

For Stress Relief

Physicians estimate that in approximately 90 percent of daily cases chronic stress is an important contributor to the chief complaint.

In homeopathy we regard chronic stress as a state that precedes and accompanies all disease, from cancer to an irritable bowel and

from a high blood pressure to psychiatric conditions. Stress is part of our life and we know that it not only causes irritability and negativity, but also pains and aches. Stress affects the whole person and so it requires a therapy like homeopathy that addresses the whole person.

Homeopathic remedies stimulate body and mind to deal with chronic

stress effectively without side effects. The remedy is included in consultation fee.

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Enjoy this newsletter. Regards,
Jeroen Holtkamp, I.S.Hom.

Stress is a functional and beneficial condition when we feel under threat. When danger is imminent the hormones adrenaline and cortisol are released in our body. These so called stress hormones prepare our body for rapid action to

safeguard ourselves or someone else by increasing the heart rate, the muscle tension and blood pressure. Stress hormones also cause a sharpening of the senses.



Chronic stress arises when this stress mechanism is triggered too frequently or when a stressful state is drawing out for too long. This state of chronic stress, that

affects the whole person, can be caused by bodily problems, psychological problems and major life events. Common bodily problems that cause or go together with chronic stress are overweight, severe ailments, unhealthy environmental conditions, unhealthy diets and hormonal changes around the period, - pregnancy or - the menopause. Psychological problems such as pessimism, perfectionism, the inability to cope with uncertainty and a lack of self-esteem make a person more prone to become stressed. Sleep deprivation is caused by stress but is also the greatest sours of stress.

Conditions as a result of chronic stress:

Cancer, high blood pressure, heart disease, cardiac arrest, autoimmune disease, ulcers, upset stomach, sexual dysfunction and inability to get pregnant, burnout, anxiety, depression, backaches, migraine.

So what do we do about it? Because chronic stress affects the whole person, only a therapy that addresses the whole person can bring about lasting relief. The homeopath invites the patient to talk about all aspects of life that can possibly relate to her personal experience of chronic stress. Based on that individual approach a remedy will be prescribed that has a lasting healing effect on body and mind at the same time. **So that means that you don't have to take medication daily for the rest of your life, which reduces medical expenses.**

The homeopathic approach stimulates self-observation through individualising questions. Self-observation is the key to reduction of stress. Become member of a club, action committee or start as a volunteer. Taking part in activities like this; getting out of a position of isolation; turning off that computer and meeting real people face to face encourages self-observation. What do you see and know about yourself?

Are you a sensitive person? And are you irritable, ambitious and driven? Do you feel angry from the slightest contradiction and are you very sensitive to light, noise, odours? Are you troubled with sleeplessness? Do you wake up particularly between 3 and 4 am? And/or...

are you a reflecting person? Do you feel that your memory has weakened and that you are becoming very absentminded? Do you feel worthless and do you feel an increasing hardness and anger inside? Do you feel much better from eating and are you inclined to drink too much or take drugs. Talk about your problems to somebody you trust. Try to moderate or stop the use of coffee, tobacco and alcohol. Drink plenty of water and eat fresh fruits, green leafy vegetables, low fat dairy and a little meat or fish.

More and more people are stuck in there attempts to solve their chronic stress situation at an all-or-nothing stage with regards to their future perspective. They wonder who they really are and what they really want. They might be more or less aware of their delusional perceptions of existence and can't find the insight or the courage to have confidence in their true self. **In these situations homeopathic remedies can give the impulse to make that courageous step to dare to live more with one's true self and act accordingly.**

Info at: Green Street Medical Centre,
Castlepollard or **Jeroen Holtkamp, I.S.Hom.**
Phone: 044-9662779