attacks might start to develop. A sense that something is about to happen haunts them. They will desire company to be reassured.

On the physical level we might see the increased blood flow during menses, epistaxis. Respiratory system affections. Unquenchable thirst for cold drinks. Increased sexual desire. Burning pains.



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TOP 6 remedies for fear and anxiety

Natrum Muriaticum

- Silent grief
- Social anxiety
- Fear of rejection
- Fear of being ridiculed
- Suppressed emotions



Natrum Muriaticum (Nat-m.)

This remedy is made from common table salt. It's difficult to expect any curative function from this substance yet over time it has proved itself to be invaluable remedy when it is prepared homeopathically.

If we look at one of the functions of salt it is to act as a preservative reducing the water activity in foods. The same happens in the individual who will require this substance – they hold on to their hurts, their disappointments, grief. It is suppressed and preserved within. None of this will be shown to others, it's properly controlled, well at least to the point where it becomes too much and it simply starts erupting.

There is great fear of losing that control, of having the emotions come out, as they try hopelessly to hold everything inside. There might be some memories of these awkward moments where the emotions did come out and this will serve as even bigger motivation to suppress it all inside. Thus a vicious cycle.

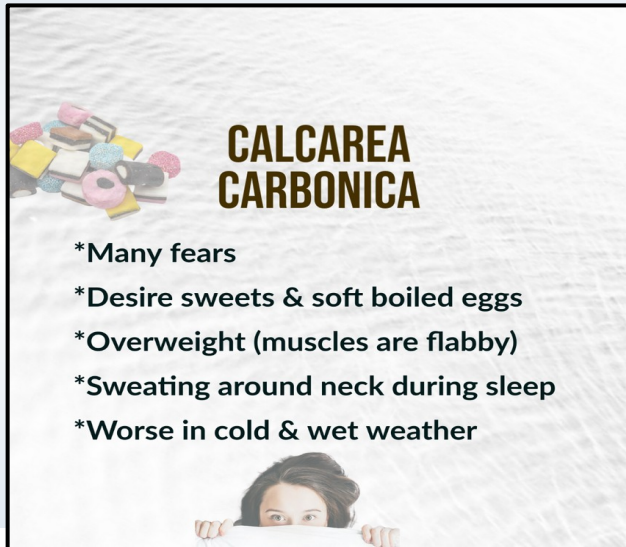
Normally will be very thirsty, and here again we see how it connects with the property of salt and how it reduce the water. All this preservation requires absence of water. Thus there is dryness on many levels.

On a physical level we can expect many symptoms including hammering headaches, back pain, skin problems, insomnia etc.



ARVDAS PLATAKIS
licensed homeopath nvkh

TOP 6 remedies for fear and anxiety



Calcarea Carbonica (Calc.)

This remedy has numerous fears: high places, dogs, rats, health, cancer, dark, ghosts but a prevailing one is – **fear of insanity**. Frequently this state could be brought through overworking. These are hard working and practical people that undertake many responsibilities.

Once they find themselves in a dis-eased state they might go into despair of being able to recover from it.

Stubbornness is a marked quality.

There is also a state of great WEAKNESS; mental exhaustion. Becomes very tired from mental work. Full of anxiety. Tired mentally and tired physically, from mental work and breaks down in a sweat, and becomes excited, irritable, and disturbed.

Great disturbance of the emotions; complaints lasting for days and weeks from excitement of the emotions; from worrying, from vexation, or a general emotional disturbance.

"Inability to apply himself." And this is where the perception comes that they are moving towards some form of insanity. They will brood over it, imagine that people are already noticing it. Really overthinking things.

On the physical level we often observe perspiration during sleep, coldness of extremities esp. feet, will wear socks at night, brittle soft nails etc.



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Guidelines

How to take a remedy

Remedies are usually taken as dry pellets under the tongue or mixed in a glass of water. 1 to 3 pellets can be taken at once just to be sure. The number of pellets taken at each dose is not as important as the frequency of repetition or the potency.

What potency to use

The potency of the remedy indicates how far diluted is the homeopathic remedy from its original form. In homeopathy the more diluted the remedy is the higher the potency becomes. The potency for beginners that is considered to be the safest is **30C**. This potency is also most readily available in homeopathic pharmacies.

How often to repeat the dose

The repetition of the remedy depends on many factors and can be rather intricate process to determine in some cases, but as a general rule if we have an intense acute condition we are justified to repeat the remedy frequently, up to every half hour. If the condition gets worse then it's best to stop and contact a professional.

In less urgent cases the remedies should be repeated as little as possible. As a general rule you can repeat every other day, but if there is any reaction whatsoever it's best to stop the remedy and allow the body to do what it has to do. If you feel at some point that you could benefit from another dose go for it. Don't be afraid to experiment a bit and trust your intuition, many times I have seen that people are quite in tune with their sensations when it comes to this. I have to admit though that this was not a very successful tactic with male patients. They seem to be a bit too impatient. So, guys be more patient :)

Care of the remedies

Homeopathic remedies are remarkably stable and retain their therapeutic properties for extended periods if properly cared for. Remedies should be kept in sealed containers away from strong odors, direct sunlight, excessive heat, and microwave. Many common household appliances generate large electromagnetic fields, so remedies should not be stored near these. Ignore the expiry date, they just want your money :)

Work with me

I am a fully licensed Homeopath living and working in Amsterdam, Netherlands.

I began my journey with homeopathy in 2010. Every year since then my interest and passion is growing and I am extremely happy to finally share and apply my knowledge to help those in need, the same way that I helped myself and those around me.



As you can see it's not such a big step to start applying homeopathy by yourself. Yes, there might be some trials and errors initially but usually there is always something one can learn about themselves in the process. I love to see the empowerment that comes from this.

Sometimes, however, the diseases that afflict us are somewhat deeper and require a more intricate process to be worked through. This is where I am offering my assistance.

I offer consultations worldwide via Zoom Video Calls or in my office in Amsterdam, Netherlands. My clients come from all over the globe so no need to worry if you live further away.

Based on experience I found that quite a few people I work with become also interested in homeopathy as a whole in terms of philosophy behind it and the detail of how it works. Because of this I began to offer a weekly chat session where we go in a deeper analysis and understanding. Fun stuff.

Book Your Session Here

BOOK NOW

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