

Dealing With Stress Positively With Homeopathy

by
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How many times have you heard the common terminology, “stressed out,” “stressed to the max,” “reached my stress-point,” or something similar—just in the last week? While stress is hardly unique to the 21st century, we do seem to live in an increasingly stressful world. Modern technology alone has introduced its own peculiar variety of stress! Individuals complain about being relentlessly stressed at work, continuously stressed at home, perpetually stressed at school, and the list goes on and on.

The word *stress* is derived from the Middle English word, *destresse*, meaning *distress* or *difficulty handling stress*. Most modern day usage of the word stress is synonymous with distress, and carries a negative connotation. Our concern lies with the negative effects of distress.

Face it: Everyone has stress in life. It’s not in itself a bad thing; it is simply the stimulus of life. How we process and manage stress determines whether the stimulus of life becomes a good thing or a bad thing for us. The wonderful news is that homeopathy offers us fast, safe, and even *curative* answers to the burdensome problems of negative reactions to stress in our modern day world. Homeopathy can help us respond positively instead of negatively to the unavoidable pressures and demands we encounter each day!

Common daily stressors, such as deadlines, competitions, confrontations, and even frustration and sorrow can add depth, enrichment, character, and quality to our lives. No matter what the nature of the pressure, if we can go to the positive side, we can experience growth through the process.

Negative processing of stress can cause mayhem in our bodies, our minds, and our emotions causing both short-term and long-term illnesses. Whether it’s a temporary weakening of our immune system or a chronic disorder, distress is commonly the causative factor. An estimate 70% to 80% of all visits to physicians are for distress-related disorders, and 80% of all American health problems are related to distress!

Homeopathic Solutions to Stress

Homeopathy works to correct the underlying causes of distress. I have practiced homeopathy for over 25 years, have found it to quickly, and effectively help patients positively process stress and correct the common conditions associated with distress. In fact, many people are suffering from the negative effects of distress and don’t even know it.

Unlike traditional allopathic drugs that work on a biochemical level, homeopathy works to express health rather than just suppress symptoms. Homeopathic medicines work on a

bioenergetic level to cause the control systems of the body to work properly. With these control systems (nervous system, acupuncture meridian system, etc), working better, everything works better in every realm of our body—physical, mental, and emotional!

When addressing homeopathic solutions to individual issues, it is important to distinguish between the classical and contemporary approaches. Classical homeopathic remedies employ individual ingredients known to affect specific symptoms. This practice can be a rather time-consuming, hit-and-miss course of action, frequently reducing the probability of quickly affecting symptomatic expression. Contemporary homeopathy, on the other hand, includes multiple ingredients in a variety of strengths to handle more thoroughly a wider range of health problems we face

For example, making each ingredient in three different potencies (low, medium, and high) and then mixing them together provides a broader therapeutic spectrum, which can help a much greater percentage of people. This procedure also provides much faster and longer lasting results. The broad spectrum of potencies provides a continuous therapeutic effect as the potency requirements change during the healing process. The body will utilize the ingredients and potencies as needed. Having these multiple potencies in one formula provides a much more efficient utilization of the homeopathic remedy by the body, resulting in a more efficient cure. Additionally, multiple ingredients and multiple potencies make homeopathy far easier for the average consumer to select the proper remedy. Contemporary homeopathy employs labeling and verbiage that is more user-friendly and approachable verbiage in the labeling to better address the consumers' point of need.

Homeopathy offers a wide range of formulas for different situations since stress can come from every area of life, both positive and negative. There are formulas for negative reactions to stress like fear, anxiety, nervousness, irritability, etc. Additionally, homeopathic remedies can correct conditions like nightmares, phobias, mood changes, grief, guilt, and claustrophobia. Distress caused by addictions, eating disorders, smoking cessation, jet lag, and PMS-associated conditions can all be addressed successfully with homeopathy.

Within each of our bodies, there exist rather complex and intricate mechanisms to help us cope with a variety of stimuli. However, nerve interferences and aberrations can cause those systems to work below their optimal level. In our nervous systems, these interferences can cause us to respond negatively to stress. However, homeopathy is able to assist us to process stress positively where we might have once dealt with the same issue or circumstances negatively. We actually have the ability to escape the negative effects of common stressors.

There are a number of homeopathic stress-related products in the marketplace today. Whether the stress is mental, emotional, or physical, homeopathy offers simple, safe, and quick solutions to turn negative, stressed-out situations back toward their positive and productive potential.

Enjoy the journey!

Frank J. King, Jr., N.D., D.C., is a nationally recognized researcher, author, and lecturer on homeopathy. In addition, Dr. King is the founder and director of King Bio™, an FDA registered, homeopathic manufacturing company dedicated to empowering people to safely and naturally overcome the common health problems plaguing our society.