



Live Right For *Your* Remedy Type

by Gabrielle Traub



Our needs are constantly changing

- Seasons
- Phases of menstrual cycle
- Did you climb a mountain or lie on the couch all day?
- Did you take an exam or relax at the beach?
- Have you been healthy or recovering from an illness?
- Did you indulge in too much alcohol last night or spend the evening doing yoga?

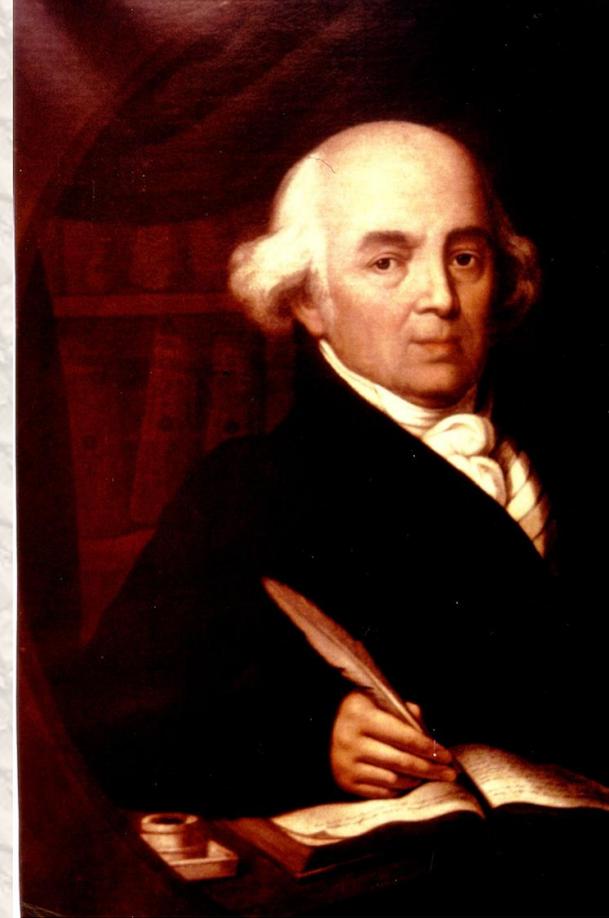


Isn't a remedy enough?

Hahnemann wrote in the Organon about how incorrect diet, lifestyle, emotional stresses and environment can hinder treatment despite the correct homeopathic remedy being given.

See aphorisms 77, 259-263, 81, 94, 156, 181, 208, 222, 225, 226, 252, 150.

TCM has a saying: "Diet first, herbs second and only if all else fails use acupuncture."



Live Right For Your Remedy Type

- What kind of exercise is best for your type?
- What about diet?
- What foods make you feel best and worst?



Homeopath's role

- Not intended to replace a naturopath or nutritionist
- Our understanding of our patients' constitutional type is invaluable in helping them make simple lifestyle choices



Lifestyle recommendations for different homeopathic types



Pulsatilla nigricans (Windflower)

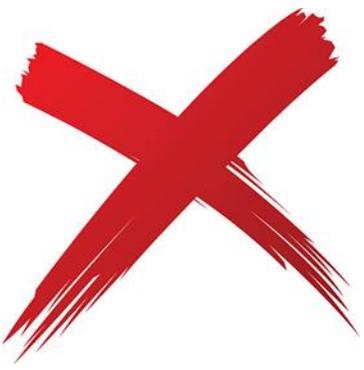


Pulsatilla:

Parts needing strengthening:

- circulation
- veins
- mucosa
- gallbladder





Diet



- Rich foods, pastries, fried foods, saturated fats
- Too many raw foods
- Ice-cream
- Pork
- Oysters
- Melons
- Eggs
- Miranda Castro says: “Don’t force your Pulsatilla child to eat sausages”

- Gradually incorporate healthy fats: oily fish, avocado, coconut oil, chia seeds, freshly ground flax meal, olives and olive oil
- Lightly cooked foods

Exercise

- Helps sluggish circulation and lymphatics
- Best with regular, gentle exercise, preferably outdoors in the fresh air.
- Exercise with a friend or accountability partner



Hydration

- Pulsatilla types need to remember to drink more water
- Limit diuretics like tea and coffee



Supplements



- Ox bile or lipase
- Myoinositol may Pulsatilla types with PCOS, infertility, irregular menstruation, insulin resistance, depression or anxiety
- Evening primrose oil or starflower oil



- Iron supplements (Murphy, 2007).

Challenging times

Periods of hormonal fluctuations:

- Before and during menstruation
- Puberty
- Menopause
- Pregnancy
- Childbirth



Situations that leave the Pulsatilla type feeling lonely or abandoned

- Starting at a new school: Once they have connected to their teacher or another classmate they usually do fine
- Being sent off to boarding school
- Leaving home to go to college
- Being separated from a partner: the death of a spouse, a partner being deployed, a breakup, separation or divorce



Environment



- Pulsatilla types need **lots of fresh air**. Spend time outdoors. Open windows
- Symptoms **after getting their feet wet** e.g. After wading in water, splashing in rain puddles or even soaking feet for too long when getting a pedicure. E.g. Menstrual disturbances after getting the feet wet, which may be resolved after taking Pulsatilla.
- Moon phases



Warning signs of imbalance



Subtle signs which can warn you when you need to make changes in your diet, stress level get more sleep or re-dose your remedy.

- Nasal discharge: may start off clear but eventually becomes thick and yellow or green in color
- Goopy eyes: eyelids may even stick together
- More clingy or needy
- Disturbed sleep
- Bad taste in mouth, coated tongue or nausea
- Vaginal discharges in between menstruation



Tips for when you're sick

1. Get fresh air. Weather permitting, open a window or sit outside.
2. Change positions. You may feel better sitting up in bed.
3. Unless you have a fever, gentle exercise is helpful, preferable a walk outdoors. Gentle yoga, qi gong or Thai chi are both excellent options.
4. Apply pressure or a cold pack to the part that hurts. To prevent ice burns, apply cold applications for 10 to 15 minutes at a time. Then allow the skin temperature to return to normal before re-applying.
5. Remember to drink enough fluids, especially pure water!!!!

When caring for a patient needing Pulsatilla, give them lots of sympathy, touch and attention.

Hugs, caring words or even just talking about how they feel always make them feel better.



Useful remedies for Pulsatilla types to keep on hand

Never take a remedy without consulting with your homeopath first

- Aconite
- Silicea
- Kali sulphuricum



Pulsatilla types in relationships

- Strong need to feel loved, deep-seated feeling of being forsaken
- Love language: Physical affection
- Sensitive to being shouted at, shut out, or shown any signs of perceived aggression.
- Strong desire to please. Co-dependent relationships.
- If given the space to talk about what is bothering them, cry freely and are given hugs and reassurance, their tears quickly transform into to smiles.
- Ignore problems in a relationship.
- Most receptive if given physical contact while working through conflict.
- Resolve conflicts before going to bed.



Parenting a Pulsatilla Child

Babies:

- Skin to skin contact.
- Breastfeeding, baby wearing, *attachment parenting*

Born with a feeling of being forsaken.

Create healthy bonding and attachment.

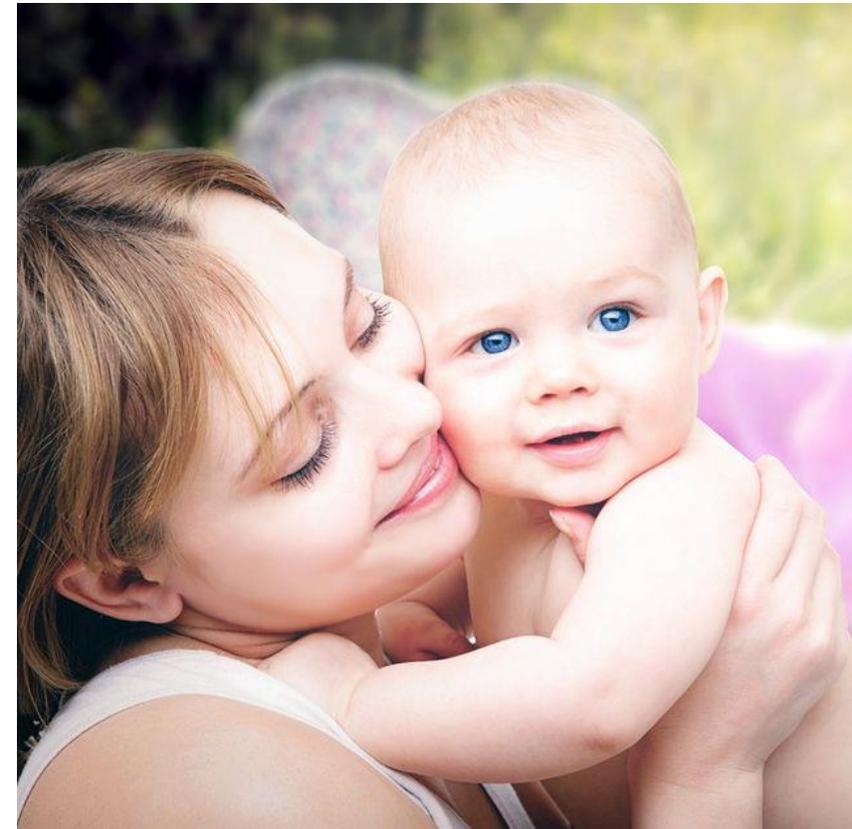
Children:

- Hard time sharing attention.
- Schedule 30 min daily 1:1 time
- Instill in them a deep sense of being loved.
- Religious or spiritual affiliation, connects them to a higher source of love.
-



Parenting a Pulsatilla child

- Desire to please-mommy's little helpers.
- Respond best to discipline which is gentle and lovingly implemented.
- They are usually good listeners, but if they don't, gently place your hand on their shoulder and make eye contact when talking.
- Avoid using food as a reward
- Encourage them to develop their own opinions, interests and hobbies.



Adjunctive therapies

Massage: Pulsatilla types need touch the way others need food and water. Massage also helps invigorate circulation and lymphatics



Adjunctive therapies

Psychotherapy:

- Potential for co-dependent relationships
- Establish a strong support system
- Group sessions



Bach Flower Essences

- **Centaury:** Helps you be more assertive when you find it difficult to say “No.”
- **Heather:** Helps build your inner strength when you’re feeling needy.
- **Rescue Remedy**



Phosphorous



Phosphorous:

Parts needing strengthening:

- lungs
- nervous system
- adrenals
- liver
- pancreas
- stomach
- kidneys
- bones



Lifestyle



- Self-care to avoid burn out.
- Phosphorous students need good nutrition and sleep during periods of prolonged mental exertion.
- Depleted by loss of vital bodily fluids. Replenish fluids and electrolytes.
- Sensitive to chemicals, herbicides and pesticides. Eat organic. Use natural cleaning and skincare products.



- Regular, frequent, nourishing meals
- Stabilize blood sugar
- Menstruating females: blood building foods around period
- Replace sodas with sparkling water

Diet



- Skipping meals
- Too much salt
- Sugar and simple carbohydrates without pairing with fat or protein
- Avoid too much ice-cream especially late at night
- Too much rice (Arsenic toxicity)

Exercise

- Yoga, Qi Gong, Thai Chi
- Dance
- With a friend or in a group
- Run or walk barefoot on the beach
- In the forest or in nature



Grounding activities

- Rest

- Eating

- Exercise

- Walk barefoot on the earth, grass or the beach



- Gardening

- Massage

- Hugging

- Grounding mat

Supplements



- Methylated B Vitamins
- Iron (with caution)



Challenging times

1. Growth spurts (especially children who grow too quickly)
2. Loss of vital fluids
3. After anesthetic
4. A grief



Warning signs of imbalance



- Increased sensitivity to light, touch, noise, odors, static electricity, or thunderstorms
- Easily startled
- More sensitive to the suffering of others
- More fearful of the dark
- Constantly needing company
- Nosebleeds
- Anxiety about loved ones
- Restlessness
- More scattered or distractible than normal.



Tips for when sick



1. Rest and sleep. Lie down in a quiet, dark place away from any stimulation, preferably on your right side.
 2. Eating nourishing foods. Cold foods and drinks may be easier to tolerate than warm foods and drinks, however, listen to your body.
 3. Wash your face with cold water.
 4. Open a window. (Unless chilled). Avoid heaters
 5. Rubbing or massage
- When caring for a *Phosphorous* type, be sure to give them lots of reassurance that they're going to get better quickly. *Phosphorous* types can appear well even when they're quite ill.

Useful remedies for Phosphorous types to keep on hand

- *Never take a remedy without consulting with your homeopath first.*
- *Arsenicum album (Allen)*
- *Calcarea phosphorica*
- *Tuberculinum*
- *Natrum muriaticum*
- *Sepia*
- *Phosphoricum acidum*
- Biochemic phosphates



Phosphorous types in relationships

- Remarkable capacity to love
- Falling in love comes easily. May date a lot or choose an open relationship
- Keep the relationship fresh and exciting. Avoid getting stuck in a routine.
- Love to travel and experience new things.
- Empathetic, sensitive to suffering.



Personal development tip

- This quote by Dr. Zach Bush, had a profound impact on me: “Empathy is a toxic thing, it can poison us quickly. We see someone else having an emotional experience and then we create our own personal emotions to attach to someone else’s journey and then we poison our own bodies with that. Learn to be reverent, rather than empathetic.”



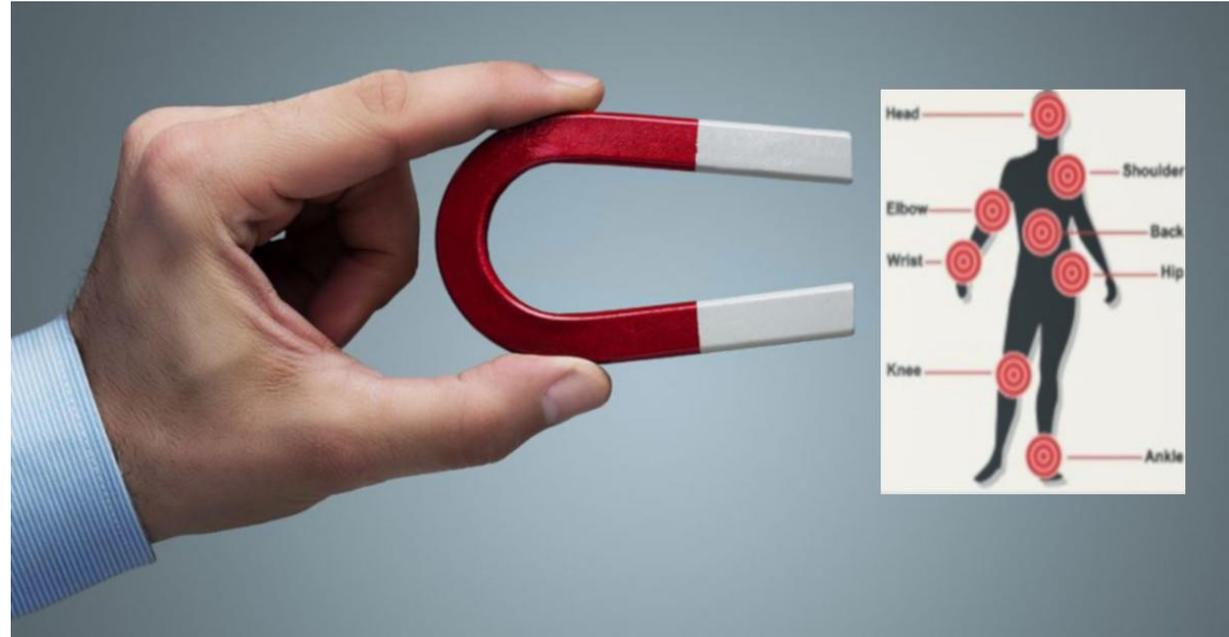
Parenting a Phosphorous Child

- Routine, regular meals and bedtimes.
- Vivid imaginations, +++ fears. Respond to reassurance.
- Use their colorful imaginations and creativity.
- Organize their homework environment.
- Tutor or a focused study partner or group of other conscientious students
- They like helping others and may learn by teaching another child who is struggling.
- Use their creativity to help study.
- They may be sensitive to fluorescent lighting.
- Get enough sleep and warm nourishing meals
- They feel better after a short nap, a snack, or washing their face with refreshing cold water.



Adjunctive therapies

1. Meditation
2. Yoga
3. Massage
4. Psychotherapy
5. Clinical hypnosis
6. Magnet therapy



Bach Flower Essences

- **Red Chestnut:** when feeling anxious about others
- **Walnut:** Protection from being influenced or swayed
- **Mimulus:** Fear of the dark or being alone
- **White yarrow:** Strengthens boundaries-when depleted or sensitive to your environment or others



Aromatherapy oils

- Speak to your homeopath before using aromatherapy oils to ensure that they won't interfere with your homeopathic treatment.
- **Cedarwood:** to help you feel more grounded
- **Basil, Bergamot, Cardamon, Cedarwood, Lemongrass or Rosemary:** to help you stay focused.
- **Basil, Bergamot and Cardamon** also helps with burn out.
- Warning: *Certain aromatherapy oils should be avoided during pregnancy.*



Sepia succus

(Ink from the Cuttlefish)



Sepia:

Parts needing strengthening:

- Hormones
- Circulation





Diet



- Regular, frequent, nourishing meals
- Enough protein
- Essential fatty acids helps mood and hormones: wild caught salmon, sardines, oily fish, nuts (especially walnuts), seeds (especially flax and chia) and some algae.
- Sour and bitter foods to support liver and GB
- Ginger tea (if not too heating), turmeric
- Good digestion: +++ fresh fruits and raw vegetables: cucumbers, celery, broccoli, leafy greens, beans and mung beans.
- Weak digestion: lightly steamed veggies, soups & stewed fruit until strengthens

- Skipping meals
- Fried food
- Pork
- Milk, esp boiled milk
- Hot spices



DIET FOR *Sepia* TYPE

	FAVOR	AVOID
BEVERAGES	Pure water, lemon water, green tea and herbal teas.	Too many caffeinated drinks. Plastic water bottles.
GENERAL	Regular, nourishing meals. Fresh, organic fruit and vegetables. Adequate protein and healthy fats. Nutrient-dense foods.	Skipping meals. Milk, especially boiled milk.
PROTEIN	Wild-caught salmon, sardines, other oily fish, eggs, beans, and mung beans.	Non-organic meat, poultry, and dairy. Pork, soy.
VEGETABLES	All vegetables especially leafy greens, or bitter vegetables—bitter greens, arugula, spinach, dandelion greens, Swiss chard, beet greens, endives, and radicchio. Cruciferous vegetables such as kale, broccoli, cabbage, bok choy, collard greens, watercress, and Brussel sprouts. Cultured vegetables such as sauerkraut or pickles with live cultures.	Those with high histamine or yeast infections may feel better limiting fermented food such as cultured vegetables.

FRUIT	All fruit, avocados, sour fruit, and lemons.	
DESSERT	Small amounts of high quality, dark chocolate, or cocoa nibs.	
FRESH HERBS & SPICES	Turmeric, apple cider vinegar, lemon juice, lemon zest, cilantro, cumin, dill, caraway seeds, fennel, saffron, and parsley.	If you experience hot flushes or irritability, avoid heating spices such as ginger, cayenne or other hot spicy peppers, garlic, and mustard seed.
FATS & OILS	Olive oil, olives, oily fish, avocado, and coconut oil. Nuts (especially walnuts) and seeds.	Hydrogenated vegetable oils such as peanut oil, corn oil, cottonseed oil, canola oil, safflower oil, sunflower oil, etc.
COOKING METHOD	If you have good digestion, eat plenty of fresh fruit and raw vegetables. If your digestion is weak, eat lightly steamed veggies, soups, and stewed fruit until your digestion strengthens.	Fried food. Rich and fatty food.

Tips for a healthy diet for a Sepia type

Planning, preparation, simplification and efficiency

1. Set aside a few hours one day a week for meal planning & prep.
2. Weekly meal schedule: easier to shop & plan.
3. Instant pot, crock pot or one pot meals. Less work & clean up.
4. Play music, dance around the kitchen: make meal prep more fun.
5. CSA fresh farm box delivered to your door- saves you a trip to the store.
6. Delegate jobs to your husband, kids or roommates.
7. Carry snacks or take a cooler with you. Life happens and having healthy snacks on hand will prevent you running on empty.
8. Too tired or don't enjoy cooking? Consider a healthy food delivery service until your energy is restored.

Supplements

- Maca
- Ginseng
- Myoinositol
- Schlehen elixir or blackthorn berry elixir
- Bioidentical hormones

Lifestyle

Sepia types hierarchy of needs

A *Sepia* type needs the following in order of importance:

- 1) Sleep
- 2) Exercise
- 3) Regular meals
- 4) Time to socialize with friends or intellectual stimulation

Exercise

- More important than any other type
- Works like an antidepressant, boosts serotonin
- Dancing is especially uplifting
- *Sepia* types are graceful and coordinated
- Vigorous exercise, such as running, swimming, spin workouts, Zumba, African dancing, tap dancing, Bollywood dance, or any other dance, aerobics, aerial silks, high-intensity interval training (HIIT), tennis, racquetball, pickleball, volleyball, basketball or soccer

Challenging situations

- Pregnancy
- Postpartum
- Premenstrual
- Menopause or Perimenopause
- Breastfeeding
- Abortion or miscarriage
- Hormone treatment
- Fertility treatment
- Sleep deprivation
- Loss of vital body fluids, for example, after blood loss
- Excessive sexual activity. However insufficient sex can decrease libido in women and contribute to vaginal tightness and thinning of the tissues in addition to affecting sleep and mood

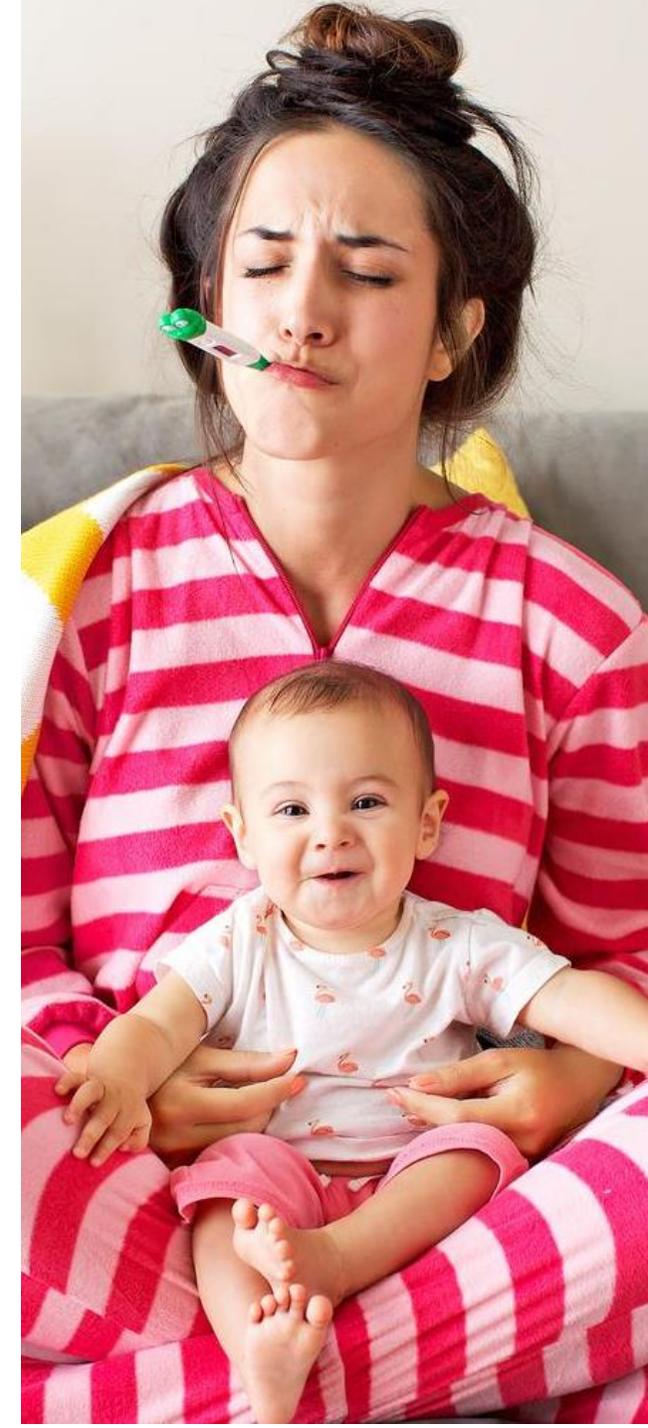


Tips for when sick

- Don't push on through
- Get rest and sleep
- Keep warm
- Back pain or headache > pressure or warm applications
- Wear comfortable loose-fitted clothing to allow venous circulation

When caring for a sick Sepia type:

- They may be cranky or irritable
- Help out with housework, washing dishes, or doing laundry
- Massage and pressure helps neck or back pain
- Ask first-they may not want to be touched
- Better for distraction, like watching a movie
- They may need time alone.
- Nausea < smell of food, especially cooked food



Sepia types in relationships

- Tired, worn-out mom.
- After putting kids to bed, so overwhelmed and exhausted, nothing left to give.
- When depleted: irritable and impatient, shouting at her kids.
- Nothing her husband does is right.
- Not interested in sex.
- Support system: mommy's group. Moms with kids the same age.
- Menopause: hormones all over the place; irritable, weepy, no joy from the things she used to.
- Difficult for the partner of a depleted *Sepia* type to understand what is going on. The partner may feel rejected and feel like they are not getting their needs met. Don't be alarmed, it's just hormones, and homeopathy can help.
- Help your *Sepia* partner so that they don't feel so overwhelmed. Let them know how you feel, but don't make them feel guilty. They already feel guilty, isolated and depressed.
- They can lose themselves in the roles they think are expected of them as a wife, husband, mother or father.
- Keep the romance alive without putting any pressure on her sexually.
- Homeopathy can help her be restored to her vibrant, loving self.



Top 10 things you can do for your Sepia partner

1. Allow her to sleep in while you take care of the kids
2. Get a nanny or babysitter
3. Arrange your schedules to allow her to work out regularly
4. Help out with chores
5. Hire a housecleaner
6. Give her a shoulder or foot rub
7. Encourage her to get regular massages
8. Take her out to the movies or to a show or healthy distraction
9. Weekly date night
10. New baby: meal train or meal delivery service



Parenting a Sepia Child

- Naturally athletic, graceful, excel in sports, dance and gymnastics.
- Excited easily and are driven to excel, but if overwhelmed or overworked they can burn out: tired, irritable, resentful, disconnected or even lose interest in the things they used to love.
- Regular meals, exercise and enough sleep help stay healthy and grounded.
- Exercise boosts their self-confidence, improves mood and reduces stress.
- Importance of self care and taking responsibility for their needs.



Parenting a Sepia Child

Susceptible to eating disorders. Cultivate a healthy relationship with food

1. Avoid using food as a reward
 2. Don't label food as "good" or "bad". Orthorexia >restrict>anorexia
 3. Avoid focusing on their weight or appearance.
 4. Recognize their virtues and their beauty within
 5. Parents' attitudes towards food, eating and appearances
- ED can develop during a period when they are unable to work out, after an illness or injury. They are used to being fit and in shape and it really bothers them when they are not.
 - They may develop bulimia or exercise bulimia.
 - Avoid using guilt as a way to get them to be compliant > self-esteem and feelings of worth.
 - Foster strong sense of self-identity.
 - Avoid stereotyping gender roles and allow them to carve out their own path in life.



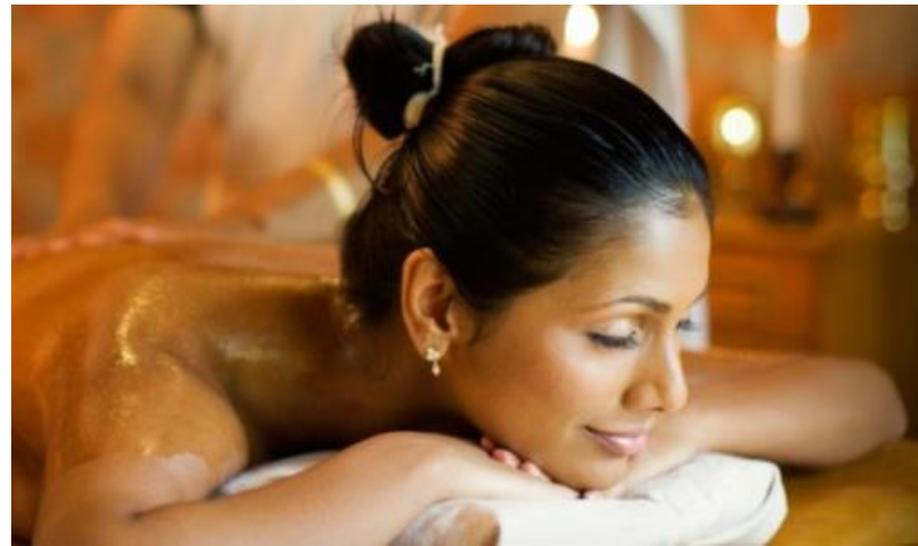
Adjunctive therapies

Dance therapy:

- Helps mood, energy, and feelings of wellbeing. Dancing with partner is fun, helps intimacy, trust

Massage:

- Helps connect with their body.
- Nurturing, non-sexual touch is restorative.
- Don't talk, allow the mind to rest and drift off.
- Improves circulation, reduces cortisol, the stress hormone, and increases serotonin and dopamine, the feel-good hormones.



Bach Flower Essences

- **Olive:** exhausted, too tired to do daily chores, feel stuck in the daily grind which no longer brings them pleasure
- **Elm:** exhaustion and depression, feels like giving up responsibilities
- **Beech:** critical of their partner or children. Everything their partner does is wrong.
- **Cherry plum:** tired, irritable, feel like they are going to explode. Helps calm and composure
- **Hornbeam:** lacks energy or strength. Work and chores take everything out of them
- **Wild rose:** apathy, indifference, resignation and lack of motivation
- **Impatiens:** irritability and impatience.
- **Mustard:** depression and despair
- **Oak:** exhaustion from overwork
- **Pine:** feels guilty or blames themselves

Difference between Olive and Hornbeam:

- **Olive** is for those who are mentally and physically exhausted after doing a lot.
- **Hornbeam** is for those who feel tired at the thought of doing something. Once an effort is made to get started the weariness fades.



Popular diets and remedy types



KETO



PALEO



VEGETARIAN



VEGAN



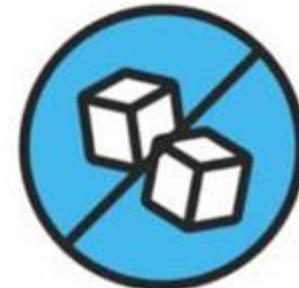
MEDITERRANEAN



RAW



LOW CARB

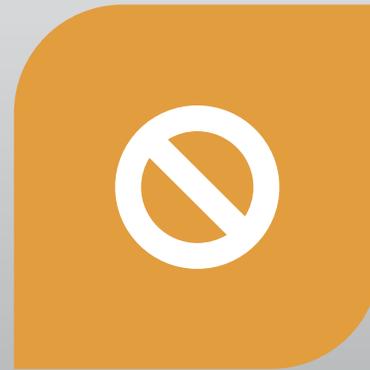


NO SUGAR

Important tips on diet



PAY ATTENTION TO WHICH
FOODS MAKE YOU FEEL
BETTER OR WORSE



TRY NOT TO BE STRICT OR
RIGID IN YOUR FOOD BELIEFS



YOUR DIETARY NEEDS
CHANGE OVER TIME

Ketogenic diet



- Life changing for some, detrimental to others
- Helpful for medical conditions such as epilepsy and can help one's metabolism become more efficient at burning fat for fuel instead of relying on sugar
- Not recommended in those with poor function of liver or gallbladder.
- APOE-4 gene mutation should limit saturated fats they consume
- Whole nuts and seeds vs oils
- The coconut craze
- Certain homeopathic constitutional types can eat more fats than others

Ketogenic diet



Lycopodium: once digestion is improved, helps stabilize blood sugar



Generally good for ***Sulphur*** types. Limit saturated fats in those who do not have a healthy liver



Not ideal for ***Pulsatilla*** or ***Nux vomica*** types



Tarentula types: avoid fried food and saturated fats



Raw food diet

- TCM recommends against eating too many raw or cold foods
- Certain nutrients more available in fresh, raw food
- Ginger added to raw foods such as sushi or smoothies

Depends on:

- season
- vitality
- health complaints
- strength of your digestive system
- homeopathic type



Raw food diet

- Raw foods good for ***Ignatia, Causticum, Carcinosum, Phosphorus*** and ***Tarentula*** types.
- ***Sepia, Sulphur*** and ***Nux vomica*** types with good digestion can eat lots of fresh fruit and raw vegetables. If digestion is weak, eat lightly steamed veggies, soups and stewed fruit until their digestion strengthens. ***Sepia***: nausea from the smell of food cooking.
- ***Silicea***: prefer raw or cold over cooked food. Wash raw fruit and vegetables well before eating.
- ***Sulphur***: don't tolerate raw onions. Avoid cooking in cast iron pans.



Raw food

- ***Nux vomica***: leave raw fruits and veggies out of the fridge to warm to room temperature
- ***Calcarea carbonica***: raw vegetables beneficial in summer and spring.
- ✗ • ***Lycopodium***: avoid too many raw vegetables. Cooked vegetables easier digest, except salad and vegetable juices which are good. Consume warm food and drinks when sick.
- ✗ • ***Thuja***: gassy and bloated from too many raw cruciferous vegetables Better lightly steamed. Agg by onions, especially raw.

Raw food



Arsenicum: best warm, cooked food and warm drinks. Careful with raw fish or undercooked meat. Limit raw vegetables and salads especially in the winter. Wash fruit and veggies.



Pulsatilla: raw food diet not recommended. Better with lightly cooked over raw foods.



Anacardium: best with warm foods, except for soup which may bother their digestion.

Intermittent fasting or time restricted eating



Fasting



- Helps stabilize blood sugar levels, increase resistance to stress, and suppress inflammation.
- Prevents cancer and other chronic diseases. Especially beneficial during chemotherapy.
- However, can put a physiological stress
- Not recommended for those who are already stressed or depleted.
- Not recommended for children, pregnant women or those with a history of an eating disorder.

IF: Beneficial for



- ***Natrum muriaticum***: Contraindicated if has eating disorder.
- ***Thuja***: prevents disease, cancer prevention and cognitive decline. Helps to maintain a healthy weight, especially waist circumference. Weight gain linked to guilt and shame which the remedy can help with.
- ***Anacardium***: feel better when eating small, frequent meals. Once blood sugar has stabilized and have developed metabolic flexibility IF can help prevent cognitive decline and neurodegenerative diseases, such as Alzheimer's and dementia.
- ***Carcinosum***: helps disease prevention

IF: Not recommended



- **Sepia:** if depleted or during periods of stress. Menstruating women should avoid fasting right before ovulation and right before her progesterone is supposed to go up and her body needs more complex carbohydrates during the second phase of her cycle.
- **Calcarea** be more cautious if underlying thyroid condition
- **Phosphorous**
- **Iodum**

Exercise

- **Sepia:** rigorous exercise, dancing.
- **Pulsatilla:** gentle exercise outside in fresh air
- **Nux vomica:** balance between both competitive and non-competitive activities,,: hiking, yoga.

Stretching is important

- **Phosphorous:** be cautious with Bikram or hot yoga. If you love Bikram yoga replenish with fluids and electrolytes.
- **Ignatia:** Avoid exercising in polluted areas or outside during high traffic
- **Staphysagria:** Regular exercise is vital: running, lifting weights, yoga, even kickboxing or throwing punches at a punching bag can help let off steam.



Exercise

- **Lycopodium:** The intellectual Lycopodium type often neglects their physical bodies. Exercise helps with digestion and self-confidence. Does best with high intensity interval training and strength training and exercises which strengthen their core abdominal muscles such as Pilates and yoga.
- **Silicea:** low impact exercise. Avoid exercises which cause jarring of the spine. Weight bearing exercise helps their bone density. They should dress warmly, even when exercising. Wear socks with breathable fibers like cotton or bamboo when exercising to keep their feet and nails healthy.
- **Natrum:** Exercise helps depression. Exercise in ocean air. Wear a hat to avoid too much head exposure to the sun. Rebounder/trampoline if prone to cellulite, especially if you use a dry brush to stimulate lymphatic drainage before taking a shower. Kick boxing, martial arts or even a punching bag may be beneficial for Natrum types who internalize their anger.



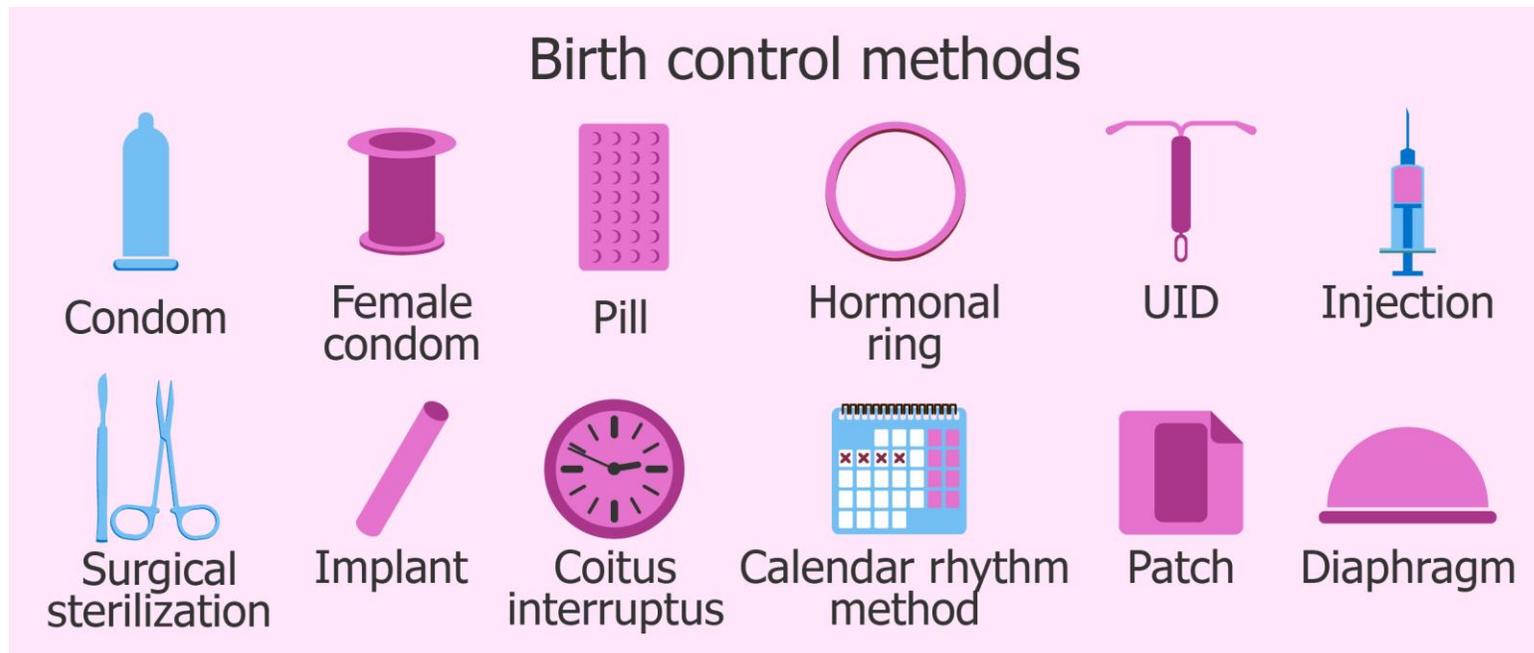
Sauna



- **Phosphorous, Silicea and China:** Loss of vital fluids heavy perspiration from saunas may deplete them. Best to have shorter saunas and get out as you begin to sweat.
- **Lachesis:** they don't tolerate extreme heat or extreme cold very well. Lachesis types with circulatory problems should avoid Jacuzzi's and saunas which may be too heating for them.
- **Mercurious:** doesn't do well with extremes of heat and sweats into an aggravation
- **Calc carb:** a dry sauna is extremely beneficial for calc carb types. It helps stimulate metabolism and excrete toxins. Helps aches and pains. Prevents cognitive decline, Alzheimer's and neurodegenerative disorders.
- **Rhus tox:** benefits from jacuzzi and sauna
- **Sulphur** types feel worse in hot weather and in heated environments. Despite this, they may actually benefit from sauna use, which can have a homeopathic effect and over time can make them more resilient to hot temperatures. Especially beneficial is alternating sauna with ice baths or cold showers.

Birth control

- **IUD:** Not ideal for ***Silicea*** types- having a foreign body may put a strain on a *Silicea* type's immune system, causing yeast infections, scarring or other complications as the immune system attempts to expel the device
- Injectable contraceptives or oral contraceptives that **inhibit menstruation** maybe problematic for ***Lachesis, Lycopodium, Medorrhinum, Thuya, Cimicifuga*** and ***Calcarea*** types.



Live Right — For Your — Remedy Type

OPTIMIZE YOUR HEALTH WITH DIET
AND LIFESTYLE TIPS FOR YOUR TYPE

HomeopathicBook.com

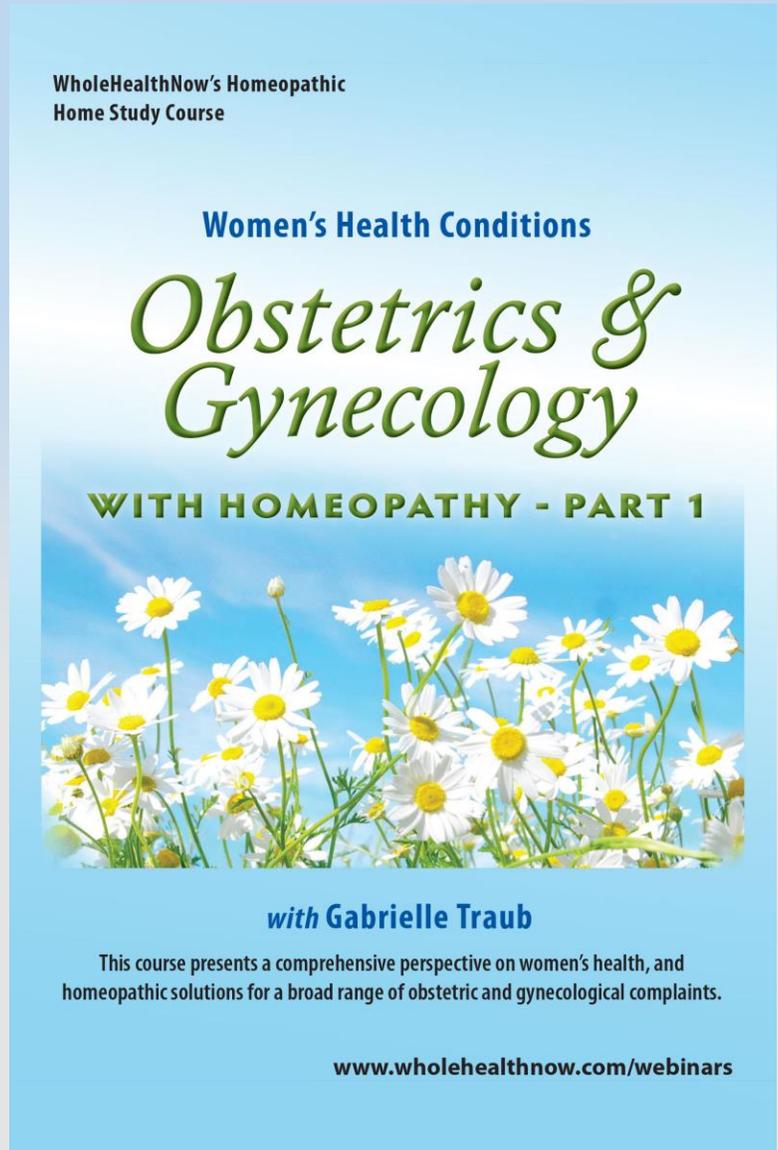
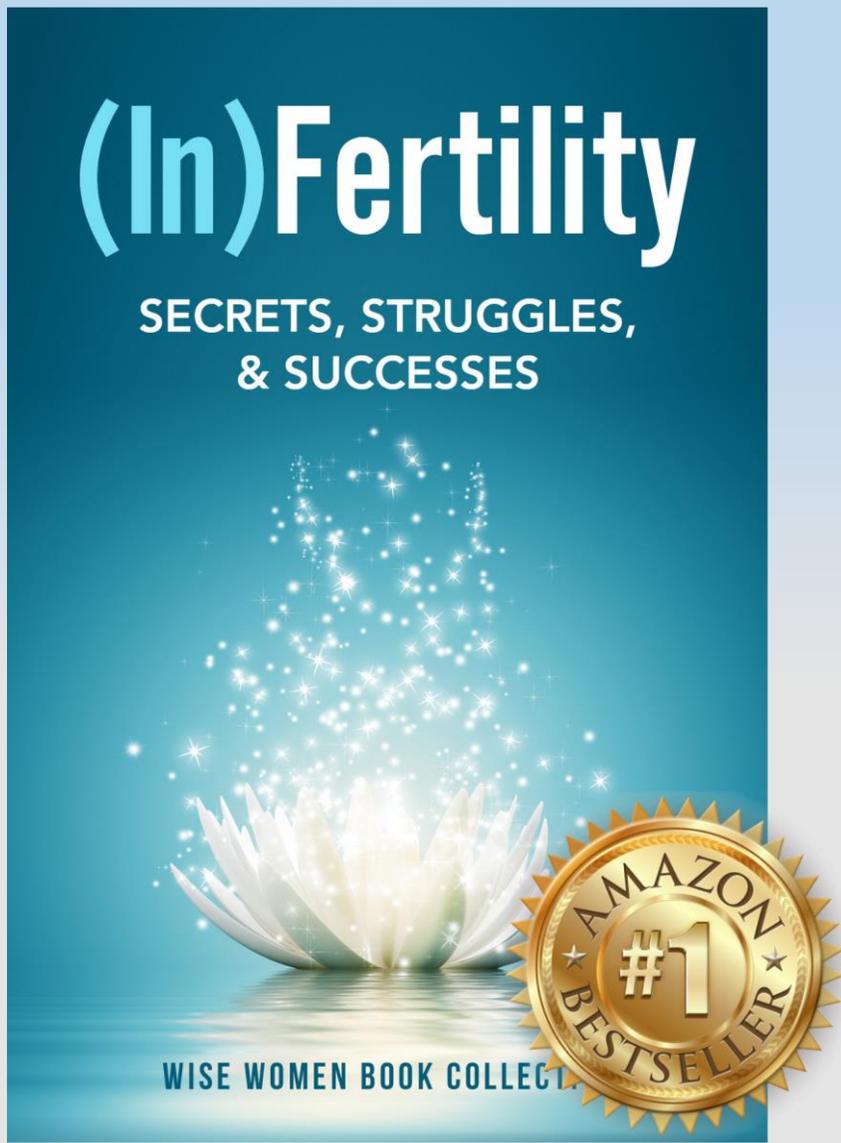


THE HOMEOPATHY LIFESTYLE GUIDE

Gabrielle Traub

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