

## Remedy of the Month

JUNE

### **Arsenicum album**

Arsenicum is a great remedy, one which is used equally for acute situations and chronic issues. Yes, the source substance is arsenic, but of course it has been serially diluted and succussed to create the homeopathic remedy. Many of our best remedies are made from substances that are poisonous in their material dose.



Arsenicum is needed acutely when the symptoms are gastro-intestinal distress, often occurring in the middle of the night (during Arsenicum's typical aggravation time, between midnight and 2 am). It could be food poisoning or a virus, and there might be nausea and/or vomiting and/or diarrhea. General symptoms include restlessness, anxiety, and chilliness, with a thirst for small quantities, frequently.

As a constitutional remedy, Arsenicum is for those super-fastidious people who are anxious if there is not order in their lives. They hope that by keeping everything under control they will stay well, and they fear illness and poverty quite noticeably. They save everything, "just in case," and so some hoarders out there need Arsenicum. Restlessness, often in the form of pacing, can be an important symptom. They are usually very chilly, and their pains tend to burn.

Physical symptoms that might point to Arsenicum are asthma (especially if attacks tend to happen in the middle of the night), colitis, peptic ulcers, frequent diarrhea, eczema with dry skin and intense burning and itching, hay fever, insomnia, and Raynaud's syndrome. Depression, while not a physical symptom, is also quite common.

*Please call me if you are not familiar with homeopathic dosing. I can help you figure out how much to take, and when to repeat.*