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Best Homeopathic Remedies for Seniors – Part 1

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Due to the length of this article, we have divided it into two sections – Part 2 will appear in the May/June issue.

Aging is a natural process that occurs very slowly over many years. As a person ages, cell multiplication slows, and some cells may begin to function incorrectly. A healthy lifestyle can slow the progression of these changes, but when additional aid is needed, homeopathy can help an aging person maintain health and vitality and deal successfully with the challenges of aging.

Classical homeopathy strives to find a single remedy that addresses the majority of the symptoms of a disease. In dealing with the problems of aging, however, a combination of remedies or single remedies given in series may be necessary to address the widespread symptoms of aging.

In general, these remedies should be taken in low potency (6C, 12C, 30X or 30C) and repeated 2-4 times per day, depending on the severity of the symptoms. Stop taking the remedy as soon as improvement is seen. The remedy can be repeated if symptoms return. If no improvement is seen after 3 days, the remedy should be discontinued, and another remedy selected.

HOW TO HANDLE AND ADMINISTER REMEDIES

If homeopathic remedies are handled properly, they will last indefinitely. Remedies made twenty years ago are just as effective as those made today! But they do need to be handled properly.

First, keep remedies away from heat by following a simple rule: If it is too hot for you, it is too hot for your remedies. Second, keep your homeopathic remedies away from electro-magnetic fields, such as the microwave, computer and VCR and from strong odors from essential oils and cleaning products. I like to store mine in my linen closet.

Because our skin may have odors from perfume, soaps or lotions that could antidote the remedy, it is preferable to simply count the pills out into the cap (4 pills equals 1 dose in my practice) and avoid handling them. Once you have counted out the proper amount of pills, toss them directly into the mouth and allow them to dissolve.

Pills that land on the floor should not be returned to the bottle. If the floor is clean enough and if you wish, the pill can be administered immediately. Otherwise, simply discard it.

It is best to offer a remedy when the mouth is clean.



Although I find remedies work well even when given in soup, I discourage this practice because the food may have a strong substance as an ingredient that could antidote the remedy. For example, mint ice cream can render the remedy useless. It will not cause harm; it simply may not work.

Other substances besides mint that might antidote the value of the remedy are camphor, tea tree oil, menthol, strong chemical smells such as fresh paint, Clorox and certain strong-smelling soaps. If any of these are present while taking the remedy, it may or may not mean that the remedy will not work. It depends on the per-

In the meantime, a professional homeopath can work with you to select remedies that have been known to address such food intolerances.

Besides administering the remedy by the above method (4 dry pills equal 1 dose for each administration), homeopathic remedies can also be administered in aqueous solution, a method used by Samuel Hahnemann and homeopathic doctors in hospitals throughout the world. It can be very useful for those who are sensitive to lactose pills.

In a clean glass of 4 oz. of purified water, drop 1 dose

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son's sensitivities to these things as well as the amount of inhalation and ingestion that occurred.

A final warning: Do not transfer remedies into bottles that have held other remedies unless you boil the bottle for at least ten minutes.

GENERAL INFORMATION

Although the size of the pill may vary depending upon the pharmacy, for an adult or older child, 4 pills make up 1 dose. (For a small child or toddler, 3 pills are adequate, and an infant can be given 2 pills.)

The pills also come in different densities. Lactose (milk sugar) tablets are common, as are sucrose (cane sugar) tablets. Some remedies are made of sucrose and covered in lactose. Usually, the lactose tablets dissolve readily, while the other variety is a bit harder and slower to break down. Both types are fine and they are equally efficacious.

Though many pills are made with milk sugars, people with dairy intolerances generally are not affected by them. However, for those with extreme sensitivities, many pharmacies produce remedies in alcohol form.

(4 pills) of the appropriate remedy. Allow the pills to dissolve (remember, it may take longer if the pills are made of sucrose). After the pills have dissolved, give the solution a gentle stir. It is now ready to be used and one teaspoon of this solution is equivalent to 1 dose. Not only is the remedy diluted once again, but the lactose is also diluted further and may not cause any reaction when taken in this method. Additionally, it is also a frugal way to use remedies.

Remedies can be easily purchased from health food stores and some grocery stores and online.

REMEDIES

Grief and Loss

For crippling grief after the loss of a loved one, depression, severe disappointment or prolonged sadness, *Ignatia amara 200* can help turn tragedy into triumph. This is the premiere remedy for grief, depression and mental anxiety. It can be taken twice daily for weeks if needed to restore a person's mental attitude. When improvement sets in, the remedy should be stopped. If suffering returns, then it should be taken up again. This is also a good choice for when emotions are too intensely felt or are all over the map.



Phosphoric acid is another remedy for grief and bereavement. The person who responds well to this remedy is often forgetful and apathetic with an overall sense of weakness in mind and body.

Natrum muriaticum may be helpful when a person experiences chronic grief or feels stuck, anxious and withdrawn. This person may spend much of his time dwelling in the past. If a person feels overwhelmed, and this feeling is beginning to make the person ill, *Natrum muriaticum* may help resolve those feelings.

Alzheimer's Disease and Problems of the Mind

Deterioration of brain cells over time leads to memory loss and loss of cognitive abilities. Researchers in Finland and France have shown that homeopathic remedies can be effective in relieving the symptoms of Alzheimer's disease and reducing the formation of amyloid plaques. The subjects in these studies showed enhanced learning abilities, improved memory performance and an increase in the ability to recognize objects.

Incorporating a high saturated fat diet can often help those suffering from problems of the mind. Taking 2-3 tablespoons of coconut oil twice daily is a good way to be certain of incorporating this important nutrient.

Here are some of the more common remedies associated with Alzheimer's disease and other mental issues of aging:

The first remedy to consider is *Helleborus niger 30*. This is the remedy most recommended by the renowned Banerji Clinic in India. Used twice daily for an extended period of time, this remedy has been known to slow the progression of Alzheimer's symptoms.

The next most useful remedy is *Hyoscyamus niger 6c* used in the same fashion. This should be considered only if no improvement is seen with *Helleborus*.

Anacardium 200, taken once every 2-3 days, is a remedy for those who believe their husband is not their husband. But in many cases, confusion over a person's identity is enough to consider this choice.

Baryta carbonica may be helpful for those who are fearful, timid or shy or who have regressed to childish behavior. This person tends to avoid strangers, may be absent minded, confused or forgetful and may have difficulty making decisions. *Baryta* is helpful with memory loss, loss of confidence, mental weakness, dementia and chronic glandular disorders. *Baryta* has also been shown to delay the progress of aging, especially of brain cells and arteries, and fights hypertrophy of the prostate or testes.

Alumina may be helpful for those who are depressed and afraid of losing their minds. The person needing *Alumina* will be easily disoriented and have trouble remembering their own identity or recognizing others.

Ambra grisea is particularly indicated for the person who has experienced many bereavements and losses. They may be forgetful, confused, shy, anxious in company and easily embarrassed. They may prattle on and ask questions without waiting for answers.

Lycopodium is indicated for people who are irritable, anxious, depressed and worry about everything. These people may be sentimental and may cry when thanked. They also suffer from gassy stomach with poor appetite and crave sweets and chocolate. Terrible indigestion with bloating, frequent urination, prostate problems and rattling cough respond well to this remedy.

Carbo vegetabilis is indicated for sudden recurring memory loss and difficulty concentrating. This person experiences great apathy and may become rude and irritable. This remedy may also aid with indigestion, flatulence, diarrhea with severe bloating and a general feeling of mental and physical sluggishness.

Natrum sulphuricum can be helpful for those who become fixated with past hurts and unpleasant memories. The person may feel lonely and sad, be filled with self-pity or be unable to express love for others.

Arthritis and Ambulatory Problems

One of the most frustrating problems of aging is the lack of mobility caused by arthritis, stiffening or weak-



ness of muscles and ligaments or problems in the spine.

Eliminating gluten products from the diet can often be the best way to relieve arthritis pain. If this proves to be fruitful after a few weeks of abstinence, then the remedy *Bovista 200* should be taken daily for several months to help uproot the oversensitivity to gluten. This does not mean that the intolerance to it will vanish right away, but it will allow for some enjoyment of gluten-laden foods from time to time without severe consequences. Until gluten intolerance can be properly determined, the following homeopathics will likely be of use. If they are used correctly and suffering remains, the solution may require working with a homeopath with years of experience.

Rhus tox is the classic solution for stiff, achy joints that are worse on first movement, like a rusty gate. The joints seem to stiffen with rest and are painful when rising, but the pain is relieved by continued movement. *Rhus tox* is also indicated for joints that become sore in cold, damp weather. This remedy can be used daily or even twice daily in a 30th potency, but for an intense flare up from overuse, the remedy can be used in a higher potency, such as 200C.

The Banerji protocol for arthritis is *Symphytum 200 mixed with Rhus tox 30*, taken twice daily. For bulging or herniated disk or chronic back pain and sciatica, consider *Symphytum 200 mixed with Hypericum 200*, taken twice daily.

Conium maculatum 30 or 200 is helpful for those experiencing difficulty with their gait, particularly weakness, trembling and sudden loss of strength

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while walking. This person may also exhibit mental depression, timidity, fear of being alone and inability to sustain mental efforts.

The cell salt *Calc phos 6x or 30x* is helpful for fighting osteoporosis and avoiding bone fractures. In this case, take *Calc phos 30* once daily for one month.

Bryonia is often indicated for arthritis, particularly if the person is restless and wants to move, but every movement is painful. Holding or pressing against the painful body part may provide some relief. If these set of circumstances fit, *Bryonia 30 or 200* can be taken twice daily.

Sleep Issues

As we age, we need fewer hours of sleep at night but may feel the need for short naps during the day. Insomnia may be caused by physical pain or some other ailment and the best course of action in those cases is to deal directly with the pain.

Ignatia 200 promotes better sleep, especially for people dealing with grief, loss or anxiety.


Coffea cruda 200, made from the coffee plant, is a primary treatment for insomnia caused by a constantly active mind that will not let the body rest. This is an example of the homeopathic principle of “like cures like.” The symptoms we associate with drinking too much coffee are the symptoms best addressed by this remedy made from the coffee plant. This remedy is especially useful for someone whose mind is busy when it should be calm at bedtime. This remedy should be taken nightly a few hours after dinner for it to act fully.

Another favorite remedy to aid in achieving sleep is *Arnica montana 30* taken right before bed. This is particularly helpful when soreness and aching in the body make it difficult for the person to fall asleep.

Part 2 of this article will appear in the May/June issue and continue to explore remedies for seniors — specifically gastrointestinal complaints, remedies for



colds, coughs and flu, sore throats and other remedies to consider.

Aging often brings a host of other symptoms, and many homeopathic remedies are available to help. If you or your loved ones are suffering from numerous symptoms of aging, the best recourse may be to consult with a professional homeopath who can help you navigate through an entire course of treatment designed to address individual needs. 



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