



# NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare

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## Homeopathy and TBI

The following is an article originally found [HERE](#).



## Homeopathy for Head Injuries and their long term consequences

by [Karen Leadbeater](#) | Mar 3, 2018

A head injury is defined as Mild Traumatic Brain Injury (MTBI), or concussion, if a fall or blow to the head results in loss of consciousness, confusion or disorientation which lasts for no more than 30 minutes. Although an MRI or CT scan may show a normal picture, many susceptible individuals will continue to experience problems long term. These 'post-concussive' symptoms can include headache, difficulty concentrating, tiredness and fatigue, lost sense of smell, insomnia, mood changes including anxiety, irritability and depression. They may also experience slowness in thinking, and confusion.

Conventional approaches focus on diagnosis, but if nothing shows up on the scans, then there is little more that can be done, apart from continued observation and recommendations to rest.

Homeopathic treatment can be very effective in both the acute stage of concussion (immediately following the trauma), and also in the longer term consequences of a head injury – even where the trauma occurred years before.

Self treatment with **Arnica** is very helpful and recommended immediately after a fall or blow to the head. It is always advisable to seek medical attention without delay in a head injury – you can give Arnica on the way to your local Emergency Dept, Minor Injuries Unit, or urgent GP appointment. If you would like to know more about administering Arnica (as well as other first aid homeopathic remedies), please see my [free e-book](#) on self-prescribing in first aid and acute situations: [My Top Ten Homeopathic Remedies](#). You can download your copy [here](#).

For the longer term effects of a head trauma, you will need to seek professional assessment and treatment. I regularly see people who have been experiencing the long term consequences of concussion, and homeopathy produces good results and promotes rapid healing in almost every case.



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Some of the homeopathic remedies I prescribe for these longer term effects are as follows, although every case is different and there are many others that may be indicated:

**Hypericum** is a useful remedy in problems consequent to trauma affecting the nervous system. It is often referred to as the 'Arnica of the Nerves'. It is especially useful in problems such as trapped nerves or whiplash following a trauma to the head. Typical for situations needing Hypericum are tingling, numbness and shooting pains. The pain may shoot along the course of the nerves, especially following a spinal or head injury.

**Natrum sulph** is a remedy which may be indicated when chronic headaches and depression follow a concussion. Individuals needing Natrum sulph often describe mental or emotional changes that have appeared since a recent or past head injury, including poor memory or irritability. It is also indicated in physical symptoms consequent to a head trauma, and as well as headaches these might include vertigo and tinnitus. Natrum sulph is also one of the main remedies used in treating epilepsy which results from head injury.

**Helleborus** is a remedy made from *Helleborus niger*, the Christmas Rose. It has been found to be an invaluable remedy in the treatment of the long term effects of head injury (including the effects of surgery), and is thought to be one of the main remedies for the chronic effects of head injuries in children. Typical of the cases which need Helleborus is a sense that they have slowly retreated into their own world, and they may be sleepy and forgetful, slow to respond and have great difficulty concentrating. The impression that such individuals are out of touch with the world is symbolised by the plant from which the remedy is made, which flowers in the depth of winter.