



HOMEOPATHY FOR **Back to School**

Going back to school brings up all kinds of emotions for student and parents. This year, as many kids head back into the classroom after virtual learning, families may need extra support adjusting back into “normal” routines. Reuniting with friends, teachers or starting a new school also creates stress. Whatever the cause, the following homeopathic remedies can be year round support for your family.

Homeopathic Remedies for Back to School



Refer to the table for short-lived concerns. For longer lasting issues, please consult a professional homeopath.

ACONITUM NAPELLUS Useful at the beginning of an illness especially after being out in dry, cold wind or when symptoms come on suddenly. Supportive for sudden fear or panic after a stressful event.

ARNICA MONTANA First aid remedy for bumps, bruises, strains from injury or overwork. After an injury, wants to be left alone.

ARSENICUM ALBUM Stomach issues related to food poisoning including vomiting and diarrhea at the same time. Anxiety about health with restlessness and burning pains. Wake up between midnight-2am because of anxiety or restlessness.

CALCAREA PHOSPHORICA Headaches or stomachaches during school. Feel overwhelmed by the demands of school work. Dissatisfied and bored personalities that complain or whine. Supportive for growing pains.

GELSEMIUM SEMPERVIRENS Going back to school can feel overwhelming and exhausting. Anxiety from anticipation of exams, speaking or performing in public. Useful for flu symptoms with dizziness, dullness and exhaustion.

KALI PHOSPHORICA Supportive for overworked students after studying for an exam or extended periods of stress. Headaches and mental exhaustion or dullness from lack of sleep.

LYCOPodium CLAVATUM Digestive upsets including gas and bloating. Strong craving for sweets. Symptoms are often right-sided and feel better with warmth. Experience doubt or insecurity at school but domineering at home.

NUX VOMICA Overindulgence in work, food, drink or activities. Supportive for competitive, ambitious, irritable and impatient personalities. Stomach cramps or indigestion worse eating spicy foods. Sleep issues caused by busy mind.

PULSATILLA Highly changeable moods alternating between sweet and irritable. Feel better with others and love attention and affection. Lack of thirst and feel better outside.

SILICEA Shy students who may have trouble adjusting to the new routine. Tremendous anxiety before an exam. Get sick often. Tire easily and lack stamina.



Dosage

Dose chosen remedy every three hours or as needed based on the severity of the symptoms up to 4 doses per day. If after 3 doses, there is no improvement, change to a different remedy. If the remedy is helping, take a dose if there is a return of symptoms.

References used: *Desktop Guide to Keynotes and Confirmatory Symptoms* by Roger Morrison, M.D., *Homeopathic Self-Care The Quick & Easy Guide for the Whole Family* by Robert Ullman, N.D. and Judyth Reichenberg-Ullman, N.D. and *Everybody's Guide to Homeopathic Medicines* by Stephen Cummings, M.D., and Dana Ullman, MPH

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