

# Miranda Castro's Homeopathic Guide to **STRESS**

Safe and effective  
natural ways to alleviate  
physical and emotional stress

- Anxiety ■ Guilt ■ Shame ■ Depression ■ Loss ■ Illness and injury
- Negative effects of the environment ■ Children's concerns



# Homeopathic Guide To Stress

**Robert W. Ullman, Judyth Reichenberg-  
Ullman**



## **Homeopathic Guide To Stress:**

**Homeopathic Guide to Stress** Miranda Castro, 2015-02-03 Homeopathic Guide to Stress is a book by Miranda Castro Topics include Anxiety guilt depression loss illness and injury negative effects of the environment children s concerns and much more *Homeopathic Guide to Stress* Miranda Castro, 1999-11 Presents inexpensive easy to use ways to self treat the symptoms of stress to handle its causes Offers an introduction to homeopathy with a focus on stress For more than 4 dozen emotional states or physical causes of stress Castro suggests several homeopathic treatments with clear instructions on how to choose the most appropriate solution Describes each remedy in detail gives a clear picture of who should use the remedy how why Topics anxiety guilt shame depression loss illness injury negative effects of the environment children s concerns Case studies practical advice on avoiding dealing with stress **The Patient's Guide to Homeopathic Medicine** Robert W. Ullman, Judyth Reichenberg-Ullman, 2005-07 This book explains the process of homeopathic treatment from the patient s point of view It provides everything a patient needs to know to make the most of their homeopathic treatment The book discusses what homeopathy is and how it works the homeopathic interview the medicines and the course of treatment and provides definitive answers for the many questions that patients ask about homeopathy **An Herbal Guide to Stress Relief** David Hoffmann, 1991-06-01 David Hoffmann widely respected herbalist and author of Medical Herbalism looks at stress and anxiety from a holistic perspective and shows how a wide variety of natural treatments can be used in alleviating the physical and mental problems caused by the stress of modern living He also offers advice on the use of herbs in recovery from chemical dependencies and provides a therapeutic index dealing with stress related diseases **Homeopathy: The Great Riddle** Richard Grossinger, 2012-12-18 This is a wonderfully succinct book which sets forth the history essence and methodology of homeopathy The book is well organized in 5 major sections There is a very thorough overview of the precepts and tenets of the practice its historical origins a detailed and well covered biography of Samuel Hahnemann and a review of the politics of the allopathy v homeopathy debate It is further embellished with copious annotations an appendix with an actual case history and a very fine reference for homeopathic resources such as organizations suppliers and other texts covering a variety of related topics Call it a perfect Homeopathy 101 text if you will the author makes a very even handed presentation of the material including the politics of medicine as they have evolved in the USA over the past century

Alternative Medicine Resource Guide Francine Feuerman, Marsha J. Handel, 1997 Contains information on resources and publications in the general field of alternative medicine and thirty two specific modalities **Family Homeopathic Guide** Dr. S. K. Sharma, 2003 Everybody's Guide to Homeopathic Medicines Stephen Cummings, 1997-03-10 The third revised edition of the most popular family homeopathic guidebook in the world Everybody s Guide to Homeopathic Medicines teaches step by step how to select the correct homeopathic remedy for numerous common ailments and injuries It also tells you when medical care is necessary and when it is safe to use homeopathy yourself Homeopathy is a natural safe inexpensive and

highly effective complement and alternative to conventional medicine By triggering the body's own self healing abilities homeopathic remedies effectively treat everyday ailments including acute and chronic symptoms of mind and body Everybody's Guide to Homeopathic Medicines provides clear and comprehensive information on homeopathic remedies for quick relief from colds headaches allergies children's illnesses PMS and many other common ailments Written by a physician together with the leading homeopathic educator in America this revised edition of Everybody's Guide to Homeopathic Medicines offers the most detailed and comprehensive information available on the increasingly popular practice of homeopathy THIS ESSENTIAL BOOK INCLUDES ADVICE ON HOW TO SPEED THE BODY'S OWN HEALING PROCESS STRENGTHEN YOUR IMMUNE SYSTEM INDIVIDUALIZE HOMEOPATHIC TREATMENT DIFFERENTIATE BETWEEN ONE HOMEOPATHIC REMEDY AND ANOTHER OBTAIN THE APPROPRIATE HOMEOPATHIC MEDICINE EASILY AND QUICKLY GAIN ACCESS TO LEADING HOMEOPATHIC ORGANIZATIONS AND RESOURCES More than 250 000 consumers have already found Everybody's Guide to Homeopathic Medicines informative and invaluable It is the one medical guide that every family should have

*A Woman's Complete Guide to Natural Health* Lynne Paige Walker, Ellen Hodgson Brown, 2003 A guide to natural healing for women describes 130 treatments for a variety of disorders and diseases

The Complete Idiot's Guide to Homeopathy David Sollars, 2001 Provides information about homeopathic medicine including what it is how it works what it can be used for how to incorporate it into conventional treatment programs and how to find a homeopath

**The Encyclopedia of Stress and Stress-Related Diseases, Second Edition** Ada P. Kahn, 2006 Presents information on stresses in the environment their causes effects and possible ways to minimize or eliminate them

Easy Guide to Meditation Rekha Kale, 2005-12

Illustrated Guide to Homoeopathic Treatment H.S. Khaneja, 2004-06 This Is A Quick And Reliable Handbook To Assist The Practitioner Of Homoeopathy With The Task Of Individualizing Cases Since It Is Organized By Diseases And Symptoms The Case Takes Can Compare The Totality Of Symptoms With Remedies

**Stress** Clarke M. Ivanich, 2002 Stress seems to be an affliction common to almost everyone living in the 21st century except perhaps a few inhabitants of some far off islands untouched by modern society But what is it And more importantly what is there we can do about it Some research says we need it but this seems hard to believe Other research no less believable says we don't need it but we can manage it About the only thing about stress that seems certain is that there is a lot of it around and that the less of it that lands on a person the better This book gathers new and important citations from both the journal and the book literature and provides access through author subject and title indexes

**A Practical Guide to Homeopathic Treatment** Myron H. Adams, 1913

Easy Guide To Peace Of Mind Rekha Kale,

**Your Natural Medicine Cabinet** Burke Lennihan, 2012-07-31 CNS New York Times bestselling author of The Fat Flush Plan Your Natural Medicine Cabinet features the most important and up to date information for healing nearly 200 common ailments using the most effective fastest acting and affordable natural remedies available today Its concise user friendly format is ideal for overworked moms stressed

out dads and anyone interested in simple natural drug free alternatives for themselves and their children This hip easy to understand A to Z guide provides best practices for the speedy and effective treatment of key health problems You will learn how to save money on health care safely treat yourself and your family and enhance your overall health and energy with supplements superfoods homeopathics cell salts and flower essences The author also recommends related books and web based resources carefully researched for your further in depth study She outlines healthy foods to eat and those to avoid shares effective energy based exercises and shows when craniosacral and chiropractic techniques are an effective adjunct to her recommended treatments Your Natural Medicine Cabinet is an indispensable health resource that you can refer to time and time again     **Exercise Management Guide** Dr. Rajiv Sharma,2005     [Everybody's Guide to Homeopathic Medicines](#) Stephen Cummings (M.D.),Dana Ullman,1984     **The Natural Pharmacy Product Guide** Richard Israel,1991 Explains the principles of natural health care remedies examines the various approaches to holistic healing and looks at over 125 of the most popular and effective brand name products for treating a wide range of common ailments

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