



**new path homeopathy**

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### **13TH OCTOBER 2009 – HALLOWEEN HORRORS: REMEDIES FOR COMMON FEARS AND PHOBIAS**

Halloween is nearly upon us again, but did you know that for 2.5 million people in the UK, spine tingling terror is not only reserved for October 31st? Accordingly to statistics, 1 in 23 of us suffer from phobia.

A phobia is an anxiety disorder in which you feel intense fear of a particular object or situation. Common symptoms of phobia include:

- Breathlessness
- Palpitations/chest pain or pressure
- A sense of suffocation/drowning
- Dizziness/vertigo
- "Air head" – a sense of detachment from reality
- Tingling sensations in parts of the body
- Waves of heat/cold
- Sweating
- Dry mouth
- Fainting feeling
- Trembling/shaking
- Fear of losing control/going mad

Not a nice way to feel. But help is at hand: as a holistic therapy, homeopathy can work extremely well for problems that have their origins in the mind and the emotions. In fact, homeopathy has a long tradition of recording remedies for some very specific fears – over 400 are listed.

For long-standing and deep-seated phobias, longer-term constitutional treatment may be required from a qualified homeopath, but here are some remedies that can help with acute attacks of some of the most common phobias:

#### ***Brontophobia – Fear of thunder and lightning - Phosphorus***

This is a common phobia for many children, and for some people it can also carry through into adulthood. People needing Phosphorus are usually quite happy, gregarious people, but they can be terribly startled by loud, sudden noises, so thunderstorms really do distress them.

The Phosphorus patient will definitely need reassurance, as they have vivid imaginations and tend to worry about the slightest thing once they become anxious. However, a keynote for the remedy is that they can be placated if you yourself stay calm.

This remedy can also be very helpful to use with pets who are spooked by thunderstorms.





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***Acrophobia – Fear of heights – Arg Nit***

If you've seen Hitchcock's classic 'Vertigo', you'll know that a real phobia of heights can be very distressing. If you are one of those people for whom the very sight of a tall building can make you giddy, then Arg Nit is likely to be the remedy for you.

Arg Nit covers the classic acrophobia picture of anticipation, apprehension and fear brought on by being at height, or even from being close to tall buildings which may seem to close in on you as you look at them. Anxiety, dizziness and even staggering can ensue, and once a certain point is reached, the person can go no further because of their fear.

Interestingly, for a person needing Arg Nit for an acute acrophobic attack, their fear may actually stem from a strange impulse to jump.

***Emetophobia – Fear of vomiting – Arsen Alb***

This is a phobia that I see more and more of all the time. Although it occurs in both men and women, many women in particular can develop an intense fear of vomiting during pregnancy.

If the very idea of being sick fills you with dread, the remedy to go for is Arsen Alb. You may remember that we've already discussed this remedy as an essential to treat food poisoning and upset stomach. In an Arsen Alb state, all of the symptoms go to the stomach and bowels. People become very agitated, anxious and restless, and alternate between wanting to vomit and wanting to dash to the loo. Sometimes both occur simultaneously.

People who would benefit from Arsen Alb usually really want to be in control, and it can be the feeling of the body being out of control that creates the distress around vomiting.

***Claustrophobia – Fear of confined spaces – Lycopodium***

People who suffer from claustrophobia are fearful of closed and narrow spaces. Entering areas such as tunnels, lifts and basements can cause real problems for them, causing intense anxiety and a feeling of needing to get out.

As a remedy, Lycopodium has a strong affinity with the solar plexus, which in holistic medicine is strongly associated with issues around confidence and personal power. This could be why it offers valuable support to sufferers of claustrophobia - helping to allay feelings of helplessness and loss of confidence and personal power when they find themselves in places which make them feel trapped, hemmed in and in danger.





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***Aerophobia – Fear of flying - Gelsemium***

Gelsemium is a great remedy for people who get a really nasty attack of aerophobia before flying, or simply at the thought of flying. This kind of anxiety can be quite paralysing, and can definitely be bad enough that people are not able to step foot on board a plane.

The keynote with Gelsemium in this instance is that the phobic attack will be accompanied by shaking or shivering – sometimes quite uncontrollably. Emotionally, you'll feel like you just want to be curled up in a ball to escape the situation.

***Agoraphobia – Fear of open spaces - Aconite***

The literal meaning of the Greek term Agoraphobia is 'fear of the marketplace', which perfectly demonstrates this phobia of open spaces. People who suffer from agoraphobia can experience varying levels of discomfort in public places, when driving on open roads, in open spaces and crowds, and even on leaving the house.

Aconite is specifically indicated for attacks of agoraphobia which cause restlessness, trembling, exhaustion and palpitations with a rapid, hard pulse. As it is also a first line remedy for shock and trauma, it can also be very effective for agoraphobia which comes on after an experience which caused severe fear and anxiety, such as a serious accident or violent event. The main emotion which carries forward is a subconscious fear and foreboding of something bad happening, or even of the death of yourself or a loved one.

***Where to buy these remedies and how to take them***

All the remedies mentioned here are available from good local pharmacies and health food shops who carry a homeopathic range.

For acute symptoms with a rapid onset and short duration, give the remedy every few minutes, stopping once you see an improvement.

If you give more than 3 doses of a remedy and nothing happens – this is a sign that it's not the right one for the particular symptoms. Look back over the keynotes and pick another one, or consult a registered homeopath for further advice and treatment.

Home use remedy kits for common ailments and first-aid are also available from Janine Whitfield MLCHom, MARH at New Path Homeopathy – visit [www.newpathhomeopathy.com](http://www.newpathhomeopathy.com) for more information.

