

HOMEOPATHY FOR THE WHOLE FAMILY

A QUICK-GUIDE TO SUPPORTING BIG FEELINGS NATURALLY



CHE The Centre for Homeopathic Education

PIN TO YOUR FRIDGE OR POP IN YOUR MEDICINE DRAWER!

GRIEF & SADNESS

Ignatia – Fresh grief, sighing, mood swings, tearful but trying to hold it in

Nat Mur – Silent grief, doesn't want comfort, cries alone

Phos Acid – Deep tiredness after shock or loss, spaced out, low energy

ANXIETY & WORRY

Aconite – Panic or sudden fear, esp. at night or before events

Arg Nit – “What if?” thoughts, nerves with diarrhea/restlessness

Gelsemium – Frozen with fear, shaky, weak before performances/tests

IRRITABILITY & ANGER

Chamomilla – Cranky, can't be pleased, teething/overtired

Nux Vomica – Overworked, snappy, stressed and tense

Cina – Defiant, “wild”, hates touch, explosive behaviour

CLINGINESS & SEPARATION

Pulsatilla – Needs cuddles/company, better with fresh air

Calc Carb – Shy, cautious, fears being alone

Baryta Carb – Very shy, fearful in groups, delayed confidence

OVERWHELM & SENSORY OVERLOAD

Phosphorus – Noise/light sensitive, craves company but tires fast

Belladonna – Sudden intense meltdowns, heat, flushed face

Silica – Withdraws, shy, emotionally sensitive

TIPS

Keep your kit handy – Remedies work best when taken at the first signs

Trust your instincts – Match the state, not just the symptom

NEED A GUIDE?

Try **Homeopathy at Home** by **Marcus Fernandez** – easy to use, beginner-friendly, and packed with practical guidance for parents and home prescribers. A brilliant companion to your homeopathy kit!

Scan the QR code to get your copy!

