



# LEARN HOMEOPATHY NOW

▲ Education in Homeopathy and Bach Essences



## LEARN HOMEOPATHY NOW

▲ Education in Homeopathy and Bach Essences

## GETTING THROUGH GRIEF REMEDIES THAT WORK

Dissipate Depression & Despair, Sleep Well,  
Overcome Fear & Anxiety, Avoid Burnout & Overwhelm

## GETTING THROUGH GRIEF WITH MEDICINES THAT WORK

### *Dissipate Depression & Despair—Sleep Well — Overcome Fear & Anxiety—Avoid Burnout & Overwhelm*

#### FIRST OFF

Homeopathic remedies are completely safe, non-toxic and without negative side effects

- **So highly dilute** they are even safe for babies, animals, pregnant women & the elderly
- **Can be taken with other medications** without interfering with them or creating contra-indications
- Are **extremely dilute micro-doses** of substances that **work energetically** to stimulate your vital life force to **re-establish balance** and homeostasis
- **Work on every level**—physically, mentally and emotionally
- **Heal permanently**, rather than just suppressing the symptom

#### GETTING STARTED

You will need to know a few basic tenets of healing to understand how Homeopathy works

- **Homeopathy is** based on the Law of Similars, or “Like Cures Like,” which states that the same substance that produces disease symptoms in a healthy person when given in concentrated doses, can also cure a sick person with similar symptoms when given in a highly diluted form.
- **Simplified:** When choosing a remedy, you are looking for the one substance that, in its raw form, would give you the symptoms you have. Taken in its homeopathic form, it stimulates healing.
- **Example:** We have all experienced watering eyes and a burning, runny nose as we peel onions in the kitchen. A homeopathic remedy made from the red onion, called Allium Cepa, will effectively dry up similar allergy and cold symptoms. Western medicine would recommend a decongestant for these same allergy or cold symptoms and would probably suppress them quite well.
- **Result:** Instead, homeopathy recognizes that the symptoms are actually the body’s excellent attempt to heal itself in response to an invading virus or allergic irritant. Rather than just suppress these symptoms, Allim Cepa will stimulate the immune system allowing healing to occur naturally.

⇒ **Dissipate Depression & Despair—Grief Relief**

- ✓ **IGNATIA** (Ignatia Amara)~ This is your #1 remedy for recent grief and loss. It's helpful for sadness, melancholy and disappointments. A good indication that you need this remedy is frequent sighing, as if you are having difficulty getting a full breath. Tears come easily.
- ✓ **NAT MUR** (Natrum Muriaticum)~ Use this if your grief has been long-term, and has become chronic. In a Nat Mur state, you will easily remember old losses and retain the pain of past wounds. You will not want to be consoled and will want to be alone in order to cry and grieve in private.
- ✓ **PULSATILLA** (Pulsatilla Nigricans)~ This remedy is helpful for feelings of longing for and missing someone who is gone, while experiencing frequently changing emotions, crying easily, and feel better when you are surrounded with company.
- ✓ **STAPHYSAGRIA**~ This is the remedy for *unexpressed* grief. With explosiveness right under the surface, people will feel like they are walking on egg shells around this you, sensing your sadness, anger and sensitive repressed feelings.
- ✓ **AURUM MET** (Aurum Metallicum)~ Here's the remedy for deep depression, despondency and despair. There may be thoughts of suicide.
- ✓ **BACH FLOWER ESSENCES FOR GRIEF**

**Honeysuckle** – extremely nostalgic, reliving the past and missing it dearly.

**Star of Bethlehem** – for loss and disappointment. Helps clear past traumas.

**Sweet Chestnut** – for sadness and depression.

⇒ **Manage Anger—Forgive and Forget**

- ✓ **NAT MUR** (Natrum Muriaticum)~ Use this remedy when old wounds and past hurts are stimulated by a current loss or disappointment. In this triggered state, you are unable to let go of resentment, have a sense of having loved and lost and feel very much, the victim.
- ✓ **STAPHYSAGRIA**~ This remedy is for a state of smoldering anger with deep sadness underneath. While stewing over past injustices, you may feel a need to contain your anger for fear of exploding and express it with a tirade of foul language.
- ✓ **CHAMOMILLA**~ This is your best remedy for extreme irritability and impatience. Tantrums are abundant; a child may ask for things and then throw them across the room, while an adult expresses their tantrum with whining and contrary complaining.
- ✓ **BACH FLOWER ESSENCES FOR ANGER**

**Holly** – opens up your heart, promotes forgiveness and mends past losses.

**Willow** – for resentment, anger, feeling deeply wronged, bitter, and victimized.

**Vine** – for feelings of having been bullied, or your own impulse to bully others.

## ⇒ Overcome Fear & Anxiety—Find Courage & Confidence

- ✓ **ACONITE** (Aconitum Napellus)~ Take Aconite for sudden feelings of restlessness, anxiety, fear and panic. Works for extreme panic attacks with heart palpitations and sweating. Great in emergencies that bring on a “fight or flight” response. It will also relieve colds, bladder infections, or other physical symptoms that came on from fear or anxiety. \*Take Aconite with you anytime you travel to prevent colds and virus.
- ✓ **GELSEMIUM** (Gelsemium Sempervirens)~ This is the #1 performance anxiety remedy. Helps calm nervous anticipation and apprehension before an event. Prevents over excitement or stage fright during stressful situations, removes the veiled, dizzy, foggy feeling and brings you present. \*Another travel remedy to bolster you against virus or cold attack.
- ✓ **LYCOPodium** (Lycopodium Clavatum)~ Here is your “fear of failure” remedy. Useful during times of low confidence that have you anticipating the worst possible outcome. When you are plagued with worry and concerned that you may even “buckle under the stress”, Lycopodium will move you out of inertia and help you take initiative. This remedy is used for low vitality, particularly in late afternoon and helpful for bloating and gas.
- ✓ **BACH FLOWER ESSENCES FOR ANXIETY AND FEARS**

**Aspen** – use for vague, free floating anxieties that have you feeling vulnerable and unsafe.

**Cherry Plum** – when you fear losing control on some level, and on the verge of exploding.

**Mimulus** – for specific, known fears that may be quite expected and reasonable, yet pervasive.

**Rock Rose** – useful for recovering from panic and shock, calms your “fight or flight” response.

## ⇒ Avoid Burnout & Overwhelm—Stay Focused & Take Action

- ✓ **NUX VOMICA** ~ We call Nux “the over-did-it” remedy. It’ll work for any excesses—overworking, overeating and overdrinking—and clear the feeling of being hung over, as well as the indigestion and headache that usually comes with it. Great for reducing feelings of overwhelm and the impatience, irritability, intolerance and oversensitivity that comes with highly stressful situations. Nux reduces excessive cravings for stimulants such as caffeine, sweets and alcohol.
- ✓ **SEPIA** ~ Another “feeling overwhelmed and worn out” remedy from the weight of carrying too many responsibilities and duties. The feeling may be, “Stop the World, I Want to Get Off”. There you are, wanting to escape...dreaming of running away and going on vacation. (Great for women’s hormonal fluctuations & PMS craziness). Use this one when your temper has you lashing out at the people closest to you and you’re unable to control your irritability and short fuse. Also, if you feel sad, worn-out, and are tearing up easily.
- ✓ **BACH FLOWER ESSENCES FOR BURNOUT AND OVERWHELM**

**Elm** – – for temporary, situational states of stress & overwhelm that has you feeling it like there is too much to do, and not enough time to accomplish it all.

**Oak** – for chronic overwhelm of too many responsibilities and duties. Helps keep up stamina and strength through an especially challenging time and helps you recover from a long, difficult ordeal that you weathered well, but has left you feeling drained.

## ⇒ Sleep Well—Feel Rested & Relaxed

- ✓ **IGNATIA** (Ignatia Amara)~ Pick this remedy if your sleeplessness is due to any kind of emotional upset what-so-ever. You might be running the full gamut of emotions...from grief caused by an actual loss or significant disappointment to fear, anger, sadness, or even embarrassment from a failure or scolding. If you are really riled up, you might be sighing and having difficulty taking a deep breath or feel as if there is a lump in your throat you can't swallow. \* Chronic insomnia.
- ✓ **COFFEA CRUDA**~ Just like it sounds like, this remedy is made from coffee and you will love it when you feel over wired, over tired, and too "jacked up" to relax and rest. This one is for sleeplessness due to an overactive mind, nervous agitation and restlessness. In extreme, there may even be heart palpitations. We use it when we are over stimulated from teaching a late night seminar, to help us wind down and prepare for sleep. \*Great for symptoms from caffeine withdrawal.
- ✓ **ARSENICUM** (Arsenicum Album)~ Especially for sleeplessness between 12am to 3am. Use this when you've been feeling anxious and restless. In extreme, you may also experience severe weakness and exhaustion, intense chilliness or some kind of burning pains. This is great for over perfectionism and extreme fastidiousness. The remedy for "Obsessive Compulsiveness".
- ✓ **NUX VOMICA**~ Especially for sleeplessness between 3am to 5am. There you are, tossing and turning, going over and over your do-list, wondering how you are going to get it all done. Your over active mind is racing away and you fall back to restless sleep and wake up feeling ragged and hung over. Sound familiar? \*This remedy sells out early during holiday season because anyone who knows it, stocks up!
- ✓ **BACH FLOWER ESSENCES TO SLEEP WELL**
  - Olive** – for exhaustion and drained feelings from lack of sleep or difficult endeavors.
  - White Chestnut** – to quiet a restless mind that prevents sleep.

## Making a Combination Mixture Bottle

Flower Essences can be wonderfully combined to make customized formulas for specific symptoms and situations. To make a mixture bottle with several essences, simply fill a one ounce dispenser bottle with spring water and add four drops of each chosen essence. There is no need to add brandy or alcohol—It is already in the stock bottles to preserve the essences and keep them from growing bacteria. Usually it is best to use up to 7 or 8 Essences.

**Dosage:** 5 drops, throughout the day or ½ dropper of essences in a drinking bottle of water, sipped throughout the day.

## HOW MUCH AND HOW OFTEN?

The amazing thing about taking homeopathic remedies is that how much you take has nothing to do with body weight.

- ✓ These are **energetic medicines** and so a newborn can take the same amount as a huge man. Three to four pellets is considered one dose, regardless of age or weight. Because they work on energetic levels, how **often** you take a remedy is more significant than **how much** you take.
- ✓ For the symptoms covered here, take one dose (3-5 pellets) of 30C potency, every twenty to thirty minutes, for two to three doses until your symptoms improve and then space doses farther apart or take again if symptoms recur.

## CHILD-PROOF...EVEN ADULT-PROOF

If you have never taken a homeopathic remedy, I better tell you how to get the remedy out of the vial!

- ✓ The first time you use a vial, remove the strip of paper that seals it. Then turn the vial upside down and twist the cap. Each twist will deliver a pellet into the cap.
- ✓ If your brilliant child does actually figure out how to do this and consumes a whole vial (kids love them), don't worry. If the remedy is not the correct energetic match, it will not have any effect. Unlike western medicines, taking a whole vial would be the same as taking one dose because you have stimulated the immune system only once.

## FINDING REMEDIES

The homeopathic remedies on this Top Ten List are very common and easy to find...probably right down the street at your local health food store.

- ✓ Pick a few that sound just right for you and once you experience success, it will not be long before you want an entire collection, ready-and-waiting, on hand for when you need them most.
- ✓ Getting sick or injured is not something you plan. Have your remedies **READY & AVAILABLE** during the middle of the night, traveling abroad—when the unexpected happens!
- ✓ Check out our incredible savings on **Custom Remedy Kits that come with free Reference Guides** at [www.LearnHomeopathyNow.com](http://www.LearnHomeopathyNow.com).

## YOU ARE NOT ALONE

We are here to help! Perhaps you need a little help building your confidence?

- ✓ We are here to help! Perhaps you will need a little help building your confidence with a simple email or phone consultation? Or, perhaps you have already experienced success with homeopathy and would like a more in-depth consultation for more serious or chronic issues?
- ✓ Let us help you find your path into the exciting world of Homeopathy. We offer outstanding education in **Beginner's Basics to a complete, comprehensive 45 hour, Homeopathy Certification Training.**

We would love to hear from you: (760) 942-3440 • [Shelley@LearnHomeopathyNow.com](mailto:Shelley@LearnHomeopathyNow.com)



# LEARN HOMEOPATHY NOW

▲ Education in Homeopathy and Bach Essences



## HOMEOPATHY ON DVD

*Safe, Natural Solutions for Your Family's Health*

- Ready for a *Great Night's Sleep*?
- Tired of the Side Effects of Medications?
- Want to Boost Energy & Banish Stress?

Now, in just a few short hours, you can learn to use 57 incredibly effective remedies, with hundreds of uses, for all first-aid situations and commonly experienced symptoms.

With the Homeopathy Level 1 class, you will be prepared for everything from bee-stings and sunburn, fractures and muscle cramps, to food poisoning and colds or flu!

This 3-disc, high-quality DVD set, with easy-to-use self-paced chapters, makes learning a snap from the comfort of home.

Your rich resource notebook assures your success in resolving headaches, allergies, stomach upsets, ear infections, and so much more... with long-lasting results.

## THE GET STARTED PROGRAM *Everything You Need for Success!*

- ✓ Includes Homeopathy on DVD with Notebook
- ✓ Perfect Collection of Homeopathic Remedies
- ✓ Remedy Reference Guide for the Right Choices
- ✓ Have Remedies On Hand When You Need Them Most
- ✓ Enduring Solutions *without* Side Effects
- ✓ Huge Bundle & Savings Discounts



Available now at [www.LearnHomeopathyNow.com](http://www.LearnHomeopathyNow.com)

*Join our mailing list to enjoy more great offerings!*



**Shelley McQuerter**, owner and director of Learn Homeopathy Now, has inspired countless healing professionals with her passion for Homeopathy. In her brilliant Homeopathy Certification Training, Shelley has captured her extensive knowledge into a series of five, user-oriented and content rich seminars that assure success for the novice, as well as the clinician. Simple to use, her self-paced, time tested method allows students to progress from basic home care skills to mastering an additional healing modality.