

PARENTING

Homeopathic Help for Weary Moms



Lotus Homeopathy, Inc.
www.lotushomeopathy.com

Moms as a group have historically taken on the largest burden when it comes to child care in families. Due to CoVid 19, online school, no sports, no piano lessons, etc., moms have been hit even harder. They never get a break!

Help is on the way with Homeopathy. Check out the list of remedy suggestions below to deal with the stress of mothering more easily.



Sepia

This classic mom remedy has helped many-a-mother get through difficult times in parenting her children. In case you aren't familiar with Sepia, here are a few keynote MOM symptoms to help you determine whether this is a good choice for you.

Mental/Emotional symptoms:

- Irritable, yelling at your kids and spouse
- Desires to be alone
- Aversion to housework
- Indifference to children and spouse (often didn't really want children)
- Loves Thunderstorms
- Desire to dance
- Better from vigorous exercise
- Sensitive to noise

Physical symptoms:

- Hormonal symptoms of all sorts
- Hot flashes
- Menstrual Cramps
- Weak lower back
- Nausea for no particular reason, aggravated by the smell of food.
- Painful sensitive ness of the entire body
- Head pain from mothering



Note: *Since Sepia is such a classic hormonal remedy, it is best to take it no closer to the start of your menstrual cycle than one week, or wait until it is over, unless you have no hormonal symptoms.*

Ptelia trifoliata

This unusual remedy is very similar to Sepia, but largely has digestive issues, liver issues in particular, rather than hormonal issues.

Mental/Emotional Symptoms:

- Irritable from mothering
- Displeased with everybody and everything.
- Displeased it's In a hurry, trying to get through everything as quickly as possible.
- Hard to recall names of people she knows. (How many moms have gone through all their children's names before getting to the right one?)
- Inability to concentrate on thoughts. They seem to be racing through the brain.
- Sensitive to noise

Physical symptoms:

- Vertigo better from moving around. Lasts about 3-5 minutes.
- Countless headache symptoms.
- Liver symptoms, in particular, worse when laying on left side.
- Profuse salivation, pillow is wet in the morning.
- Bitter taste in the mouth
- Burping that tastes bitter or like rotten eggs

If you are wondering if you have liver issues, [read this blog](#).

Cocculus Indicus



This remedy is well known as a motion sickness remedy, important to bring to the State Fair. Also, it is helpful for jet lag while traveling when the prevailing symptom is nausea. This makes it easy to confuse with Sepia for weary moms. But it is very specific to moms who are caring for sick children. In addition, look for these symptoms:

Mental/Emotional Symptoms:

- Buried deep in thought, paying no attention to her surroundings. Do you find your kids getting into things right in front of your eyes and you don't notice? Consider this remedy.
- Better in the house, from the warmth of the bed.
- Irresistible urge to sing.
- Time passes too quickly.
- Worried about the health of others.
- Sensitive to noise
- Cannot handle being contradicted
- Might prefer driving to being a passenger on a family trip due to motion sickness in vehicles and boats.

Physical symptoms:

- Nausea from too much motion
- Nausea from too little sleep
- One sided symptoms
- Lumbar back pain
- Often feels too weak to even stand or hold ones head upright

Magnesium Muriaticum



This remedy might be considered a mineral combination of Sepia and Ptelea as it focuses on both hormonal and liver symptoms.

Mental/Emotional Symptoms:

- Weepy, homesick, misses her own mother
- Very emotional
- Sensitive to noise
- Disinclined to talk; prefers to be alone. Definitely stressed by the talkative child.
- Irritable and angry, typical of liver problems.

Physical Symptoms:

- Worse laying on Right side
- Chalky stools, indicative of a liver problem
- Bursting headache, better from warm wraps—as opposed to the caricature of an ice bag on the head with a headache.
- Sensitive to cold, but desires fresh open air.
- Cramps in calves at night.
- Physical symptoms are better from hard pressure.

Note: *All Muriaticum remedies have a relationship to mother or mothering.*

Did anyone notice a consistency between all the remedies? Sensitive to Noise. Noisy kids are a universal occurrence and for weary moms, it is sometimes just too much!

What Next?

If you are new to homeopathy and want to know how to take remedies, [click here](#).

If you have read through these Mom-related remedies and they don't sound like you, or you tried some and they don't help, [schedule an Initial Consult](#) and get a remedy selected for you by Kathryn Z. Berg, the professional homeopath at [Lotus Homeopathy, Inc.](#)!

