A photograph of a person on a bicycle in a grassy field. The person's arm and the handlebars of the bicycle are visible on the right side of the frame. In the background, there is a forest of tall, thin trees. The grass in the foreground is a mix of green and yellow, suggesting it might be autumn. The overall scene is outdoors and natural.

# Healing Head Injuries, Holistically

**A homeopathic protocol for  
post-concussion syndrome**

By Heidi Weinhold, ND



When I first started learning about concussions, I was amazed at how common they are—and how often people are left struggling long after the initial injury. According to the Centers for Disease Control and Prevention (CDC), a traumatic brain injury (TBI) happens when a bump, blow, or jolt to the head disrupts the brain's normal function.<sup>1</sup> Not every hit causes a TBI, but even a "mild" one can lead to brain fog, headaches, or confusion that linger for weeks or months. From what I've seen, homeopathy can be a powerful ally right from the start. It can ease swelling, inflammation, and pain, while supporting the body's natural ability to heal itself.

### Discovering the power of homeopathy for concussion recovery

I was first introduced to the effectiveness of homeopathy for concussions by the late Barb Dively, Past President and Executive Director of the Acquired Brain Injury Network of Pennsylvania (ABIN-PA), and by Dr. Michael Reece, ND. When conventional medicine offered only limited relief for patients experiencing concussion-related symptoms, many ABIN-PA members turned to homeopathic remedies—both for acute brain injury symptoms and long-term recovery. ABIN-PA patients taking homeopathic remedies reported remarkable improvement in symptoms such as brain fog, confusion, headaches, difficulty focusing, and that heavy, pressure-filled feeling in the head commonly associated with concussions.

### Bringing homeopathy into the research conversation

In 2018, I was honored to participate in the Walter Reed Institute of Research Collaboration Day in Virginia—a think-tank event exploring how to "keep the war fighter healthy in the field." Among the top military concerns were three issues:

- the risk of a global pandemic (seen as the biggest national security threat)
- the opioid addiction crisis
- an urgent need for better treatments for concussions: both military and civilian populations face the same challenge—more than 80% of TBIs are classified as mild. Yet, their after-effects can be anything but mild. Headaches occur in 30–90% of people with TBI, often persisting for months.

### The homeopathic healing process

In homeopathy, we follow the natural Law of Similars—"Similia similibus curentur" or "like cures like." The remedy that most closely matches a person's symptoms is the one that stimulates healing. For concussion recovery, I recommend using a simple homeopathy clinical algorithm (See *A Homeopathy Algorithm for Post-Concussion Syndrome* on page 10.) to guide the remedy choice. However, individuals with severe deficits may need constitutional care by a homeopathic practitioner. (Find a practitioner at [HomeopathyCenter.org/find-a-homeopath](https://HomeopathyCenter.org/find-a-homeopath).) Patients frequently describe using homeopathy for concussions

as “peeling away the layers of fog,” as the homeopathic remedy stimulates their vital force to restore health throughout. With time and the right remedy, confusion, slowness, memory problems, and anxiety fade, and clarity returns.

## What I've learned from clinical practice

While studying with homeopathic physician, Dr. A. U. Ramakrishnan, I learned something that changed my approach: he encouraged students to be bold enough to use the indicated remedy more frequently when treating deep-seated conditions. I found this to be true in my own practice. For concussions, I typically recommend homeopathic medicines in 200c potency—four times in one day, once a week. Once someone has had one concussion, their risk of another triples.<sup>2</sup> That's why prevention—and prompt support—are essential.

## My five go-to homeopathic medicines for concussions

Most TBIs are mild and result from falls, motor vehicle accidents, sports injuries, or assaults. Over the years, I've come to rely on a small group of homeopathic remedies that consistently help my patients—and often, their families—recover from concussions more comfortably and completely. Each remedy works in a slightly different way, addressing not only the physical effects of trauma but also the emotional and cognitive symptoms that can follow.

These medicines are gentle, natural, and can be used alongside conventional care. The key is to select the one that best matches the individual's symptoms—homeopathy is highly personalized. Below are the five remedies I reach for most,<sup>3</sup> along with the material substance starting point in parentheses,<sup>4</sup> and examples from real cases that illustrate how they can support healing after a head injury.

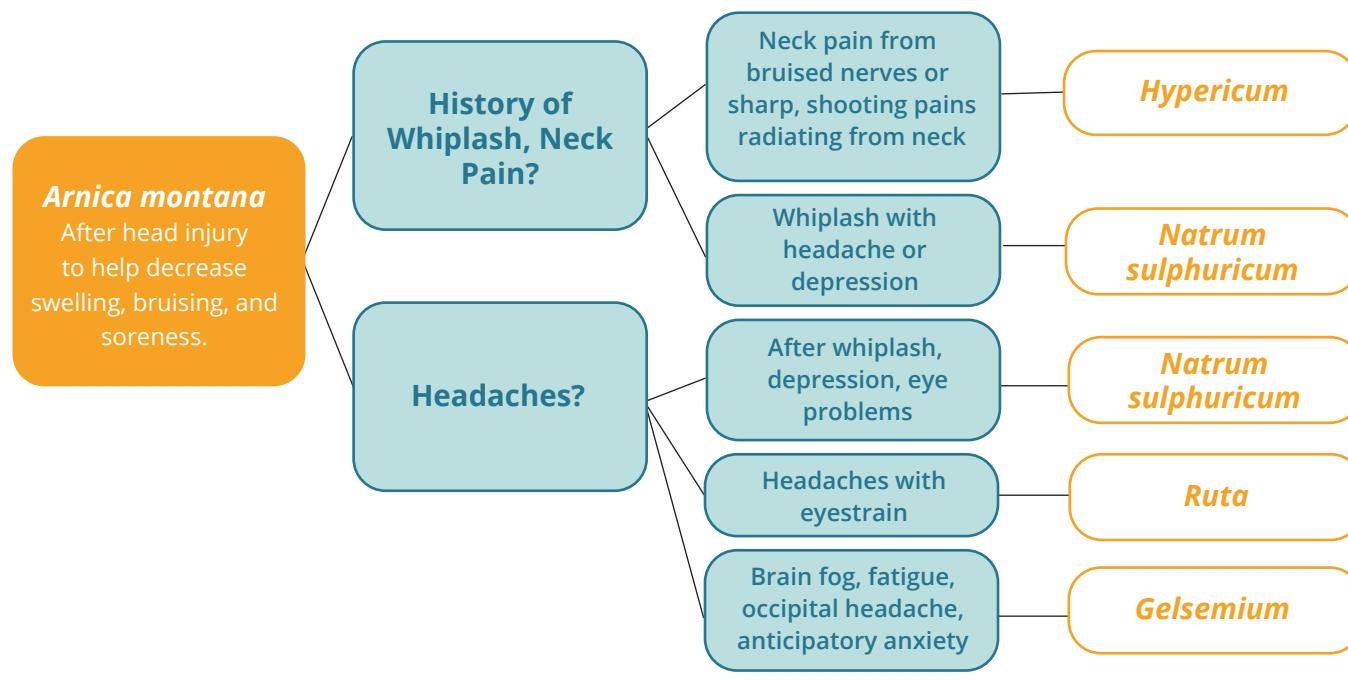
### **Arnica montana (mountain daisy)**

Homeopathic *Arnica* is the cornerstone of homeopathic trauma care and is my first recommendation after any blow to the head. I use it after falls, car accidents, or sports injuries when there is bruising, muscle soreness, swelling, post-concussion syndrome, tenderness, or emotional shock.

*Arnica* contains compounds known for their anti-inflammatory, anti-bruise, and analgesic effects. Clinical studies show *Arnica* helps reduce bruising<sup>5</sup> and swelling<sup>6,7</sup> while speeding tissue repair. Its effects are dramatic even for repeat injuries—a common occurrence after a concussion. In my experience, when patients use *Arnica* after each head trauma, subsequent injuries tend to be milder, and recovery is faster. I usually recommend *Arnica montana* 200c, four times in one day, repeated once weekly as needed.

# Homeopathic Algorithm for Post-Concussion Syndrome

By: Heidi Weinhold, ND



### **Hypericum perforatum (St. John's wort)**

Before it became known as an herbal antidepressant, St. John's Wort was famous for soothing nerve injuries during wartime. In homeopathic form, it's often called the "Arnica for the nerves." I use it for nerve pain after a head injury, whiplash, bruised spinal nerves, sharp, shooting pains, spasms, or seizures following trauma. *Hypericum* is especially valuable when the concussion involves neck pain, nerve sensitivity, or tingling. It pairs beautifully with *Arnica*, and I often alternate the two.

About 30 years ago, a friend was thrown from her horse and hit her head hard. She could barely lift her neck from the pillow. I stayed with her in the hospital and alternated *Arnica* 200c and *Hypericum* 200c every 15 minutes for the first two hours. Then, I gave the remedies every half hour, eventually spacing them to every hour as she improved. After eight hours, she was discharged and experienced no lingering symptoms.

### **Gelsemium sempervirens (yellow jasmine)**

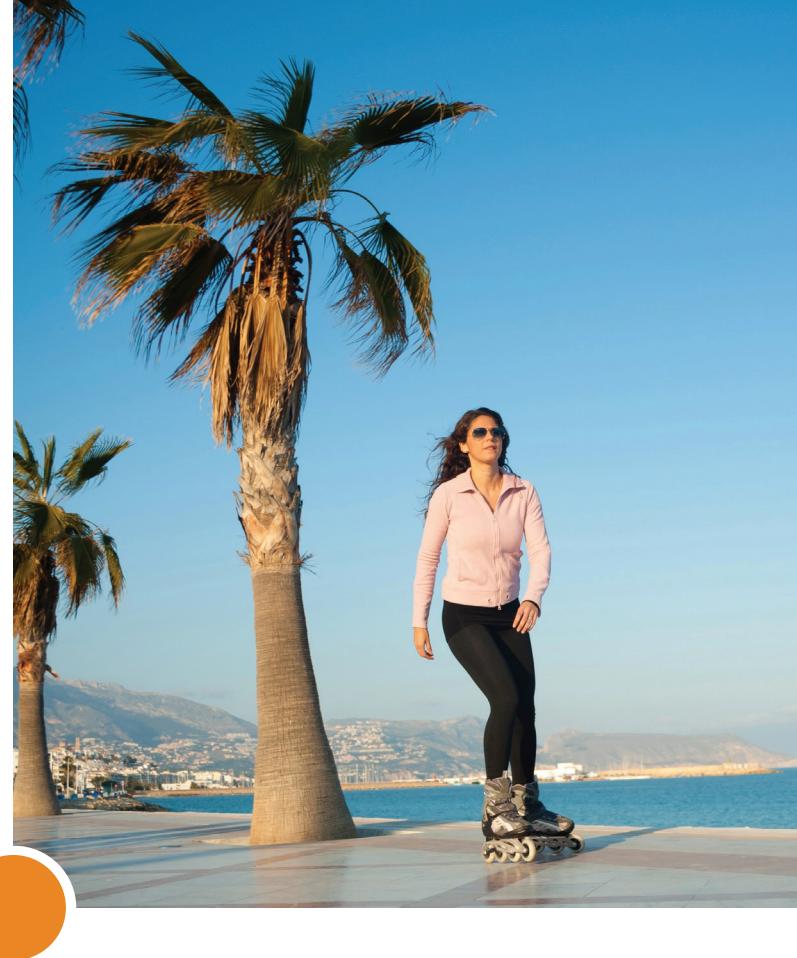
When the fog won't lift, *Gelsemium* is often my next choice. It's ideal for people who feel mentally dull, sleepy, or heavy-eyed after a head injury. It can be helpful for persistent brain fog, drooping eyelids, occipital headaches, fatigue, trembling, and the after-effects of emotional shock.

*Gelsemium's* keynote is "anticipatory anxiety." After a concussion, many people feel anxious about returning to normal activities—student athletes may fear playing again; car-accident survivors may dread driving. I suggest *Gelsemium* 30c, taken up to four to six times daily as needed, especially before facing anxiety-provoking situations. It helps restore confidence and calm.

### **Natrum sulphuricum (sea salt + sulphur)**

I often turn to *Natrum sulphuricum* for whiplash with headache, eye problems, depression, irritability, or suicidal thoughts after a brain injury. According to Dr. Ramakrishnan, this remedy works for whiplash about 75% of the time.

A 59-year-old real estate agent came to me after a car accident. She suffered from headaches, difficulty focusing, brain fog, and depression. I prescribed *Arnica* 200c and *Natrum sulphuricum* 200c daily for three days. Her headaches resolved, and her mood



lifted enough for her to return to work. For lingering anxiety about driving, I added *Gelsemium* 30c as needed. She continued alternating *Arnica* and *Natrum sulphuricum* once weekly for two months and recovered fully.

### **Ruta graveolens (herb of grace)**

*Ruta graveolens* is another favorite for post-concussion care—headaches, eye strain, ocular fatigue from computer screens, stiffness, and lingering pain after trauma. *Ruta* contains high levels of compounds known for their antioxidant and vascular-protective properties, which support tissue healing and strengthen connective tissues.

A teenage softball player sustained a hit to the eye by a ball. Months later, she still had headaches and couldn't focus on the computer; her grades were slipping. I prescribed *Arnica* 200c and *Ruta* 200c, once weekly. For her test anxiety, I added *Gelsemium* 30c the evening before and the day of exams. Within two weeks, she felt relief; within two months, her symptoms improved by 75%. After four months, she was symptom-free. Her mother told me, "My little girl is back."

### **The role of nutrition in concussion recovery**

While homeopathy plays a vital role in calming inflammation and supporting the body's natural healing response, recovery from a concussion doesn't stop there. The brain also needs the proper nutrients to repair itself and restore healthy function. What we eat after a head injury can either help the healing process—or hold it back.

People recovering from a concussion often don't feel like cooking. Many have been in accidents and hesitate to drive to the store. Fatigue, soreness, and brain fog can make it easier to reach for quick comfort foods—grilled cheese, cereal, or mac and cheese. Unfortunately, processed foods and refined carbohydrates can actually make post-concussion symptoms like headaches, fatigue, and poor concentration worse.

The U.S. Department of Defense recommends that military personnel with concussions receive adequate protein and calories immediately after the trauma and during the first two weeks of recovery.<sup>8</sup> Research on brain-injury patients shows that early nutrition—especially protein—helps to reduce inflammation and improve recovery outcomes.

### Nourishing diet, healthy brain

In naturopathic medicine, we seek to remove “obstacles to cure.” A poor diet can be one of the biggest obstacles. Everything we eat influences our immune system and inflammation levels. Dairy products, for instance, can decrease serum uric acid in the brain—an important neuroprotective factor.

That's why I encourage my patients to follow a Mediterranean-style diet rich in lean protein, vegetables (especially cruciferous vegetables, such as broccoli and kale, that help improve cognition), and healthy fats, such as olives (eat five to 10 per day), olive oil (primary cooking oil), and avocado (helps transport cognitive-supportive nutrients into brain). This eating plan also limits refined carbohydrates, such as bread and pasta, and processed dairy products. Over time, these small

dietary shifts can support clearer thinking, steadier energy, and improved brain function.

### Healthy fat is key to brain health

Did you know that 60% of the brain's solid weight is fat? One of the most important groups of fats for brain health is the omega-3 fatty acids—particularly docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA). These two essential fats work together to support brain structure and reduce inflammation, yet each plays a unique role in the healing process. DHA makes up about a quarter of all brain fat and is the brain's preferred building block for healthy cell membranes. It supports nerve communication, cognitive clarity, and overall brain functioning. EPA, on the other hand, helps to calm brain inflammation, balance mood, and improve emotional well-being during recovery.

When we don't get enough DHA and EPA from food, the brain must substitute saturated fats, which can slow information processing and reduce overall brain performance. Research shows that omega-3 fatty acid supplementation significantly increases Brain-Derived Neurotrophic Factor, a protein vital for protecting existing neurons and encouraging new cell growth and synaptic repair.<sup>9</sup> In short, omega-3s help the brain heal.

For those recovering from a concussion, I often recommend 1,000 mg of fish oil daily, with a balance of 600 mg EPA to 400 mg DHA per serving. The positive effects are especially strong after 10 weeks of supplementation at doses below 1,500 mg per day, and they appear to be more pronounced in individuals





## The brain's ability to heal itself is extraordinary when we give it the right support.

under 50. Supporting neuronal plasticity—the brain's ability to grow and adapt—is one of the most promising natural ways to aid recovery after concussion.

### Supporting your concussion recovery, naturally

Recovering from a concussion is rarely quick, but it can be deeply transformative. The brain's ability to heal itself is extraordinary when we give it the right support. Homeopathy offers individualized relief that addresses the underlying imbalance. At the same time, good nutrition—especially omega-3 fats and anti-inflammatory foods—gives the brain the building blocks it needs to repair and renew.

What I love most about this approach is that it puts healing back into the hands of the person's vital force, whether you're helping a loved one, caring for yourself, or working with a homeopathic practitioner. Combining gentle homeopathic care with restorative nutrition, rest, and patience can lead to steady, meaningful recovery. When we treat ourselves or another person

### Additional Resources to Support TBI Recovery

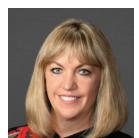
- Dr. David Perlmutter, the "empowering neurologist" – [drperlmutter.com](http://drperlmutter.com)
- Brain Injury Association of America – [biausa.org](http://biausa.org)
- *Brain Jolt: A Life Renewed After Traumatic Brain Injury: Second Edition with Homeopathic Reference* by JoAnn Jarvis RN, DHM
- Dr. Daniel Amen Brain Clinics – Brain Imaging – [amenclinics.com](http://amenclinics.com)

as a whole (body, mind, and spirit) we do more than recover from injury. We emerge stronger, clearer, and more connected to the incredible resilience that lives within us all. 💙

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#### ABOUT THE AUTHOR



**Heidi Weinhold, ND**, received her bachelor's degree in biology from Washington & Jefferson College and her doctorate in naturopathic medicine from Sonoran University of Health Sciences in Tempe, Arizona. In 2013, she received the Alumni Award from Sonoran University of Health Sciences in recognition of her contributions to the advancement of naturopathic medicine. Her alma mater further honored her in 2017 with an honorary doctorate of Humane Letters. Dr. Weinhold has a private practice in Canonsburg, PA.

