

Forgiveness is Enhanced with Homeopathy

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Almost everyone has been hurt by the actions or words of another. The wounds can leave lasting feelings of anger, bitterness, and even vengeance. Negative feelings can crowd out positive feelings. One may feel swallowed up by bitterness.



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Evidence is mounting that holding on to grudges and bitterness results in long-term health problems such as depression, anxiety, difficulty concentrating, sleep problems, high blood pressure, and digestion issues.

Forgiving a Person Doesn't Mean Excusing Their Actions

Forgiveness is a decision to let go of resentment and thoughts of revenge. It doesn't minimize or justify the wrong. Letting go of grudges and bitterness makes way for compassion, kindness, and peace that help one go on with life.

Letting go of past hurts is easier said than done. One doesn't often realize that they are coming from a place of resentment or a sense of injustice, especially when the hurt is expressed as a physical symptom such as asthma or migraines.

Homeopathy Helps Heal the Hurt and Heart

Homeopathy is a system of integrative healthcare using natural remedies that work very deeply, unlocking trapped emotion. Here are examples of how a few remedies can help heal:

Ammonium muriaticum can help women who have suffered a painful divorce and now prefer to be alone without a partner, feeling unprotected, resentful, and bitter.

Adamas, or white diamond, goes a long way to help restore a sense of self, identity, or purpose. Maybe they have hit a crossroad or just don't know how

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(see reverse)

much they are valued. They can feel worthless, invisible or even betrayed. There might be a pattern of repeated broken engagements.

Thuja occidentalis is a remedy made from the bark of a certain kind of cedar tree. Thuja is usually indicated when there is extreme guilt. They need to be liked and try hard to fit in often mimicking their idol. Deep down they feel as if they are unlovable or that they are some how ugly inside. They can be prone to warts or have thickened, misshapen toenails.

Arnica Montana can help after a shock. A person needing Arnica will insist there is nothing wrong. of family systems therapy and integrates ancestor reverence of the South African Zulus.

Healing Begins From the Inside Out. .. Subtle ... Profoundst

I have had many clients come to me who have done a lot of hard work to help themselves heal past trauma. They genuinely feel they are no longer burdened by past hurts. The problems they seek resolution for seemingly have nothing to do with past events.

When given the correct remedy they may surprisingly revisit that event either by memory, emotions, or dreams. It is as if the remedy has helped unlock and set free that last little bit hidden deep inside. Once this happens it is amazing how quickly their health problems resolve.

Homeopathic remedies are safe and are made in FDA approved pharmacies. It is ok to try out one or two that most match your symptoms. There are 1000's of homeopathic remedies to choose from. When working with emotional trauma it is best to work with a certified homeopath.

Sources:

Nov. 21,2009, Mayo Foundation for Medical Education and Research
Emotional Healing with Homeopathy, Peter Chappell, 2003 Svstemic Constellations,

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HOMEOPATHIC WOMEN'S WELLNESS PACKAGES OFFERED



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- Understanding and Regulating Symptoms Associated with Menopause
- Improving Thyroid Health
- Reducing/Eliminating Fibroids
- **And More**

Call Myra Nissen, CCH, RSHom(NA), Board Certified Classical Homeopath, at 925.826.3858 to schedule a wellness assessment. See what Homeopathy can do for you.

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