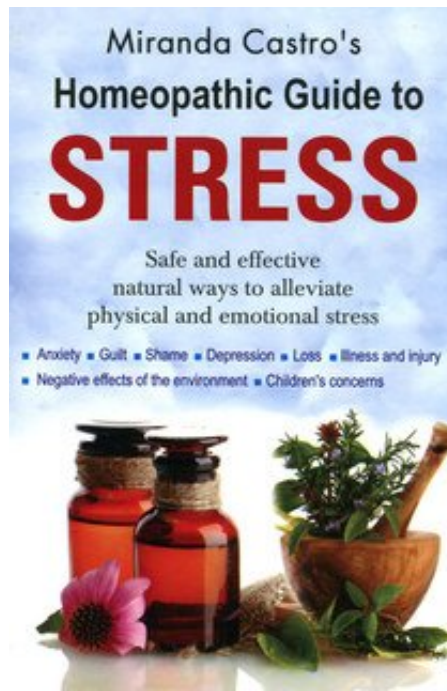


# Miranda Castro

## Homeopathic Guide to Stress

Reading excerpt  
[Homeopathic Guide to Stress](#)  
of [Miranda Castro](#)  
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- Cough: nervous; spasmodic (coughing fits).
- Eye inflammation: painful; eyes water.
- Headache: bursting, throbbing.
- Indigestion: acid burning in stomach.
- Insomnia: with homesickness or cough.
- Piles: burning; with flatulence.
- Sore throat: burning; with swollen tonsils and hoarseness.

### **CARBO VEGETABILIS** (*Carb-v.*)

Wood charcoal

#### **Emotional state**

**Anxious:** in bed; worse during the evening. **Apathetic** about everything. **Dull/confused. Irritable. Sluggish** mentally.

**Emotional stress:** shock.

This is a remedy for people who become inactive and so sluggish that they find it difficult to rouse themselves to do anything. They may become indifferent to the point that they do not care if they live or die because they don't feel they are going to get better.

Alongside this apathy is a surprising irritability that surfaces mainly with those close to them, when they rouse themselves to make cutting, nasty comments.

They suffer from anxiety which is worse in the late afternoon and the evening and intensifies when they go to bed and shut their eyes.

#### **General state**

**Appetite:** dislikes fatty foods; likes salty foods; salty and sour foods; sweet foods. **Breath** smells. **Desires:** to be fanned; fresh air. **Discharges** smelly. **Face:** cold; pale; sallow. **Lips:** chapped, cracked. **Pains:** burning; pressing. **Sweat:** cold; profuse. **Taste in mouth bitter.**

**Better** for being fanned.

**Worse** for physical exertion; after eating rich/fatty foods; for humidity.

**Physical stresses:** digestion sluggish; food poisoning; car or gas/coal/charcoal fumes; heat; humidity; convalescing from illness; loss of fluids; overeating; fatty, rich food; travel.

*Carbo vegetabilis* is for those who are debilitated, sluggish and low in vitality. This may have been caused by an emotional shock but it is commonly caused by a physical stress such as food poisoning (typically from bad eggs or vegetables) or carbon dioxide poisoning (from car exhausts or gas, coal or charcoal fumes) or an illness. The lack of oxygen on a long distance flight is stressful for some. The other main stress calling for this remedy is a loss of body fluids, i.e. after diarrhoea or a haemorrhage or even while breast-feeding.

People of any age struggling to recover from an illness (glandular fever or chest infections, including children recovering from childhood illnesses such as measles or whooping cough) can need this remedy if the whole picture fits.

They feel generally chilly, their legs are cold to the touch, but they don't want to be covered. They want to be fanned and feel much better out in the cool, fresh air, especially if there is a breeze. Indoors they want the electric fan (or the air conditioning) on and when travelling they want the windows open so they can feel the breeze. Becoming overheated makes them feel worse as does humidity. They sweat easily, especially whilst eating, and their perspiration feels cold to the touch.

They want to lie down and sleep but may feel worse lying down, in spite of feeling too weak and heavy to do otherwise. The arm or leg that is lain on goes to sleep. Mornings and evenings are their worst times of day. The slightest exertion exhausts them, making them feel faint and weak - they have to force themselves to get going.

The digestion is easily upset, especially by eating fatty, rich foods, although it can accompany any of the physical stresses. The stomach feels full and bloated after eating. Belching relieves the bloating for a while and then the gas builds up quite quickly again. They can be thin or they can put on weight easily.

Typical physical symptoms as a result of stress include:

- Breathlessness: with wind or after over-eating; worse lying down; better for belching.

- Common cold: frequent, difficult sneezing; nose blocked; voice hoarse.
- Cough: racking, painful, in fits; breathing fast, wheezing.
- Diarrhoea: smelly stools; with bloating and flatulence.
- Exhaustion: with cold sweat; worse for any exertion.
- Fainting: worse on getting up from sitting, on waking.
- Flatulence: worse at night; better for passing wind.
- Gums bleeding: gums are sore, recede and bleed easily.
- Hair falls out: in pregnancy; after childbirth.
- Headache: dull, heavy pains; worse for pressure, for lying flat, for over-heating; with nausea, burping and dizziness.
- Hoarseness: painless; voice deep; worse talking, in the evening.
- Indigestion: with bloating and stomach pains; with heartburn; better for belching; worse after eating.
- Insomnia: sleepy but can't sleep before midnight; with vivid, unpleasant dreams.
- Jetlag: with exhaustion and indigestion.
- Nosebleeds: worse at night; with dark blood.
- Sore throat: larynx sore and irritated; with hoarseness.
- Voice lost: worse in the evening.

### CAUSTICUM

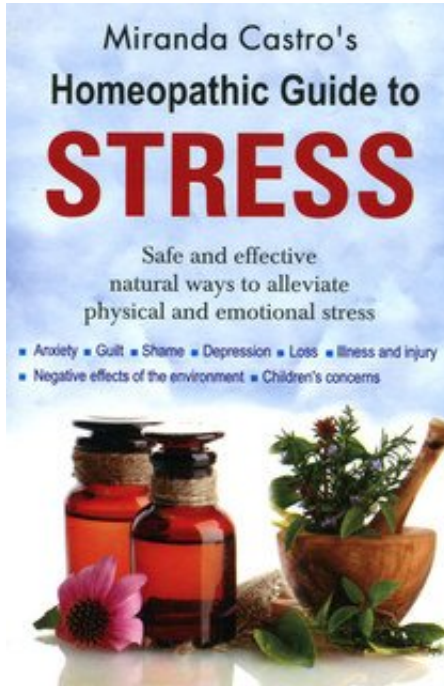
(*Caut.*) Potassium  
hydrate

#### Emotional state

**Absent-minded.** *Anxious* about others. **Concentration** poor. **Defiant.**  
**Depressed.** **Fearful:** worse in the evening; that something bad will happen. **Forgetful memory** weak. **Sensitive:** to injustice. **Sympathetic.**  
**Tearful.**

**Emotional stresses:** conflict; loss; uncertainty.

These are sensitive souls who suffer when others, especially those close to them, are hurting - either emotionally or physically or both. They care about injustice in any shape or form, and can become actively rebellious (because of their defiant streak), joining organizations and actually fighting for justice. They care so much *for* others



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