

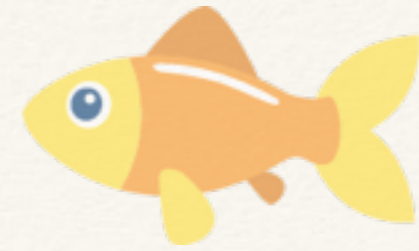
Welcome!

Webinar on Homeopathy support for Traumatic Brain Injury

By Lauren Trimble DHom - CSOH, WCSH, MICHpa



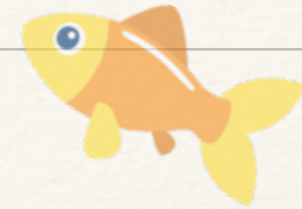
Why Homeopathy?



1. Easy to use for acute/emergency situations
2. Low cost to buy remedies
3. Safe, natural and sustainable
4. Recognized in Canada
5. It works

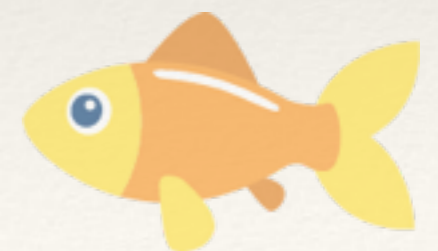


About me: Lauren Trimble DHom



- ❖ I was born in North Vancouver.
- ❖ Studied Acupressure in 1993, health and wellness, and then Traditional Chinese Medicine and Martial Arts in Montreal.
- ❖ Graduated with a diploma in Homeopathy and Naturopathy from MICH in Montreal in 2016.
- ❖ HTSF-Canada, not for profit volunteer board secretary.
- ❖ I specialize in homeopathy and trauma support.
- ❖ I also had a head injury from a car accident in 2020.

www.laurentrimble.com



Why Homeopathy for brain injury?

There are a few good general remedies that can be applied to the universal experiences and symptoms of brain injury or trauma to the brain.

headache mild to severe,
brain fog,
confusion,
dizziness,
ringing in the ears,
sensitivity to light/noise,
issues with vision,
loss of memory,
loss of consciousness,

nausea,
vomiting,
irregular pupil size,
problems in balance or coordination,
difficulty walking,
slurred speech,
serious disorientation,
behavioural changes (including irritability),
stiff neck.



Why Homeopathy for brain injury?

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- | | |
|-----------------|---------------------------------|
| 1. Arnica | for head trauma & injury |
| 2. Natrum sulph | for emotional changes after TBI |
| 3. Hypericum | for injury to the nerves |
| 4. Aconite | for great fear or shock |
| 5. Ignatia | for loss and sadness |

Arnica-montana



The number one remedy for head injury:

1. Arnica (arctic daisy) - The premier remedy to consider giving for trauma especially when the result is a bruise ... or a bruised feeling.

A common vulnerary herb useful in healing wounds.

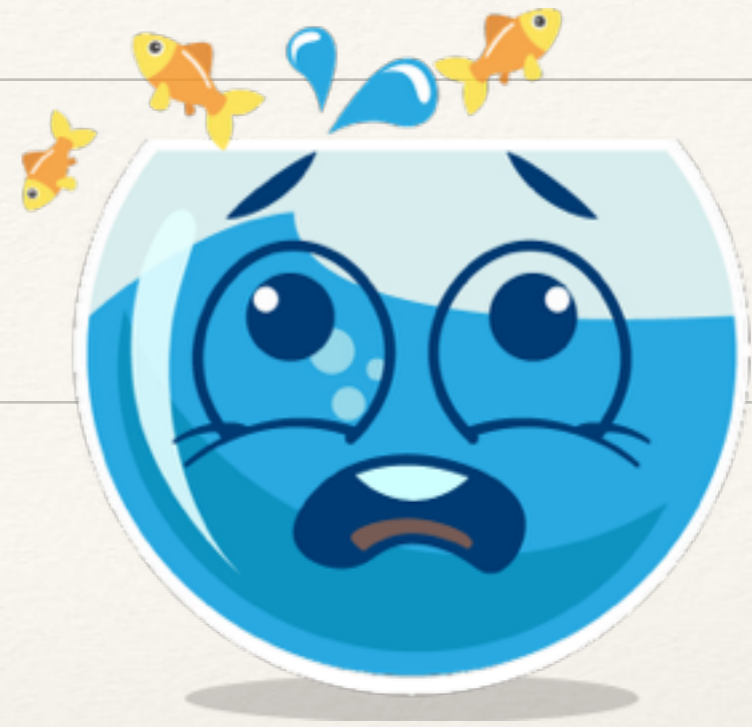
Main regions of actions: Muscles and deeper tissues. Blood, blood vessels, nerves.

Chief sensation: Bruised sore feeling all over, feeling of soreness.

As if struck or bruised. This can be mental or emotional as well.

State common to needing the remedy: They are a tough guy, do not need any help, and is protective of others. AS IF they are invulnerable and indispensable. Therefore a great indicator for this remedy is someone who is obviously injured but denies help or treatment. "I'm fine, really I'm ok," they say. Yet, they have a huge bruise and are bleeding after an accident!

Arnica-montana



Symptoms that are helped by Arnica:

- ❖ TRAUMA ALL forms, recent and remote.
- ❖ All ailments from an injury, fall or surgery.
- ❖ All Hematomas (BRUISES).
- ❖ Internal bleeding from capillaries being squeezed.
- ❖ Concussion of brain or spinal cord.
- ❖ Whiplash.
- ❖ Injury to head or any other part of the body.
- ❖ Contusions, strains or lacerations (irregular tear of tissue).
- ❖ The extreme pain, soreness, tenderness of head following an injury.
- ❖ Overuse of any organ and strain.
- ❖ A state of shock, confusion, drowsiness, stupor after an injury.

You can see that everyone can benefit from taking arnica as everyone has been bruised or injured. Arnica can be a literal lifesaver.

Note: Homeopathic remedies can help with healing, even from old injuries or complaints.

Natrum-sulphuricum



The second remedy for head injury:

2. Natrum-sulph - A good remedy to consider for head trauma especially when there are changes in mood and emotional states.

Sodium sulfate is a laxative with beneficial effects on the liver. It occurs naturally in the body in the tissue cells and helps to maintain water balance.

Main regions of actions: Brain, mind (depression & melancholy), occiput, liver.

Chief sensation: Generalized swelling of the tissues. Controls the density of the extracellular fluids by eliminating excess water. Ensures an adequate supply of bile to assist in fat digestion for a healthy function of the liver.

State common to needing the remedy: A dislike to speak or be spoken to is present. Other symptoms include a low spirit, ill humour, irritability, and anxiety.

Natrum-sulphuricum



Symptoms that are helped by Nat-sulph:

- ❖ Chronic physical problems arising from INJURIES to the head. (Epilepsy. Tinnitus. Vertigo. Headache.)
- ❖ Pain at the back of the neck.
- ❖ Distress and ailments worse in damp, cold weather.
- ❖ Mental troubles arising from a head injury.
- ❖ Depression following head injury.
- ❖ Sadness, tearfulness, aversion to living and suicidal thoughts.
- ❖ Confusion after injury.
- ❖ Intermittent attacks of mania.
- ❖ Does not want to speak, and feels that nobody should talk to him.

Tom Shadyac, a Hollywood director and screenwriter/producer, suffered post-concussion syndrome after a bicycle accident in Virginia in 2007 that included months of acute headaches and hyper-sensitivity to light and noise. He slept in a closet due to chronic tinnitus that lasted more than six months and this constant ringing led him to suicidal thoughts. The injury followed the cumulative effects of previous mild head injuries Shadyac had had while surfing, mountain biking and playing basketball. He completely changed his life and created the documentary 'I AM' based on this experience.

Hypericum-perforatum



The third remedy for head injury:

3. Hypericum (St. John's wort) – A useful remedy after traumas that affect the nervous system.

It is often referred to as the 'Arnica of the Nerves'.

Regions of actions: Spinal nerves, coccyx, meninges, vertex, nervous system.

Chief sensation: Typical situations needing Hypericum are tingling, numbness and shooting pains. Injuries to parts rich in sentient nerves. Injuries to head or spine.

State common to needing the remedy: It is especially useful in problems such as pinched nerve or whiplash following a trauma to the head.

Symptoms that are helped by Hypericum: Pain shoots up the nerve;
Pains appear suddenly and disappear gradually or suddenly;
Vertigo; Frontal or occipital headache.

Aconite-napellus



A great remedy for shock and trauma:

4. Aconite (Monkshood) – A useful remedy for great fear, anxiety and anguish of mind and body.

Regions of actions: mind, brain, spine, nerves, and heart, arterial circulation.

Chief sensation: fear of death, terror from a cause one has no control over, panic attacks, great restlessness, screams in pain, dread of an accident happening.

State common to needing the remedy: Can be inconsolable. Anxiety can escalate to states of genuine panic. Extremely restless.

Symptoms that are helped by Aconite: extreme emotions with very sudden onset, physical and mental restlessness, great fear, fears they may die, discomfort after shock.

Ignatia-amara



A great remedy for grief and loss:

5. Ignatia (St. Ignatius bean) – A useful remedy when grief is “stuck” or lasts excessively or produces symptoms.

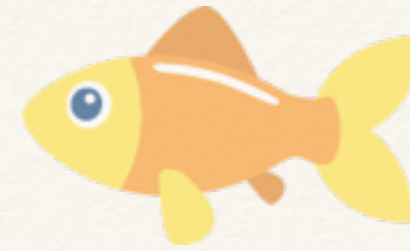
Regions of actions: Cerebral-spinal axis, mind, nervous system.

Chief sensation: Shocked, shattered, torn to pieces, shock is so sudden as to paralyze the person, disappointed, ruined.

State common to needing the remedy: There is tremendous grief, anxiety, brooding and shock due to a death, a breakup, or other traumatic event. Supports the grieving process, allowing the person to move through the stages of grieving.

Symptoms that are helped by Ignatia: Grief, fright, emotional shock, disappointment.

Other remedies:



Calendula-officinalis: Any lacerated wounds of the scalp that are raw, inflamed and are highly painful, along with an occurrence of fever. Helps in reducing pain, inflammation, promoting healthy granulation and preventing suppuration. Can also help with compound fractures of the skull.

Belladonna: Brain inflammation following a head injury with fever, severe headache, heat in the head, flushed face, and convulsions.

Helleborus: Considered in long term effects of head injury or surgery, especially the chronic effects of head injuries in children. The state where one has slowly retreated into their own world, and may be sleepy and forgetful, slow to respond and have great difficulty concentrating.

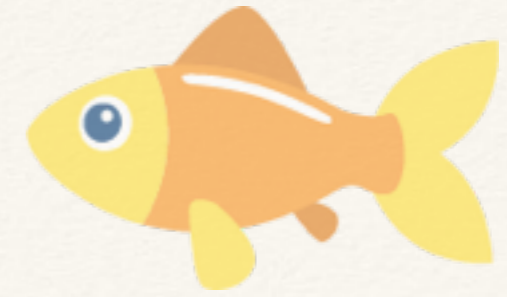
Cicuta-virosa: A head injury that is followed by epilepsy when prolonged unconsciousness follows an episode of convulsions. Extreme weakness and visual disturbances as a result of head injuries.

How to take homeopathic remedies:

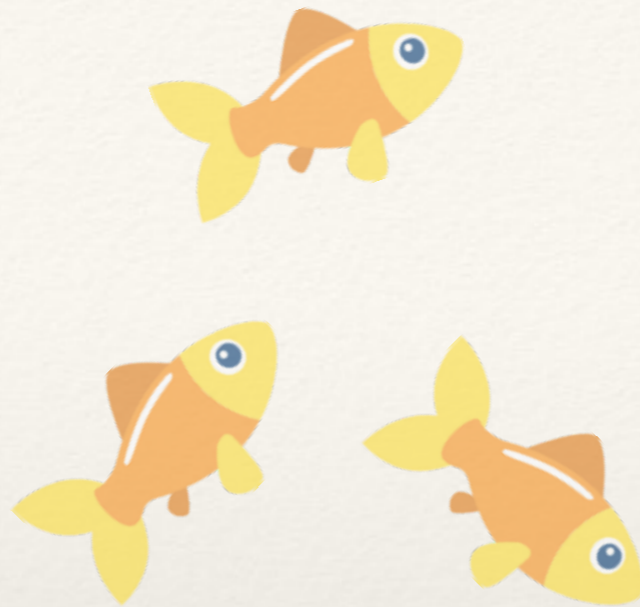
- ❖ If the remedy picture matches your symptoms, ... take one dose.
- ❖ If you feel better, it is likely a good fit so you can ...
- ❖ Repeat the same remedy only when the same symptoms reappear.
- ❖ This can be 3 to 4 times per day or 1 time per day or 1 time per week or even 1 time per month. It might be only once.
- ❖ When you have a different set of symptoms ...
choose a different remedy.
- ❖ Beyond simple acute situations, chronic or recurring problems and health issues are best treated with the assistance of a professional homeopath.



Recap and resources



- ❖ Homeopathy is affordable for simple acute situations!
- ❖ Remedies are accessible at local stores!
- ❖ Remedies are safe, gentle and effective!
- ❖ www.drhomeo.com for reliable acute remedy suggestions.
- ❖ Mary's Homeopathic Study Facebook Group has 43,256 members.
- ❖ The Homeopathic Research Institute (www.hri-research.org) has lists of research, medical studies and findings.
- ❖ With your library card you can stream the documentary 'Just One Drop' on www.kanopy.com.
- ❖ Homeopathy is a green, energy medicine that supports autonomy and environmental sustainability in health care!



Thank you for listening!

