

Homeopathy for Dealing with Harvey

August 31, 2017

Times of crisis remind us of the importance of daily care for ourselves and that we avail ourselves of our wonderful homeopathic medicines. We think about remedies for you, your family, friends and others after this unprecedented disaster. There are many who are afraid and do not know what the future will bring. There are people who can be suffering from dehydration and insomnia. Some people can be having flashbacks from living through previous storms. Some people will be devastated upon returning to their water damaged homes for the first time.

[Aconitum Napellus](#) (or Monkshood) - The simillimum, that is the main remedy with the characteristic symptoms that seems to most match the characteristics of the people (and pets) during this disaster is Aconite. In large doses Aconite is toxic and can cause (and therefore cure in small homeopathic doses) **a state of fear, anguish and restlessness**. It is a state of fear such that some feel that their death is not just a possibility, but a certainty. This can occur in a disaster when faced with sudden, intense life-threatening situations. For example, some people climbed on their roofs to escape flood waters and to be seen and rescued by helicopters. Others left their homes by boat or waded through water on foot.

People who need Aconite can be in a state of panic, unable to focus and unable to act. They can have a terrified expression and inconsolable anxiety. They fear something bad is going to happen. They can have palpitations and shortness of breath. They can be sleepless from fear or panic. Aconite can reduce the chance or effects of shock. It is also indicated for persons after a traumatic event, often long after. Aconite releases the fear and shock from frights and restores calm. It takes them out of the anxious fight or flight state. Aconite is readily available in 30C and in 200C in some places.

Also do not forget about [Arnica](#) and other First Aid Remedies if needed.

[Rescue Remedy](#) -Dr. Bach's most famous Flower Essence formula, Rescue Remedy, is also an excellent choice for natural stress relief for people and pets at times like these. Rescue Remedy is a combination of Rock Rose, Clematis, Impatiens, Cherry Plum and Star of Bethlehem. It works by encouraging the body's healing process through restoring emotional balance and clarity.

[Kali-Phosphoricum \(Kali-Phos\)](#) 6x cell salt- It is great in assisting the body when nerve and brain symptoms arise. It has fear, nervousness, insomnia, diminished activity of neurons, thinking capacity decreased, and loss of self-confidence. It is worse from worry and excitement.