

Homeopathy for Caregivers

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Caregiving can be one of the greatest gifts you can provide for a loved one, but it can also be overwhelming when you have other responsibilities to juggle. In this post, Heidi Weinhold, ND, talks about which homeopathic medicines caregivers can turn to for help navigating the stress and exhaustion of this demanding role.

**Valiant heroes, taking on this tough duty
In your eyes, see real love and beauty
Quiet prayers at the end of the day,
Loneliness, exhaustion, anger, and sorrow
Care also for yourself and prepare for tomorrow.**

This doctor knows firsthand the experience of being a caregiver. For seven years, my mother and I took care of my father while he suffered from advanced Alzheimer's disease. This large and once affable man was silenced by this horrific illness. Yet, even while I was in the throes of caregiving, I vowed never to forget the toll on the individual giving care. Homeopathic medicines provided me with much-needed support during this difficult time.

Homeopathic [**Ignatia amara 30C**](#) is made from the St. Ignatius Bean and helps to relieve **sadness** from a **heartache** and to process grief. Some of the other indications for taking Ignatia include hypersensitivity, moodiness, and irritability that occur from the emotional stress of caring for a loved one. Also consider taking this medicine after going through the emotional strain of losing a loved one.

The homeopathic medicine [**Staphysagria 30C**](#) is made from stavesacre, a Mediterranean shrub. Although commonly used for healing surgical wounds or bladder infections, it's also a wonderful remedy for **suppressed anger and guilt** and for people who feel like they are **constantly overextending themselves for others**. Consider this medicine for when you have feelings of not being enough or not doing enough. Staphysagria helps to "let go" of old hurts, insults, or humiliations. It's useful for those who tend to internalize and have difficulty confronting other family members to participate in a loved one's care.

When using Ignatia and Staphysagria for situational stress, take 5 pellets three times a day (morning, noon, and night). These should be taken only as needed and not every day. Stop taking once symptoms resolve, generally within one to two days. If symptoms persist, it may warrant seeking the advice of a homeopathic practitioner who can customize a prescription to the individual.

Feeling exhausted? [**Phosphoricum acidum 30C**](#) can help restore vitality by relieving **physical and mental fatigue**. For this particular homeopathic medicine, try taking 5 pellets once a day for 3 days, then continue taking 5 pellets once a week for a month until symptoms improve.

Caregivers, I see you.... **“Care also for yourself and prepare for tomorrow.”**



Bio:

Heidi Weinhold, ND, is a naturopathic doctor specializing in homeopathy, nutritional supplements, and customized botanicals. She has a private practice in the suburbs of Pittsburgh, Pa. She holds a four-year doctoral degree from Sonoran University in Tempe, Ariz., along with a Doctor of Humane Letters from her alma mater. Her studies included drug-herb interactions, homeopathic intakes, dialoguing with physicians, and incorporating natural modalities into traditional care.