

Homöopathische Selbstbehandlung in Akutfällen

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eBook Edition

Angst Dunkeln Story Selbstbehandlung Hom Opathie Ebook

Lauren Gardner



Angst Dunkeln Story Selbstbehandlung Hom Opathie Ebook:

Angst vor Räubern - Box. 4 Bücher in einer Box. Die 9 besten Mittel zur Selbstbehandlung mit Homöopathie
Sarah Gärtner, 2016 **Angst Im Dunkeln - Box. Die 5 Besten Mittel Zur Selbstbehandlung Mit Homöopathie.**

Ängste und Phobien Bei Kindern überwinden. Selbsthilfe Bei Angst Im Dunkeln und Bei Angst Vor Dem

Alleinsein Sarah Gärtner, 2016-07-24 4 wichtige Bücher in einer Box Angst im Dunkeln Das Symptom Angst im Dunkeln finden wir im Kent Repertorium genau dort wo wir es zuerst suchen werden nämlich im Gemüts Register unter den Angst Symptomen am Beginn des Buches Dort wurden 5 homöopathische Mittel eingetragen Beispielhaft hier die Beschreibung von PULSATILLA aus diesem Buch PULSATILLA PRATENSIS PULS ist sehr weinerlich und zwar dann wenn sie uns ihre Symptome mitteilt oder wenn sie Gelegenheit erhält über ihren Zustand nachzudenken bzw ihn zu bedauern Im direkten Stadium der Angst ist PULS weniger weinerlich Dann wird sie nämlich von ihrem Zustand in Atem gehalten Dieser Zustand verschlechtert sich im Allgemeinen abends vor der Menses und im warmen Zimmer Sehr schlecht dürfte es PULS also gehen wenn diese drei Modalitäten zusammentreffen was logischerweise häufig der Fall ist Zuerst einmal bekommt PULS dann eine tiefe Depression Alles macht ihr Angst und sie betrachtet jeden als Feind Die Angst nimmt sie wahr als würde sie durch die Hitze verursacht wobei sie ein geschlossenes warmes Zimmer als dermaßen belastend empfindet dass sie vor Angst zu zittern beginnt und meint der Tod steht bevor Ihr Befinden würde sich sofort bessern wenn sie das Fenster öffnen würde um etwas Frischluft einzulassen Aber halten wir das Fenster ruhig noch ein Weilchen geschlossen PULS versucht nun unbedingt einzuschlafen um den schlechten Gedanken zu entfliehen Doch die Angst erhöht dadurch nur noch eine weitere Steigerung Denn im Dunkeln und bei geschlossenen Augen sieht sie schreckliche Visionen und wenn sie etwas religiös veranlagt ist hält sie diesen Visionen das Kreuz entgegen Sie fürchtet sich nun allein zu sein weil sie meint Gespenster zu sehen Das ruhige Liegen im Bett wird zur Tortur und sie bemerkt dass jede Art von Bewegung den Zustand etwas bessert Endlich hält sie es nicht mehr aus Als erstes deckt sie sich auf Denn die warme Bettdecke ist für PULS ebenso katastrophal wie ein geschlossenes Fenster Dann geht sie etwas im Zimmer umher und öffnet das Fenster wodurch sich der Zustand schlagartig bessert Doch mit dem Schlaf ist es erst mal vorbei Nach der Lektüre dieser Beschreibung dürfte Ihnen klar sein ob Ihre Angst im Dunkeln PULSATILLA oder ein anderes Mittel erfordert Denn auch zu den anderen Mitteln können Sie solche erhellenden Kommentare lesen Ein Blick in dieses Buch lohnt sich also Wie finde ich das richtige Mittel Das richtige homöopathische Mittel für seine Beschwerden zu finden ist eine große Herausforderung Es stehen weit über 100 gebräuchliche Arzneien zur Verfügung In nützlichen Studien hat die Autorin versucht die Unsicherheit in der Mittelfindung zu eliminieren Gelungen ist ihr das erst nach fünf langen Jahren Heute ist sie in der Lage das passende Mittel sicher auszuwählen und zwar innerhalb weniger Minuten Dazu nutzt sie einfache Methoden die jedem zur Verfügung stehen Die richtige Potenz und Dosierung Hat man das passende homöopathische Mittel gefunden dann stellt sich Frage nach der richtigen POTENZ Die Angaben in der

einschl gigen Literatur widersprechen sich h ufig und erzeugen dadurch eine gewisse Unsicherheit Zumal einige Potenzen zur Selbstbehandlung v llig ungeeignet sind Die Autorin hat alle Potenzen an sich selbst ausprobiert und gibt hier ihre Erfahrungen weiter Die richtige Einnahme Einmal angenommen Sie haben das passende hom opathische Mittel gefunden Sie haben auch die richtige Potenz gew hlt Und schlie lich machen Sie auch keinen Fehler in der Frage der Dosierung Dennoch kann die Selbstbehandlung mit dieser Arznei scheitern weil Sie sich nach der Einnahme so verhalten dass das hom opathische Mittel seine Wirkung nicht entfalten kann Profitieren Sie von der jahrelangen Erfahrung der Autorin und vermeiden Sie unn tige Fehler

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